Effectiveness of Hysteroscopic Myomectomy Compared to Medical Management on Patients' Quality of Life: A Randomized Clinical Trial

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Abstract

Objective: To evaluate the quality of life in patients treated for submucosal leiomyomas after hysteroscopy myomectomy compared to medical therapy. **Patients:** Patients with symptomatic submucosal leiomyomas from 2014-2017. A total of 69 patients enrolled, with 47 completed. **Interventions:** Each patient was randomized to (1) oral contraceptive pills/progesterone releasing intrauterine device or (2) hysteroscopic myomectomy using a hysteroscopic tissue removal system. Each patient was to complete the Uterine Fibroid Symptom and Health-related Quality of Life (UFS-QOL) questionnaire at baseline, one month, three months, and greater than or equal to six months after treatment. **Measurements and Main Results:** Primary outcome was the health-related quality of life (HR-QOL), as reflected from UFS-QOL scores. Contrasts were constructed from a linear mixed-effects model to compare the two treatment groups for changes from baseline in UFS-QOL scores. UFS-QOL scores were similar at baseline between the two treatment groups. There was an overall improvement in all UFS-QOL scores within each group. Higher improvement scores were noted in the surgical group compared to the medical group for almost all UFS-QOL scores. At [?]6 months, in comparison to the medically managed patients, the most considerable score improvements for the surgical group were reported in HR-QOL concern, activities, self-consciousness and symptom severity scores having mean change scores (95% CIs) of 35.3 (22.3 – 48.2), 28.9 (16.3 – 41.5), 28.6 (15.0 – 42.1), and 32.2 (21.5 – 43.0), respectively. **Conclusion:** Patients with submucosal leiomyomas who received medical or surgical treatment reported similar improvement in overall health related quality of life scores.

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Short Title: Hysteroscopic Myomectomy on Quality of Life

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BJOG-Table 2. UFS-QOL Scores at Baseline.docx available at <https://authorea.com/users/462885/articles/558179-effectiveness-of-hysteroscopic-myomectomy-compared-to-medical-management-on-patients-quality-of-life-a-randomized-clinical-trial>

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BJOG-Table 3. Comparison in UFS-QOL.docx available at <https://authorea.com/users/462885/articles/558179-effectiveness-of-hysteroscopic-myomectomy-compared-to-medical-management-on-patients-quality-of-life-a-randomized-clinical-trial>

Figure 1. Subject Disposition Flowchart