

# The effect of different dosage of piascledine on hot flushes in postmenopausal woman of Jahrom, Iran

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## Abstract

**Introduction:** Menopause is one of the natural stages of women's life usually begins in 45-55 y old. The most common symptom is hot flushes. The aim of this study is to evaluate the effect of different doses of piascledine on hot flashes of post-menopausal women.

**Method:** 69 postmenopausal women referred to Dr. Rasekh clinic was entered to the study and were randomly divided into 3 groups, first group; 300 mg piascledine daily, second group; 300 mg piascledine twice a day and third group; hormone replacement therapy (1.25 mg conjugated estrogen for 25 d and 10 mg dydrogestrone for 15 d). Hot flushing symptoms were evaluated before and after intervention using Blatt-Kupperman Menopausal Index (BKMI). The data were analysed by SPSS 21 software.

**Result:** BKMI had a reduction of 17.91 in first group, 20.9 in second group and 20.96 in third group.

**Conclusion:** We found that a higher dosage of piascledine leads to a significant reduction in hot flushes rate and according to the effectiveness and also lack of side effects related to the higher dose of piascledine, it seems to be an appropriate alternative for hormone replacement therapy to treat the menopausal symptoms in high dosage.

## Keywords

Hot flash, Menopause, Piascledine, Phytoestrogen.