SUMMARY AND CONCLUSION
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The present work was done to study the effect of hormonal replacement therapy (HRT) (Premarin - 0.625 mg) in women with surgically induced and natural menopause on their symptoms and after effects of menopause. Special reference was given to change of serum lipoprotein profile and cardiovascular system.

Group A consisted of 25 subjects of postmenopausal women who had come to out-patient department with post menopausal symptoms. Group B consisted of 25 patients in whom menopause has occurred surgically. They were operated for benign conditions of uterus viz. fibroid functional uterine bleeding and suspicious cervix.

Investigations were carried out three monthly. They were before commencement of HRT, after giving HRT for 3 months and after withdrawal of HRT for three months in both the groups. Investigations comprised of blood sample for lipoprotein profile, electrocardiogram and vaginal cytology. Tablet Premarin (0.625mg) was given to them once daily for 3 months.

In group A : patients had their basal total serum cholesterol in the range from 172 to 228 mg/dl with mean value of 191.42 mg/dl. Seven patients had STC levels in borderline range (7200 mg/dl). Four patients had STC levels near to 170 mg/dl. 14 patients had their STC
levels near to 200 mg/dl. After HRT all the 25 patients showed reduction in their STC levels. Reduction was in the range of 5-12 mg/dl with mean of 9.6 mg/dl. Two patients had same value of STC during HRT and after its withdrawal before HRT. 9 patients had their basal STG levels in the range of 100-110 mg/dl. Six patients had in the range of 90-100 mg/dl, 5 patients had in range of 80-90 mg/dl, four patients had in range of 70-80 mg/dl and 1 patient had in the range of 60-70 mg/dl. After HRT 1 patient had same level of STG as before HRT. Remaining 24 patients showed reduction in their serum triglyceride levels in the range of 1-15 mg/dl with mean value of 5 mg/dl. After HRT three patients had same level of STG as during HRT. Remaining 22 patients showed an increase in STG levels. The minimum rise in STG value was 1 mg/dl and the maximum being 10 mg/dl with mean value of 5.18 mg/dl.

One patient had high level of basal LDL (165 mg/dl). 17 patients had LDL in range of 130-150 mg/dl with mean value of 138.03 mg/dl. All patients showed reduction in LDL levels. The minimum decrease was 1 mg/dl and maximum was 13.2 mg/dl. Basal level of VLDL ranged from 13.6 to 22 mg/dl with mean value of 18.41 mg/dl. Reduction in VLDL was seen in all patients. The minimum value of reduction was 1 mg/dl and maximum was mg/dl with mean value of 3.5 mg/dl.

Basal value HDL ranged from 34 to 46 mg/dl with mean value of 39.6 mg/dl. Increase in HDL was seen in 22 patients after HRT. Rise ranged from 1 to 9 mg/dl with
rise of 4.5 mg/dl. One patient showed same level of HDL after HRT. 2 patients had decreased level of HDL with HRT. After HRT 2 patients showed same level of HDL as with HRT. 23 patients showed reduction in the HDL values. The minimum value of reduction was 1 mg/dl and maximum was 6 mg/dl with mean value of 3.5 mg/dl.

In group B: The basal values of STC ranged from 160 to 198 mg/dl with mean value of 171.36 mg/dl. After HRT one patient showed same value of STG and one patient showed reduction of 3 mg/dl in her STG value. Remaining 23 patients showed reduction in STG level. Reducing was in the range of 1 to 18 mg/dl with mean value of 5.65 mg/dl. After HRT the value of STC rose to a range of 2-19 mg/dl with mean value of 3.5 mg/dl. One patient had same value of STC even after HRT. After HRT one patient had same level of STG. 23 patients showed reduction in STG level. The minimum value of reduction was 1 mg/dl and mean was 8 mg/dl. One patient showed an increase in STG value after HRT by 2 mg/dl. After HRT 3 patients had same levels of STG. 22 patients showed rise in range of 2-10 mg/dl with mean value of 5.04 mg/dl.

The basal value of LDL ranged from 101 to 137 mg/dl with mean value of 122.8 mg/dl. 23 patients showed reduction in their values of LDL after HRT. The minimum reduction in value of LDL after HRT was 0.2 mg/dl and the maximum was 19.8 mg/dl with mean value of 5.79 mg/dl. Three patients showed rise in LDL level. The minimum rise was 1.2 mg/dl
and maximum rise was 7.6 mg/dl with mean rise of 3.6 mg/dl. The value of LDL rose after withdrawal of HRT in 23 patients. The values ranged from 1 to 16.6 mg/dl, mean being 8.76 mg/dl. Two patients showed reduction in the rate of LDL after HRT. The basal level of VLDL ranged from 13 mg/dl to 22.4 mg/dl. The mean value was 17.53 mg/dl. After HRT reduction in the level of VLDL was seen in all patients ranging from 0.4 to 3.2 mg/dl with mean value of 1.2 mg/dl. After withdrawal of HRT the value of VLDL increased in 23 patients. The minimum rise was 1 mg/dl and the maximum rise was 0.8 to 3.8 mg/dl, mean 1.12 mg/dl. In 2 patients the value of VLDL remained same. The basal level of HDL ranged from 31 mg/dl to 46 mg/dl with mean HDL of 37.4 mg/dl. With HRT the value of HDL rose in 24 patients. The level ranged from 1 to 6 mg/dl with mean of 3.5 mg/dl. The level of HDL remained same in 3 patients. Three patients had decreased level of HDL in range of 2 to 6 mg/dl with mean value of 4 mg/dl. After withdrawal of HRT 1 patient had same value as with HRT. In the remaining 24 patients HDL levels ranged from 1 to 8 mg/dl with mean value of 4.1 mg/dl.

Vaginal cytology was done in patients having complaint of white discharge per vaginum. Their smear showed decreased oestrogenization. The frequency of decreased oestrogenization was more in group A. This shows that as the duration of menopause is longer in group A (mean - 9 months).
The subjects of group A had their circulating hormone wane off. After HRT the vaginal cytology showed increased oestrogenization and the number of patients with white discharge per vaginum decreased in both the groups.

From the present study, it was observed that HRT causes reduction in levels of STC, STG, LDL and VLDL and rise of HDL. The HRT also causes much reduction in post menopausal symptoms and reduces urinary symptoms.