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Clinical study of combined treatment of remifemin and paroxetine for

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[Article in Chinese]

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**Abstract****OBJECTIVE:** To explore the efficacies and safety of **combined treatment of remifemin and paroxetine for perimenopausal depression**.**METHODS:** A total of 120 patients with **perimenopausal depression** were digital randomly divided into the **treatment** and control groups (n = 60 each). The **treatment** group received oral **remifemin** one tablet twice daily and **paroxetine** 20 mg once daily for 2 months while the control group oral **paroxetine** 20 mg once daily for 2 months. The Hamilton **depression** scale (HAMD) and Kupperman scale were used to assess the therapeutic efficacies. Blood and urine routine, electrocardiography, liver function, kidney function and blood pressure before and after **treatment** were examined to assess the side effects.**RESULTS:** For the improvement of **perimenopausal depression** on HAMD, the total effective rates of the **treatment** and control groups were 88.3% and 78.3% respectively. The therapeutic efficacy of the **treatment** group was significantly higher than that of the control group (P < 0.05). After 8-week **treatment**, Kupperman menopausal indices of the **treatment** and control groups were 9.89 ± 3.76 and 15.75 ± 5.84 respectively. There was also significant difference (P < 0.01). No significant changes existed in blood routine, urine routine, liver function, kidney function, blood pressure, ECG or blood pressure before and after **treatment** (P > 0.05).**CONCLUSION:** The **combined treatment of remifemin and paroxetine for perimenopausal depression** can improve the efficacies. It is easily accepted by patients for its higher safety and fewer side-effects. It is worthy of a wider application and further researches.

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**Publication Types**