Dexamethasone is An Effective, Safe and Cost Benefit Medication for Resistant Anovulatory Normal Dehydroepiandrosterone Sulfate Patients

ABSTRACT

Clomiphene citrate is an effective and safe treatment for anovulation, but in some cases resistance occurs. To evaluate the efficacy of dexamethasone in resistant anovulatory normal dehydroepiandrosterone patients, we prospectively studied 57 infertile resistant anovulatory women. Each woman received 100 mg daily clomiphene citrate from cycle days 3-7 and 0.5 mg dexamethasone from cycle days 3-12 at night. Serial ultrasonography was performed and HCG (5000-10000 IU) was administered when the follicles reached 17-18 mm in diameter.

Ovulation in 80.7% and clinical pregnancy in 29.3% patients were achieved in 92 treatment cycles. The average dominant follicles > 16.1 mm was 2.42. The endometrium thickness in 61.4% was greater than 8 mm. No adverse reaction of clomiphene citrate neither hyperstimulation were encountered. Ovulation and pregnancy rates were similar in both primary and secondary infertility groups.

According to low cost, lesser side effects and effectiveness, we recommend combination of clomiphene citrate and dexamethasone in patients with normal DHEAS resistant anovulation.

Key Words : Clomiphene citrate, Dexamethasone, Anovulation
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