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基础医学

来曲唑在多囊卵巢综合征促排卵中的应用

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摘要:

目的 比较来曲唑(LE)、克罗米芬(CC)和尿促性素(HMG)在多囊卵巢综合征(PCOS)促排卵中的效果,探讨LE在PCOS促排卵中的优势。**方法** 有生育要求的PCOS患者150例,共239个促排卵周期,随机分为CC组、LE组、CC+HMG组、LE+HMG组和HMG组。比较各组患者绒毛膜促性腺激素(HCG)注射日成熟卵泡(卵泡直径 $\geq 14\text{mm}$)的数量、多于3个卵泡的例数、排卵率、卵泡不破裂黄素化综合征(LUFS)发生率、HCG注射日子宫内膜的厚度、尿促性素用量、诱导排卵时间、周期妊娠率。**结果** LE组和LE+HMG组患者HCG注射日成熟卵泡的数量和多于3个卵泡的例数均显著低于其他3组($P<0.05$);CC组排卵率均低于其他4组,而LUFS的发生率高于其他4组($P<0.01$);LE组、LE+HMG组和HMG组HCG注射日子宫内膜的厚度均显著高于其他2组($P<0.05$);LE+HMG组中HMG的用量低于CC+HMG和HMG组($P<0.05$);HMG组诱导排卵时间显著长于其他4组($P<0.05$);CC组妊娠率明显低于其他4组($P<0.05$)。**结论** 在PCOS促排卵中,LE较CC和HMG排卵率高,LUFS发生率低,单卵泡发育率高,HCG注射日子宫内膜的厚度高,妊娠率高,节约促排卵时间和费用。

关键词: 来曲唑; 多囊卵巢综合征; 促排卵; 克罗米芬; 尿促性素

Effect of letrozole on the ovulation stimulation among the patients with polycystic ovary syndrome

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Abstract:

Objective To compare the effects of letrozole (LE), clomiphene citrate (CC) and human menopausal gonadotropin (HMG) on ovarian stimulation in the patients with polycystic ovary syndrome (PCOS), and to investigate the advantage of LE. **Methods** One hundred and fifty patients with PCOS were randomly divided into CC group, LE group, CC+HMG group, LE+HMG group and HMG group. We compared the numbers of mature follicle (diameters $\geq 14\text{mm}$) on the human chorionic gonadotrophin (HCG) injection day, cases with more than three mature follicles, ovulation rate, incidence rate of luteinized unruptured follicles syndrome (LUFS), endometrial thickness on the HCG injection day, amount of HMG, duration of induced ovulation, and the pregnancy rate of patients in these different groups. **Results** The amount of mature follicle and the cases of patients with more than three mature follicles on the HCG injection day were both significantly less in LE and LE+HMG groups than those in other groups ($P<0.05$). The lower ovulation rate and higher incidence rate of LUFS were shown in CC group, which had significant differences with other groups ($P<0.01$). The endometrial thicknesses on the HCG injection day were significantly higher in LE, LE+HMG, and HMG groups, compared with other groups ($P<0.05$). The amount of HMG was significantly lower in LE+HMG group than CC+HMG and HMG groups ($P<0.05$). It showed that the duration of induced ovulation in HMG group was longer ($P<0.05$), and the pregnancy rates were significantly lower in CC group ($P<0.05$). **Conclusion** Compared with CC and HMG treatment, LE showed higher ovulation rate, lower incidence rate of LUFS, higher rate of one follicle, higher endometrial thickness on the HCG injection day, higher pregnancy rate, the shorter duration of induced ovulation, and less cost more in ovulation induction of PCOS.

Keywords: Letrozole; Polycystic ovary syndrome; Clomiphene citrate; Induced ovulation; Human menopausal gonadotropin

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