

稿件編號：OM1	<p style="text-align: center;">Tibolone 與荷爾蒙補充療法對更年期症狀與心理困擾的影響</p> <p style="text-align: center;">Effect of tibolone versus hormone replacement therapy on climacteric symptoms and psychological distress</p>
臨時稿件編號： 1125	
論文發表方式： 口頭報告	<p>Background: The objective was to elucidate the effect of tibolone versus hormone replacement therapy (HRT) on climacteric symptoms and psychological distress.</p>
論文歸類： 更年期醫學	<p>Methods: All consecutive women with climacteric symptoms were allocated to receive tibolone (2.5 mg) or estradiol valerate (1mg) and medroxyprogesterone acetate (2.5 mg).</p> <p>Results: The improvement in “feeling dizzy or faint” after tibolone treatment was more prominent than that after HRT (-0.7±0.8 vs. -0.0±0.9, p=0.004). In addition, other climacteric symptoms, including anxiety, depression, somatic symptoms, and vasomotor symptoms, and sexual function improved after tibolone and HRT, but there were no between-group differences. Psychological distress assessment demonstrated that somatic complaints, obsessive-compulsive symptoms, depressive symptoms, hostility, additional symptoms, and the General Symptom Index improved after tibolone treatment and HRT, but there were no between-group differences. Personality traits assessment revealed that neuroticism improved after tibolone treatment.</p> <p>Conclusion: Tibolone seems more beneficial than HRT in treating symptoms of dizziness and faintness. Both tibolone and HRT could improve psychological distress.</p>