

SPONSORED SYMPOSIUM

MAKE A DIFFERENCE WITH DROSPIRENONE

ANGELIQ® – A NEW HRT

Graziottin A

Italy

Angeliq® is an oral, continuous combined hormone replacement therapy (HRT) containing 17 β -estradiol 1 mg and the novel progesterone drospirenone (DRSP) 2 mg. Several large-scale trials have demonstrated the efficacy and safety of Angeliq® in almost 600 post-menopausal women.

Angeliq® reduces both transient and permanent climacteric symptoms in post-menopausal women. Treatment with Angeliq® significantly reduced the frequency of hot flushes – considered by many women to be the most important benefit of HRT – compared with placebo ($P < 0.001$; Schurmann *et al. Climacteric* 2004;7:189–196). The incidence of vasomotor and psychological symptoms, such as sweating episodes, sleep problems, depression, nervousness and urogenital problems, were also reduced with Angeliq®.

In a recent 1-year trial, 88% of women treated with Angeliq® had no bleeding at study end. As amenorrhoea is one of the major reasons for discontinuation of treatment, this has important implications for compliance. Endometrial safety data from patients receiving Angeliq® for 2 years were also highly favourable, with no cases of hyperplasia or carcinoma (Warming *et al. Climacteric* 2004;7:103–111).

Angeliq® has also proved to be effective in preventing post-menopausal osteoporosis. After 2 years of treatment, bone mineral density at the lumbar spine, hip and total body was significantly increased in women receiving Angeliq® compared with those receiving placebo ($P < 0.05$; Warming *et al. Climacteric* 2004).

Quality of life throughout treatment with Angeliq® is markedly improved, with results superior to those of estradiol alone. A key factor in this improvement is thought to be the prevention of weight gain associated with DRSP, a unique progestogen with aldosterone receptor antagonism, which has been shown to counteract estrogen-induced water retention in post-menopausal women.

Data from a 1-year, large-scale, randomised, placebo-controlled trial showed that women receiving Angeliq® had either no weight change or a small decrease, whereas those receiving estradiol alone tended to gain weight. Mean body weight of women who received Angeliq® decreased by 1.2 kg at study end ($P < 0.001$).