

**Improvement of quality of life with
Phyto Soya®**

**Use of phyto estrogens in menopause
management**


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Efficacy study placebo-controlled

Effects of a standardized soy extract on hot flushes: a multicenter, double-blind, randomized, placebo-controlled study. Menopause, P Marès et al, 2002



Efficacy study, 2002

✓ **Objective:** assessing the efficacy of Phytosoya® in reducing hot flushes following a 4 month treatment period. It was a randomized placebo-controlled study.

✓ **Treatment:** 2 capsules of Phytosoya® in the morning and 2 capsules in the evening (same dose used in the safety study).

75 post menopausal women were included.



Main inclusion criteria

- ✓ more than 7 hot flushes per day (moderate or severe intensity)
- ✓ FSH >40 UI/l
- ✓ Estradiol < 35 pg/ml
- ✓ Wash out HRT at least 6 weeks



Demographic Data

	Phyto Soya [®] (n=39)	Placebo (n=36)	p*
Age (years)	53,0 ± 5,6	53,9 ± 4,1	0,45
Weight (Kg)	66,2 ± 10,8	64,9 ± 9,8	0,60
BMI	24,9 ± 3,9	24,9 ± 3,5	0,99
Number of Hot Flushes/day	10,1 ± 6,4	9,4 ± 3,4	0,53

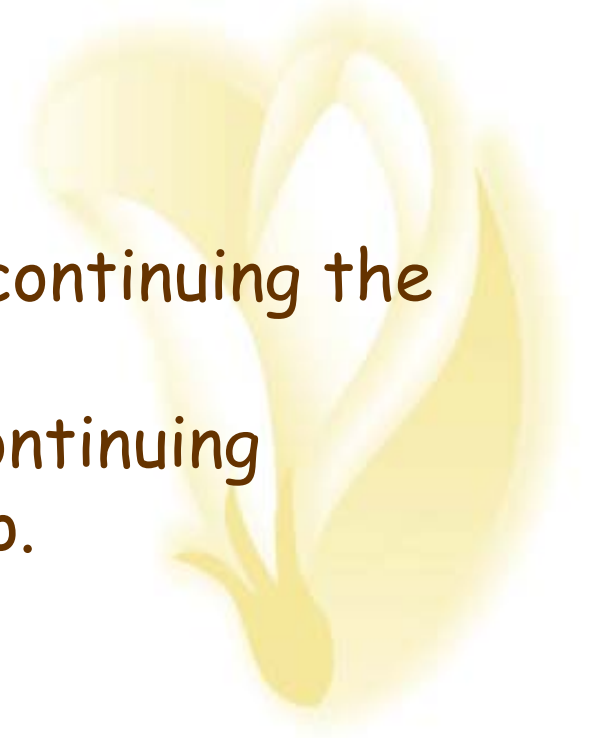
Patients disposition

✓ 75 patients were included (39 in the Phyto Soya[®] group + 36 in the placebo group)

✓ Lack of efficacy led to:

- 11 patients discontinuing the study from the placebo group

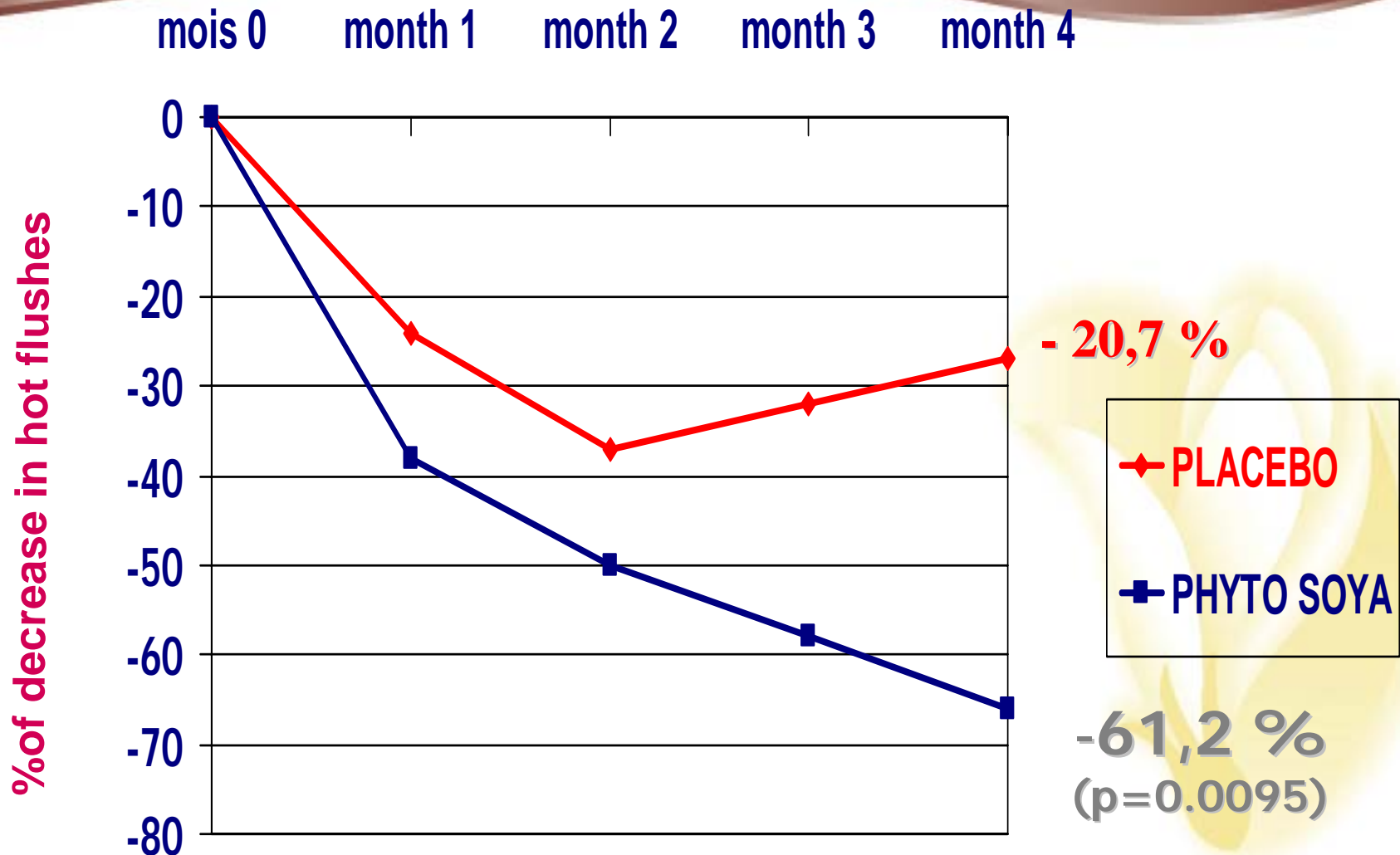
- 4 patients discontinuing treatment from the Phyto Soya[®] group.




Hot Flushes recorded on patient diary


	Phyto Soya [®]	Placebo
Number of hot flushes at T0	10,1 ± 6,4	9,4 ± 3,4
Mean decrease of hot flushes at T = 4 months	- 6,4 ± 1	-2,2 ± 1.2

Decrease of Hot Flushes with Phyto Soya®





Assessment of the quality of
life of the patients included in
the safety study
on Phyto Soya®
(design previously presented)



Monitoring of quality of life

Quality of life of the 305 patients who completed the 1 year of treatment of the safety clinical study was monitored :

- ✓ Patients were questioned by the investigator for each symptom of Kupperman index at inclusion, T3 months, T6 months and T12 months.
- ✓ Patients completed an ed diary everyday to record both the intensity and the number of hot flushes occurring each day.

Demographic data

Mean age (years)	55.93 ± 4.24
Body Mass Index (kg/m ²)	24.55 ± 9.07
Mean age at menopause (years)	49.49 ± 3.3
Menopause duration (years)	6.40 ± 4.03
Mean hot flushes/day	3.24 ± 3.05

Kupperman score

Total Kupperman score significantly decreased by 40% after 1 year of treatment.

Inclusion total score = 17 ± 7.81

T12 months total score = 10.1 ± 7.84

Phyto Soya® was particularly efficient in reducing :

- ✓ Hot flushes
- ✓ Nocturnal sweating
- ✓ Nervousness.



Electronic diary

Phytosoya intake in the morning ?	YES/NO
Phytosoya intake in the evening ?	YES/NO
Bleeding ?	None/Spotting/ Moderate /Severe
Breast pain ?	None/Spotting/ Moderate /Severe
Hot flashes ?	0/1/2/3/4/5/more than 5
Intensity of hot flashes	None/light/ moderate/Severe

Data were analyzed for the totality of the population by comparing data obtained for the whole population during the selection period versus during the treatment period.

Data on hot flushes

Variables	Selection period 24 days	Treatment period 276 days
Nb of days with Symfo answers	6 932 answers	80 468 answers
Incidence of hot flushes		
0/d	27.5 % (1909)	49.4 % (39733)
1/d	14.1 % (975)	11.4 % (9167)
2/d	14.2 % (983)	13.3 % (10695)
3/d	14.3 % (992)	10.7 % (8615)
4/d	10.5 % (729)	5.8 % (4669)
5/d	8.1 % (562)	4.1 % (3264)
More than 5/d	11.3 % (782)	5.4 % (4325)
Intensity of hot flushes		
None	27.5 % (1908)	49.4 % (39731)
Light	34.9 % (2420)	29.2 % (23475)
Moderate	29.5 % (2044)	18.0 % (14497)
Severe	8.0 % (557)	3.4 % (2758)

During the selection phase the days without hot flushes represented **27.5% of answers** and they increased to **50%** during treatment phase.

The days with hot flushes of none or light intensity represented **80%** during treatment phase.

Assessment of hot flushes on a sub population having at least 4 hot flushes $\frac{3}{4}$ days during selection period

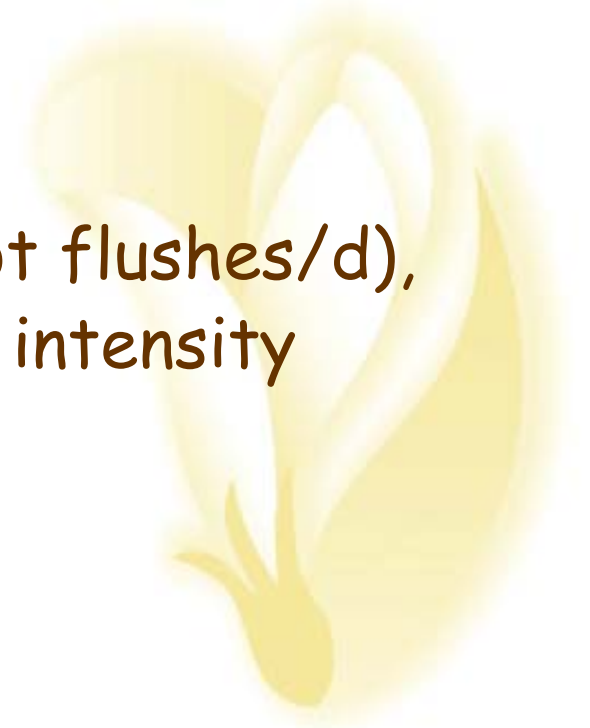
(71 patients)

Variables	Selection period	Treatment period
Nb of days with Symfo answers	1767 answers	19123 answers
Intensity of hot flushes		
None	0.6 % (11)	10.3 % (1975)
Light	21.7 % (383)	43.3 % (8286)
Moderate	55.9 % (987)	38.37 % (7324)
Severe	21.8 % (385)	8.0 % (1536)

Number of days of severe intensity represented 22 % of answers during selection period whereas it decreased to 8 % with Phytosoya.

Conclusion from Symfo data

- ✓ Days without hot flushes represented 50% (versus 27.5 %) during the treatment, for the total population.
- ✓ On the selected sub population (4 hot flushes/d), the days with hot flushes of severe intensity decreased from 22% to 8%.



Questionnaire

✓ 98 % patients estimated Phytosoya safety as excellent or good.

✓ 74 % investigators estimated Phytosoya safety as excellent and 24 % as good.



Conclusion on Phyto Soya®

- ✓ Efficacy of Phytosoya in reducing hot flushes has been demonstrated in a randomized placebo-controlled study.
- ✓ Quality of life of patients included in the safety study has been improved :
 - *Significant decrease in Kupperman score*
 - *Important decrease in number and intensity of hot flushes.*
- ✓ Endometrial safety demonstrated
- ✓ Breast safety demonstrated.



Conclusion

✓ This study has been carried out with a specific extract of soy isoflavones Phytosoya®

- 35 mg daizin/day
- 21mg glycitin/day
- 14 mg genistin/day

The results of this study cannot be extended to the other soy isoflavone extracts



Menopausal treatments

- ✓ **HRT**
- ✓ **Tibolone**
- ✓ **Phytohormones**
- ✓ **SSRI , SNRI**
- ✓ **Non-hormonal treatments**
- ✓ **Local treatments**
- ✓ **Others: sport, food**



Use of Phytoestrogens in the treatment of menopausal symptoms

- ✓ Safe with respect to endometrium (EMA guidelines)
- ✓ No increased risk of breast pathology
- ✓ Good tolerance and acceptability
- ✓ Improved quality of life (mastodynia, bleeding, hot flashes ...)

All parameters confirmed in our studies.

Phytoestrogen therapy is a safe and efficient option for the treatment of climacteric troubles