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### The effects of Methyltestosterone in surgically menopausal women using hormone replacement therapy

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#### Abstract:

In a double blind, parallel-group, clinical trial we compared the effects of conjugated estrogen with estrogen plus methyltestosterone in surgically menopausal women. In this study, 251 women were randomly assigned to one of the two regimens: 1-conjugated estrogen 0.625 mg/day +placebo. 2-conjugated estrogen 0.625 mg/day+methyltestosterone 1.25 mg/day (E+A group). Study parameters were psychologic, urinary and sexual symptoms, lipid profile,liver function test (LFT) and side effects. Significantly greater improvement in psychologic, urinary and sexual symptoms was observed in the E+A group .( $P<0.002$ ). Changes in hairgrowth were similar in both groups. No clinically significant side effects were seen except body mass index (BMI) which was more increased in E+A group, but its changes were in normal limit. (no obesity, no overweight was seen) ( $P<0.002$ ). Changes in LFT were similar in both groups. LDL was increased only in E+A group, but HDL rising was higher in estrogen alone group, in contrast, triglyceride and cholesterol levels were increased in E+A group more than other groups ( $P<0.002$ ), but the changes were in normal limit. As compared to estrogen alone, E+A significantly improved menopausal symptoms in surgical menopause without added side effects.

#### Keywords:

[Surgical menopause](#) . [Androgen](#) . [Estrogen](#) . [Lipids](#) . [Menopausal symptoms](#)

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