



# A Review on Side-effects by using Norethisterone to stop/delay menopause

M. Bhavana Annie Chand, Dr. K. Nagalakshmi\*, M. Prasad Rao, P Y V Kameswara Rao.

Department of Pharmacy Practice,

M.A.M College of Pharmacy, Kesanupalli, Narasaraopet (522601), Palnadu District,  
Andhra Pradesh

**Corresponding Author : Madasu Bhavana Annie Chand**

M.A.M College of pharmacy, Narsaraopet-522601,  
Palnadu District, Andhra Pradesh.

## ABSTRACT

A woman's quality of life may be greatly impacted by the range of symptoms that are frequently associated with menopause, a biological process that occurs naturally in her life. One synthetic progestin that has been investigated as a possible treatment for menopausal symptoms is norethisterone. The goal of this review is to give a thorough summary of all the negative effects related to using norethisterone to treat menopause.

Results from observational research, clinical trials, and pertinent literature published up to the knowledge cutoff date of January 2022 are included in the review. The main focus is on the physiological and psychological negative effects that women taking norethisterone throughout menopause encounter.

Changes in lipid profiles, breast discomfort, and menstrual patterns are examples of physiological adverse effects. Furthermore, the effects of norethisterone on metabolic parameters, cardiovascular health, and bone health are investigated.

Mood swings, anxiety, and depression are examples of psychological side effects that are covered, recognizing the intricate relationship between hormone changes and mental health.

The review also emphasizes the possible hazards of long-term Norethisterone usage, such as an elevated risk of thromboembolic events, some malignancies, and other cardiovascular issues. The safety profile and tolerability of norethisterone may be impacted by a number of factors, including age, health, and individual features in women.

**KEY WORDS:** Menopause, Norethisterone, Menopausal symptoms, Progestin, Side effects, Hormone therapy, Physiological effects, psychological effects, Clinical trials, Observational studies, Quality of life, Bone health, Cardiovascular function, Metabolic parameters, Cancer risk, Thromboembolic events, Individualized treatment, Healthcare communication, Women's health, Long-term effects.

## INTRODUCTION

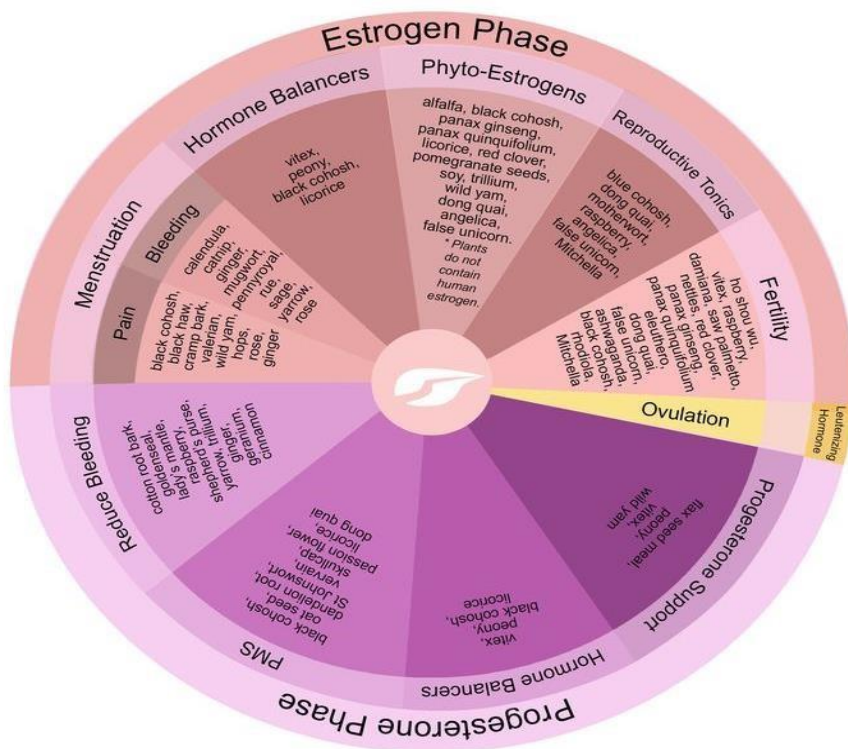
Women's health, especially in light of the significant influence this normal biological process can have on their quality of life, depends critically on the management of menopausal symptoms. Synthetic progestin norethisterone has gained attention as a possible treatment option in recent years for menopausal symptoms, both delaying and alleviating their development. The purpose of this review is to give a thorough analysis of the adverse effects related to the usage of norethisterone in the context of managing menopause. This review attempts to clarify the physiological and psychological effects of using norethisterone by combining data from observational research, clinical trials, and relevant literature up to the knowledge cutoff date of January 2022.

Healthcare professionals must have a thorough understanding of the wide spectrum of side effects in order to customize treatment strategies for each patient and guarantee that menopausal women seeking symptom relief do so with knowledge. This introduction emphasizes the necessity for a nuanced understanding of norethisterone's effects on women's health and sets the stage for a detailed investigation of the many features of the hormone in menopausal care.

## DEFINITION

Norethisterone is a synthetic progestin—a type of hormone that imitates the effects of progesterone in the body—also marketed under trade names including Aygestin and Primolut N. Women naturally produce progesterone, which is essential for controlling the menstrual cycle and promoting pregnancy. For a number of gynecological disorders, such as endometriosis, irregular menstrual cycles, and hormone replacement treatment, norethisterone is frequently administered. Its ability to postpone or lessen menopausal symptoms has also been investigated. Norethisterone functions largely as a progestin by modulating the uterine lining, inhibiting endometrial development, and altering hormonal balance. For the purpose of making educated medical decisions and providing effective therapy, it is crucial to comprehend its pharmacological characteristics and possible uses.

# MENSTRUAL MAP



## EPIDEMIOLOGY

I did not have precise, current epidemiological data on the usage of norethisterone for menopause or related diseases as of January 2022, when I last updated my understanding. The study of patterns, causes, and effects of health issues within a community is a common application of epidemiological data. It takes into account elements like the frequency, severity, and dispersion of illnesses or health-related incidents.

The most up-to-date epidemiological data regarding the usage of norethisterone in menopause or associated circumstances can be found by reading through epidemiological research, recent medical publications, or reputable health bodies like the World Health Organization (WHO). The most up-to-date and trustworthy information on the frequency and usage patterns of norethisterone among different demographics may be found in these sources.

## ETIOLOGY

The study of the causes or beginnings of a specific disease or medical condition is referred to as "etiology." Understanding the etiology in the context of menopause and norethisterone use entails taking into account the variables that lead to the onset of menopausal symptoms and how norethisterone may affect these variables.

### Natural Menopause:

- The main factor that causes menopause is the aging process itself, which lowers ovarian function.
- Menopause-related physiological changes and symptoms are partly caused by a decrease in the ovaries' synthesis of progesterone and estrogen.

**Changes in Hormones:**

- Hormonal fluctuations, namely those related to estrogen, are a major factor in the development of menopausal symptoms.
- Because it functions similarly to progesterone, norethisterone, a synthetic progestin, can affect the balance of hormones. Hormonal imbalances brought on by menopause may be treated with this.

**Menopause Induced:**

- Menopause can be induced prematurely by certain medicinal treatments or surgical procedures like oophorectomy (removal of ovaries).
- Menopause earlier than expected can also result from conditions like radiation therapy or chemotherapy.

**Genetic Elements:**

- Menopausal symptoms might vary in severity and timing depending on genetic predispositions.
- Individual variances in menopausal experiences may be attributed to variations in genes involved in hormone control.

**Environmental and Lifestyle Factors:**

- Factors that affect the age at which menopausal symptoms start and how severe they are include stress, dietary habits, and smoking.
- Exposure to the environment could also be important.

**Utilizing Norethisterone in Hormone Therapy:**

- By adjusting hormone levels, norethisterone is used to treat menopausal symptoms.
- The mechanism of action of norethisterone consists in its capacity to counteract the negative effects of hormone depletion, hence reducing symptoms and improving menopausal women's general health.

**PATHOPHYSIOLOGY**

Complex hormonal alterations and their systemic effects are central to the pathophysiology of menopause and the function of norethisterone in treating related diseases. The natural decline in ovarian function that results in a reduction in estrogen and progesterone production is what defines menopause. Numerous symptoms, such as mood swings, night sweats, hot flashes, and changes in bone density, are brought on by this hormonal imbalance.

Synthetic progestin norethisterone affects the pathophysiological mechanisms connected to menopause. By attaching itself to progesterone receptors, it affects the endometrium and hormonal equilibrium. Norethisterone and estrogen are frequently combined in hormone replacement treatment to offer a more complete hormonal support. In women with an intact uterus in particular, this combination helps reduce the dangers connected with unopposed estrogen therapy.

The abnormal growth of endometrial tissue outside the uterus is the pathophysiology of disorders such as endometriosis, which can cause discomfort, inflammation, and even problems with conception. Under these circumstances, norethisterone functions by inhibiting ovulation and lowering the growth-promoting factors for endometrial tissue.

The use of norethisterone as a therapeutic intervention is guided by an understanding of the pathophysiological mechanisms behind certain gynecological disorders as well as menopause. Norethisterone helps people going through these hormonal changes by regulating hormonal imbalances and treating the effects of low estrogen and progesterone levels. This helps people feel better overall and relieve symptoms. We are getting a better knowledge of the underlying pathophysiology through ongoing research, which will help us develop more focused and efficient interventions for women's health throughout menopause.

## **SIGNS AND SYMPTOMS:**

Depending on the particular medical indication, there may be differences in the signs and symptoms linked to the usage of norethisterone in the management of menopause or other related disorders. The following general indications and symptoms could be seen:

### **Menopausal Symptoms:**

**Hot flashes:** A sudden feeling of warmth or heat, often accompanied by sweating and flushing.

**Night sweats:** Episodes of sweating during sleep that can disrupt sleep patterns.

**Mood swings:** Emotional fluctuations, including irritability, anxiety, and sadness.

**Vaginal dryness:** Thinning and dryness of the vaginal tissues, which can lead to discomfort during intercourse.

**Changes in libido:** Altered levels of sexual desire. **Menstrual Cycle Alterations:**

Changes in menstrual patterns: Irregular or altered menstrual cycles.

**Breast Tenderness:**

Sensitivity or discomfort in the breasts. **Gastrointestinal Effects:**

**Nausea:** Feeling of sickness or discomfort in the stomach. **Other Potential Side Effects:**

**Headaches:** Pain or discomfort in the head.

**Dizziness:** A sensation of lightheadedness or unsteadiness.

**Weight changes:** Potential fluctuations in body weight.

**Skin changes:** Some individuals may experience changes in skin condition.

It's crucial to note that individual responses to Norethisterone can vary, and not everyone will experience the same set of symptoms. Additionally, the specific symptoms observed can depend on the reason for prescribing Norethisterone, such as its use in hormone replacement therapy or the management of conditions like endometriosis. Any concerns or unusual symptoms should be promptly discussed with a healthcare provider for appropriate evaluation and guidance.

## **DIAGNOSIS:**

The diagnosis pertaining to the use of norethisterone depends on the particular medical setting in which it is administered. Healthcare professionals base their treatment of menopausal symptoms on a careful evaluation of the patient's medical history, with a focus on the type and intensity of symptoms. The beginning of menopause can be confirmed with the help of blood tests that measure hormone levels including follicle-stimulating hormone (FSH) and estrogen. Analyzing menstrual cycle patterns, hormone levels, and possible imaging procedures are all part of the screening process for anomalies in menstruation, in order to identify any

underlying problems. When diagnosing endometriosis, a laparoscopy is frequently used in conjunction with a pelvic examination and medical history to identify and observe aberrant endometrial tissue.

Hormone levels play a role in determining the right combination for hormone replacement treatment (HRT), which involves identifying the need for hormone supplementation based on menopausal symptoms and general health. In addition, a diagnostic assessment is carried out for atypical uterine bleeding. This assessment may involve imaging studies, endometrial biopsies, or an analysis of bleeding patterns. These diagnostic evaluations inform the prescription of norethisterone, guaranteeing a customized strategy to address certain gynecological and hormonal disorders. Scheduling routine follow-up consultations with medical specialists is essential to tracking treatment response and managing any side effects or symptom changes.

## **RISK FACTORS:**

### **Cardiovascular Risks:**

➤ Women with a history of cardiovascular disease, thromboembolic events, or stroke may be at an increased risk when using Norethisterone, particularly in combination with estrogen.

### **Breast Cancer Risk:**

➤ here is evidence suggesting a potential increased risk of breast cancer with long-term use of combined hormone therapy, including Norethisterone and estrogen.

### **Thromboembolic Events:**

➤ Norethisterone, like other hormonal medications, may be associated with an elevated risk of blood clot formation, leading to thromboembolic events, especially in individuals with a history of clotting disorders.

### **Liver Dysfunction:**

➤ Women with liver dysfunction or diseases may be at an increased risk of complications when using Norethisterone due to its metabolism in the liver.

### **Hypertension:**

➤ Individuals with hypertension or a history of high blood pressure should be monitored closely, as hormonal therapies, including Norethisterone, may affect blood pressure.

### **Smoking:**

➤ Smoking increases the risk of cardiovascular events, and when combined with Norethisterone, it may further elevate these risks.

### **Age and Duration of Use:**

➤ The age of the woman and the duration of Norethisterone use can influence the associated risks. Long-term use may have different risk profiles compared to short-term use.

### **Personal and Family Medical History:**

➤ A comprehensive understanding of personal and family medical history, including conditions like breast cancer, cardiovascular diseases, and thromboembolic events, is crucial in assessing the suitability of Norethisterone.

**Endometrial Hyperplasia:**

- In women with an intact uterus, the use of estrogen without a progestin (such as Norethisterone) can increase the risk of endometrial hyperplasia.

**Migraines:**

- Women with a history of migraines, especially with aura, may be at an increased risk of cardiovascular events when using hormonal therapies.

Before administering norethisterone, medical professionals must carefully consider these risk factors and go over the possible advantages and disadvantages with patients. To manage these risk factors and guarantee the safety of Norethisterone administration, individualized treatment strategies, vigilant observation, and frequent follow-up are essential.

**COMPLICATIONS:****Cardiovascular Complications:**

- Increased risk of cardiovascular events, including heart attack and stroke, especially in individuals with pre-existing cardiovascular conditions.

**Thromboembolic Events:**

- Elevated risk of blood clot formation, leading to conditions like deep vein thrombosis (DVT) or pulmonary embolism.

**Breast Cancer**

- Long-term use of Norethisterone, particularly in combination with estrogen, may be associated with an increased risk of breast cancer.

**Endometrial Hyperplasia:**

- In women with an intact uterus, the use of estrogen without a progestin (such as Norethisterone) can lead to endometrial hyperplasia, which may increase the risk of endometrial cancer.

**Liver Dysfunction:**

- Norethisterone is metabolized in the liver, and its use may be associated with liver dysfunction, particularly in individuals with pre-existing liver conditions.

**Hypertension:**

- Norethisterone may contribute to an increase in blood pressure, posing a risk for individuals with hypertension.

**Mood Changes:**

- Some individuals may experience mood swings, depression, or anxiety as a side effect of Norethisterone.

**Gastrointestinal Issues:**

- Nausea and other gastrointestinal discomforts may occur.

**Headaches:**

- Headaches or migraines may be triggered or exacerbated in some individuals.

**Weight Changes:**

- Changes in body weight may occur.

**Menstrual Changes:**

- Alterations in menstrual patterns, including irregular bleeding or amenorrhea, may be observed.

**Skin Changes:**

- Some individuals may experience changes in skin condition.

It's crucial to note that not everyone will experience these complications, and the severity of side effects can vary among individuals. Healthcare providers should carefully evaluate the potential risks and benefits of Norethisterone based on the individual's medical history and specific health conditions. Regular monitoring and open communication between healthcare providers and patients are essential to address and manage any complications that may arise during the course of Norethisterone use.

**MANAGEMENT:****Medical Assessment:**

- Before prescribing Norethisterone, healthcare providers should conduct a thorough medical assessment, considering the individual's medical history, current health status, and any pre-existing conditions.

**Risk-Benefit Analysis:**

- A careful evaluation of the potential risks and benefits of Norethisterone use should be conducted for each patient. This analysis takes into account the specific indication for Norethisterone, such as menopause management, menstrual irregularities, or endometriosis.

**Monitoring:**

- Regular monitoring is crucial during the course of Norethisterone use. This includes tracking symptoms, hormonal levels, and any potential side effects or complications. Monitoring is particularly important for individuals with risk factors such as cardiovascular conditions or a history of thromboembolic events.

**Individualized Treatment Plans:**

- Treatment plans should be individualized based on the patient's needs, medical history, and response to Norethisterone. Dosages and duration of treatment may vary.

**Education and Informed Consent:**

- Patients should be provided with comprehensive information about Norethisterone, including potential side effects, complications, and the importance of adherence to the prescribed regimen. Informed consent ensures that individuals are aware of the risks and benefits associated with the medication.

**Regular Follow-Up:**

- Regular follow-up appointments with healthcare providers are essential to assess the ongoing effectiveness of Norethisterone, address any emerging issues, and make adjustments to the treatment plan if necessary.

**Lifestyle Modifications:**

- Encouraging and supporting lifestyle modifications, such as maintaining a healthy diet, regular exercise, and smoking cessation, can contribute to overall health and may mitigate certain risks associated with Norethisterone use.

**Patient Education:**

- Patients should be educated on recognizing and reporting potential complications or side effects promptly. This empowers them to actively participate in their healthcare and seek timely medical attention if needed.



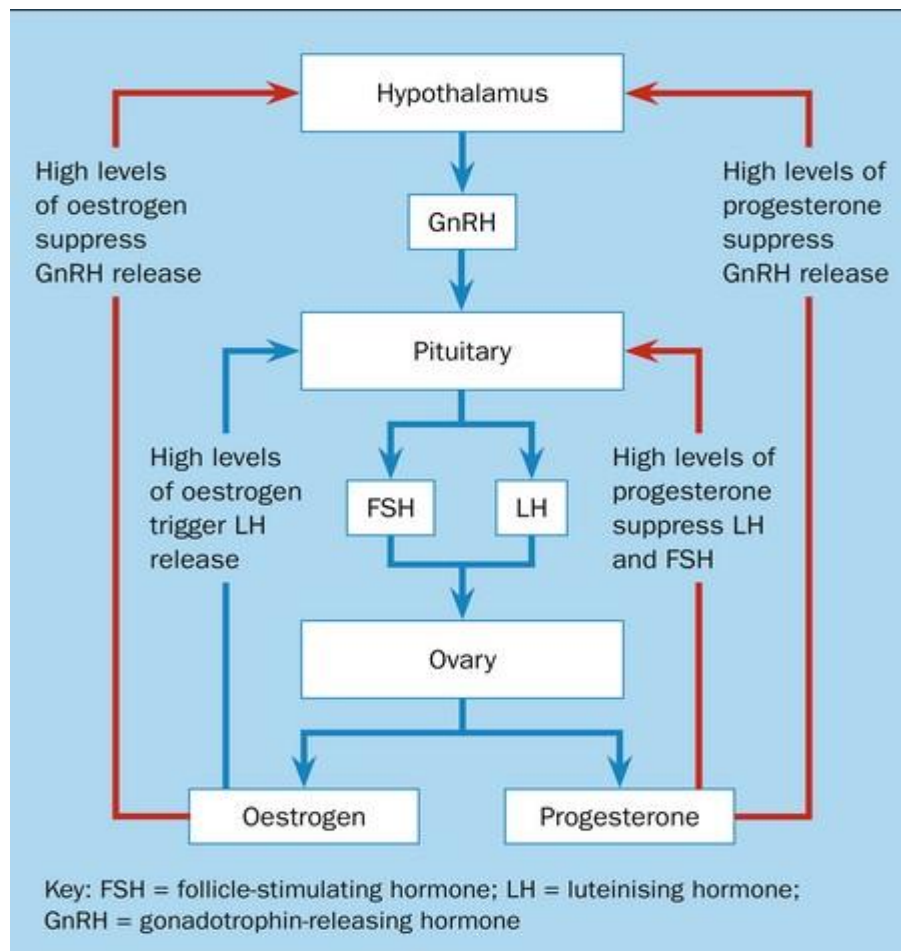
### Shared Decision-Making:

➤ Shared decision-making between healthcare providers and patients ensures that treatment plans align with the patient's preferences and values. This collaborative approach facilitates better adherence and overall satisfaction with the chosen management strategy.

### Discontinuation and Alternative Options:

➤ If complications or intolerable side effects arise, healthcare providers may consider discontinuation of Norethisterone and explore alternative treatment options. The decision to discontinue or change treatment should be made in consultation with the patient.

In managing Norethisterone use, a holistic approach that considers both the therapeutic benefits and potential risks is essential. Regular communication and collaboration between healthcare providers and patients contribute to optimal management outcomes and improved overall wellbeing.



### CONCLUSION:

In conclusion, a careful assessment of each patient's unique health profile, risks, and benefits is necessary when using norethisterone to treat menopause and associated gynecological disorders. Beneficial therapeutic effects of this synthetic progestin include the relief of menopausal symptoms and the treatment of irregular menstruation or endometriosis. But it is crucial to recognize and control any possible drawbacks and adverse consequences from using it.

The need of customized treatment regimens, in-depth medical examinations, and continuous monitoring is highlighted by the detailed review of the research and clinical considerations. A comprehensive risk-benefit analysis should inform the choice to administer norethisterone, taking into consideration variables like cardiovascular health, thromboembolic event history, and personal preferences.

In order to ensure that people are aware of the possible risks and benefits and may actively engage in their healthcare decisions, patient education and informed consent are essential. Scheduling routine follow-up sessions enables medical professionals to evaluate the effectiveness of treatment, handle new concerns, and make the required corrections to improve patient outcomes.

Research on women's health is always changing, which emphasizes the importance of continuing to examine norethisterone's long-term impacts and safety profiles. This continuous research will improve our understanding of the intricate interactions between hormone medicines and individual health, as well as help to refine treatment guidelines.

In conclusion, although norethisterone provides beneficial treatment choices for women going through menopause or other related disorders, its usage necessitates a customized, balanced strategy that puts the patient's safety, wellbeing, and active participation first.

#### **CONFLICT OF INTEREST: Nil BIBLIOGRAPHY:**

The authors thank to curious personalities who answered the call for proposals and provide information on the innovative initiatives.

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