



Comparing the Positive Effect of Vitamin E and Flouxetine in the Treatment of Hot Flashes in Breast Cancer Patients .

DR Zohreh Yousefi

Professor of Obstetrics and Gynecology of Mashhad University of Medical Sciences, Iran.
Fellowship of Gynecology-Oncology

Email: yousefiz@mums.ac.ir - Site: www.zohrehyousefi.com

- Yousefi Zohre
- Professor of obstetrics and gynecology
- Mashhad University

Back ground :

Hot flashes is a common complaint associated with menopause , that adversely effects the quality of life . Although hormone therapy may still have a major role in managing hot flashes symptoms , in contraindicated cases we can use other medication . The objective of this research is a comparative study of the effects of flouxetine and vitamin E in the treatment of hot flashes in breast cancer patients.

Materials and Methods :

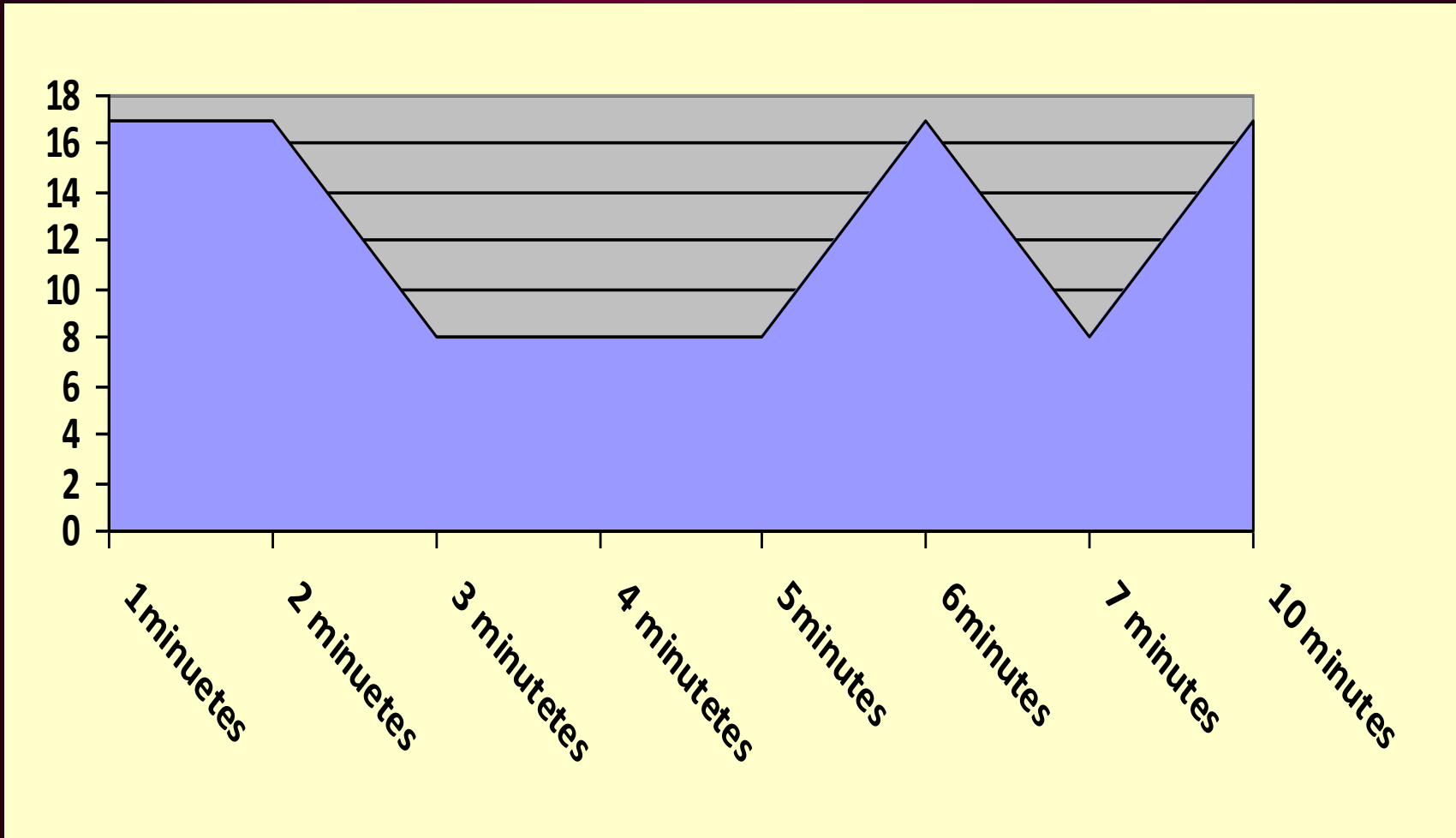
This is a case control and clinical trial study, the subject population consisted of 133 patients who were referred to Ghaem and Omid hospitals in a time period of 6 years.

Table 1 : characterestic clinicopathologic demography in breast cancer patients

| | | | |
|------------------------|--------------------------------|---------------|-----------------------------|
| Age | Mean =44 | Average 26.55 | |
| Menstrual period | Menopause 40.6% | | Peri menopause 59.41 |
| Pathology | Invasive ductal carcinoma 85% | | Ductal carcinoma 2.36 |
| | Invasive lobular carcinoma 6.8 | | Insitu |
| | Mixed carcinoma 2.3% | | Lobular cariuonoma 2.3 |
| | | | Medolary carcinoma 2.3% |
| | | | Metastatic carcinoma insitu |
| Stage of disease | Stage III 24% | | Stage I 10.6% |
| | Stage IV 5.8% | | Stage II 59.6% |
| cell differentiation | Grade III 31.1% | | Grade I 6.6% |
| | | | Grade II 62.3% |
| Estrogenic receptor | | | Negative 48.6% |
| | | | Positive 51.6% |
| Progesteronic receptor | | | Negative 51.1% |
| | | | Positive 48.9% |

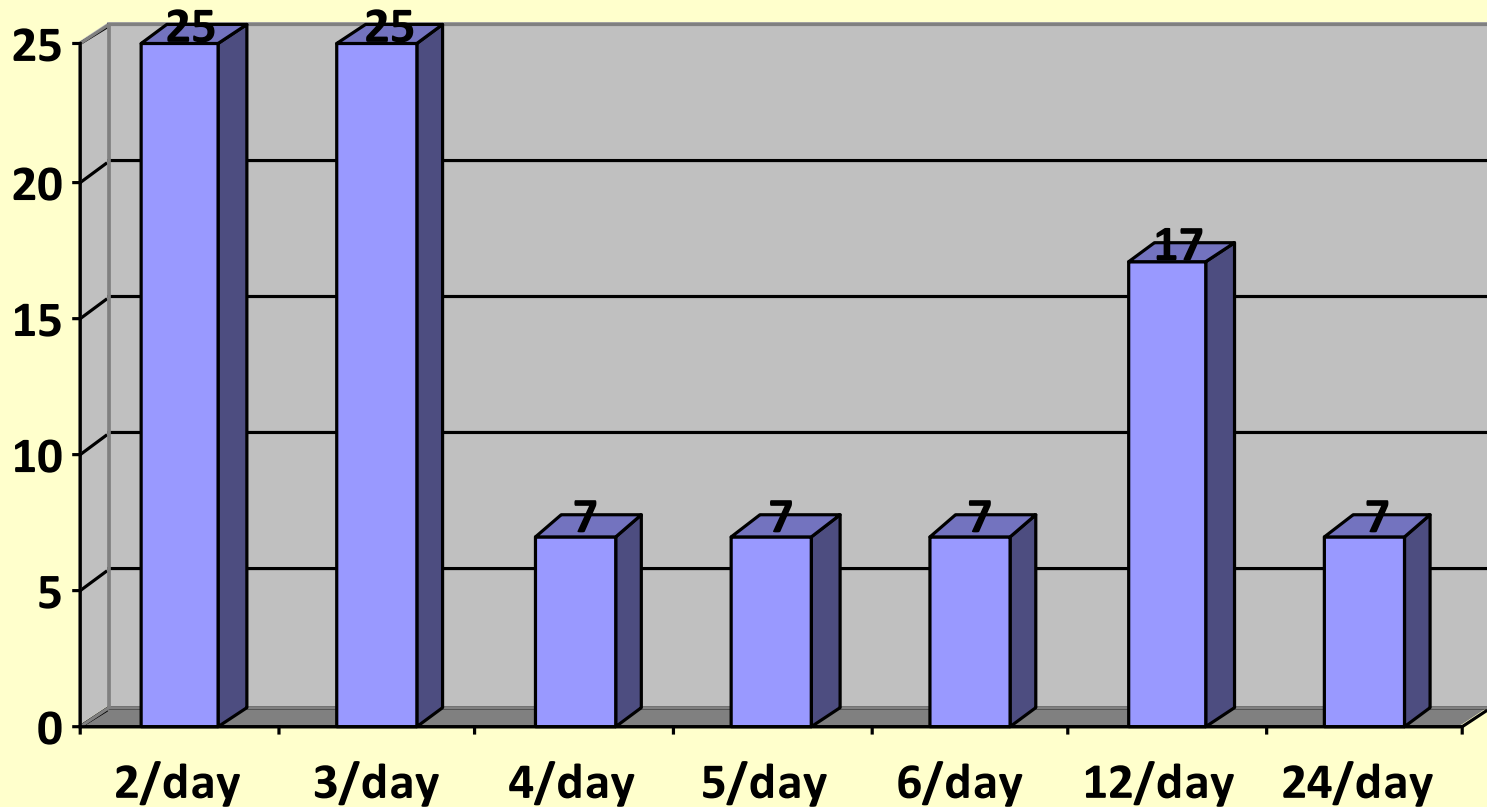
- Cases who complained from hot flashes were selected and divided into three groups randomly .The first group who received 20mg of flouxetine orally daily and second group who took vitamin E 400 IU daily and the third group did not take any medication .

- In a four-month follow -up period the duration and intensity of hot flashes in every patient was assessed before and after the medication.



Graph 1 : Duration distribution of hot flashes in under study perimenstrual breast cancer patients

- The reduction in the occurrence and intensity of hot flashes was considered a healing marker.



Graph 2 : Frequency distribution of hot flashes in under study perimenopausal breast cancer patients .

Data were analyzed by student t-test and χ^2 -test and using SPSS software and the result $P \leq 0.05$ was considered significant.

Results :

- The results indicated that the hot flashes can be treated and decreased in flouxetine users %88.2, vitamin E users %75 and in the third group (without medication) %65.5 ($P<0.36$).
- Evaluating all treated patients and not treated ones showed that the total success rate in both treated groups was %84.1 and in the not medicated group was %65.5($P=0.1$).

Table 2 : type of treatment for hot flashes in breast cancer patients

| Number | Treatment -free | Fluoxetine | Vitamin E | Total |
|---------------------|------------------------|-------------------|------------------|--------------|
| Menstruation status | 29 | 17 | 8 | 54 |
| Postmenopausal | 5 | 7 | 1 | 13 |
| Perimenopausal | 24 | 10 | 7 | 41 |

Conclusion :

- The patients who are not able to undergo hormone therapy as a treatment for hot flash of breast cancer can be treated by vitamin E and fluoxetine which were proved to be effective .



Thanks for your Attention!

www.zohrehyousefi.com