

TREATMENT OF PREMENSTRUAL SYNDROME WITH CONTINUOUS LOW DOSAGE SERTRALIN

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Premenstrual Syndrome (PMS) involves a high proportion of the feminine population of fertile age. Mode of treatment is based predominantly on a plausible etiopathogenetic hypothesis according to which hormonal changes are correlated with ovulative and serotonergic alteration. A number of studies have demonstrated the effectiveness of SSRIs in the treatment of PMS.

The aim of the present article is to verify the efficacy and safety of low dosage sertraline administered continuously to a group of patients affected by PMS.

Seven female patients, each affected by PMS according to the diagnostic criteria of DSM IV, were treated with 50 mg per day of sertraline continuously over six menstrual cycles. Evaluation of the outcome indicators of the pilot study was carried out by means of a scale for the symptoms of PMS, composed of 10 items, which was self-administered both pre- and post-therapy.

From the analysis of the outcome indicators of the scale employed, each of the symptoms of PMS evaluated (tension and breast swelling, headache, exaggerated hunger, irritability, tiredness, difficulties in sleeping, difficulties in concentration, acne and increase in weight) showed a substantial reduction in all of the patients treated. Furthermore sertraline was well tolerated to the extent that none of the patients was obliged to retire from the study as a consequence of adverse reaction to the drug administered.

The results of this trial indicate that continuous low dosage sertraline is efficacious and well tolerated in the treatment of PMS.