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Treatment of premature ovarian failure with hormone replacement therapy or combined oral contraceptive pill

Submission date	Recruitment status	[X] Prospectively registered
15/01/2009	No longer recruiting	[X] Protocol
Registration date	**Overall study status**	[_] Statistical analysis plan
26/01/2009	Completed	[X] Results
Last Edited	**Condition category**	[_] Individual participant data
28/08/2018	Nutritional, Metabolic, Endocrine	

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Prof Janice Rymer

Contact details
Department of Women's Health
Tenth Floor North Wing
St Thomas' Hospital
London
United Kingdom
SE1 7EH

Additional identifiers

Clinical Trials Information System (CTIS)
2008-002599-86

Study information

Scientific Title
A prospective open randomised controlled trial of women diagnosed with premature ovarian failure (POF) to investigate the effects of active treatment with hormone replacement therapy

(HRT) or combined oral contraceptive pill (COCP), and observation of patients who choose to have no treatment, on bone density, markers of cardiovascular disease, markers of bone metabolism, menopausal symptoms, quality of life, depression score, sexual function and ovarian function over two years

Study objectives
It is assumed that bone loss will occur at the normal post-menopausal rate in the no treatment group and that bone mass will be preserved and will be equal in the two treatment groups (hormone replacement therapy [HRT] and combined oral contraceptive pill [COCP]).

Ethics approval required
Old ethics approval format

Ethics approval(s)
Guy's Research Ethics Committee, approved on 18/12/2008 (ref: 08/H0804/140)

Study design
Prospective open randomised controlled trial

Primary study design
Interventional

Study type(s)
Treatment

Health condition(s) or problem(s) studied
Premature ovarian failure

Interventions
Participants will be asked whether they wish to receive treatment or prefer not to receive treatment. Those who choose to be in the active treatment group will be randomised to take either Nuvelle® or Microgynon® 30 for two years. Nuvelle® is oestradiol 2 mg once a day for 16 days then oestradiol 2 mg and levonorgestrel 75 mcg for 16 days on a cyclical basis. Microgynon® 30 is ethinylestradiol 30 mcg and levonorgestrel 150 mcg daily for 21 days followed by a 7 day pill-free break on a cyclical basis.

The participants who decide not to receive treatment will be followed-up for two years.

Intervention Type
Drug

Phase
Not Applicable

Drug/device/biological/vaccine name(s)
Nuvelle®, Microgynon®

Primary outcome(s)
Bone mineral density at the lumbar spine and hip, assessed at 0, 6, 12 and 24 months.

Key secondary outcome(s))

1. Serum markers of bone metabolism, assessed at 0, 6, 12 and 24 months
2. Menopausal symptom scores, assessed at 0, 3, 6, 12, 18, 24 months
3. Depression score, assessed at 0, 3, 6, 12, 18, 24 months
4. Sexual function, assessed at 0, 3, 6, 12, 18, 24 months
5. Quality of life, assessed by SF-36® Health Survey at 0, 3, 6, 12, 18, 24 months
6. Serum markers of cardiovascular disease (lipid profile, C reactive protein [CRP]), assessed at 0, 6, 12 and 24 months
7. Ovarian function markers (anti-Mullerian hormone [AMH] and inhibin-B), assessed at 0, 6, 12, 24 months
8. Ovarian volume and antral follicle count, assessed by ultrasound at 0, 6, 12, 24 months

Completion date
01/09/2011

Eligibility

Key inclusion criteria
1. Age 18-44 years
2. Women with a diagnosis of premature ovarian failure (POF) within the last 36 months (with documented follicle-stimulating hormone [FSH] level >30 IU on 2 occasions 4-8 weeks apart)
3. Ability to understand English
4. Written informed consent for participation in the trial
5. Not taking hormone medication (HRT/COCP/"natural" preparations) for 2 months prior to commencement in the trial

Participant type(s)
Patient

Healthy volunteers allowed
No

Age group
Adult

Lower age limit
18 years

Upper age limit
44 years

Sex
Female

Key exclusion criteria
1. Age less than 18 or over 45 years
2. Current desire for pregnancy is an exclusion criterion from the active treatment group (as she may be randomised to take COCP). However, she could elect to take part in the no treatment group.
3. Women with absolute contraindications to hormone treatment will be excluded from the active treatment group (i.e. personal history of thromboembolic disease, oestrogen dependent

malignancies, and personal history of focal migraine)
4. Women taking medication for high cholesterol or found to have raised cholesterol levels on initial assessment
5. Untreated thyroid disease

Date of first enrolment
01/03/2009

Date of final enrolment
01/09/2011

Locations

Countries of recruitment
United Kingdom

England

Study participating centre
Department of Women's Health
London
United Kingdom
SE1 7EH

Sponsor information

Organisation
King's College London (UK)

ROR
https://ror.org/0220mzb33

Funder(s)

Funder type
Charity

Funder Name
Wellcome Trust (UK), Research Training Fellowship, decision expected in April 2009 (ref: 10092)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary
Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/09/2016		Yes	No
Protocol article	protocol	01/03/2010		Yes	No
HRA research summary			28/06/2023	No	No