
NUTRITIONAL SUPPORT USING ESTRIMUM MEDICAL FOOD AND TARGETED NUTRACEUTICALS IN A PATIENT WITH DYSMENORRHEA AND ENDOMETRIOSIS

Purpose

The purpose of this study was to show how nutritional support featuring Estrium Medical Food combined with targeted nutraceuticals may be helpful in some cases of dysmenorrhea and endometriosis.

Patient's Presentation and History

A 35-year-old African American female presented with a long-term history of premenstrual syndrome (PMS) and endometriosis. Endometriosis was confirmed by laparoscopy at age 19. Symptoms worsened in her twenties, with significant menstrual pain, heavy cramping for 2-3 days during menses, anxiety, and irritability. In her late twenties, a second laparoscopy confirmed severe endometriosis along with an ovarian cyst. She had been using a natural progesterone cream and nutraceuticals for the previous 3 years, which improved her mental and emotional symptoms but had no effect on her dysmenorrhea. The patient also reported having irritable bowel syndrome (IBS) for the previous 10 years. She noted sensitivities to dairy, wheat, and simple sugars, which caused gas, bloating, and cramps.

The patient was currently taking the following prescriptive medications and supplements: low-dose, oral birth control; ibuprofen 1200 mg/day; multivitamin; calcium; vitamin B₁₂; protein powder; enzymes; antioxidants, and betaine HCl.

The patient's medical history included thoracic injuries from a motor vehicle accident. Her family history was significant for hypertension and diabetes.

Patient's Initial Findings:

- Ht: 62"; Wt: 102 lb; BP: 120/76
- High MSQ* score (Figure 1)

Initial Plan

The following was prescribed to the patient to address a possible hormonal imbalance and IBS symptoms:

- Estrium Medical Food to promote hormone balance, 1 serving (2 scoops)/2 times per day
- Combination formula featuring black cohosh and magnesium to relieve menstrual cramps, 2 tablets up to 5-6 times per day during menses, as needed for pain
- EPA/DHA 300:200 supplement to promote a healthy inflammatory response, 1-2 softgels/3 times per day
- Progesterone cream to modulate hormone balance, ¼ tsp/2 times per day during second half of cycle
- Indole-3-carbinol (I3C) and rosemary extract combination formula to promote healthy estrogen metabolism, 150 mg capsule/2 times per day
- Dietary program to address IBS symptoms

2 and 12 Week Results

After **2 weeks** on the protocol, the patient reported a decrease in PMS symptoms. She was instructed to increase the EPA/DHA 300:200 to 3 softgels/2 times per day.

At **6 weeks**, the patient reported further improvements. Her cramping and pain was considerably reduced and she was able to decrease the ibuprofen dose by half. Her digestive symptoms had also normalized.

At the **12 week** visit, the patient reported her PMS symptoms had resolved, and she only had low-grade pain through the second day of her menses. She also noted a sustained improvement in IBS symptoms. The patient was instructed to decrease the Estrium Medical Food dose to 1 serving/day and the EPA/DHA 300:200 formula was replaced with an EPA/DHA 180:120 supplement, 1 softgel/2 times per day for maintenance.

16 through 24 Week Follow-Up

After **16 weeks** on the protocol, the patient continued to report a 50-60% improvement in her menstrual cycle symptoms, and was only using the black cohosh/magnesium combination formula and ibuprofen as needed. She had discontinued the I3C/rosemary extract combination formula on her own.

At the onset of her next menses, the patient experienced pain and cramping. During a phone consultation, she was instructed to increase the Estrium dosage back to the initial 1 serving/2 times per day, and to start the black cohosh/magnesium combination formula before the onset of menses and continue during menses at 2 tablets/2 times per day.

At her **24 week** visit, she reported a 75-80% improvement in menstrual cycle symptoms and her menstrual pain had decreased about 50%. She was using the black cohosh/magnesium combination formula both before and during menses, and ibuprofen as needed during menses. She noted she was now able to do things she hadn't been able to do in a long time, and the program had changed her life.

Conclusion

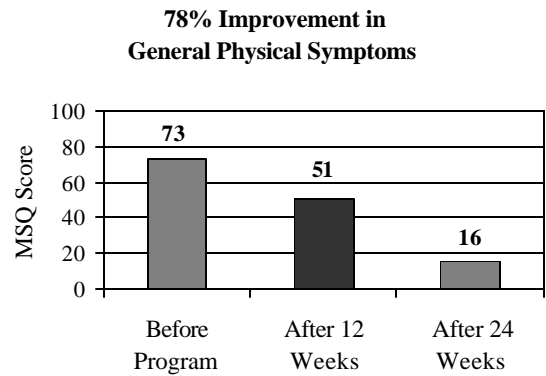
This case shows how an integrated protocol designed to improve hormone balance—featuring Estrium Medical Food along with targeted nutraceuticals—can provide excellent reported improvements in symptoms of PMS, endometriosis and dysmenorrhea, as well as IBS.

RESULTS

Figure 1

After 24 weeks, the patient's MSQ* score decreased from a high score at 73 to a low score of 16 (reference range: <30 = few or low intensity symptoms).

This result suggests substantial improvements in general physical symptoms with nutritional support featuring the Estrium Medical Food along with targeted nutraceuticals.



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*The Medical Symptoms Questionnaire (MSQ) is a clinical tool for the evaluation of general physical symptoms. Total scores above 75 are generally associated with substantial symptomatology and disability; scores below 30 generally indicate few or low intensity symptoms.

Note: The information provided in this case study describes the results of one patient under the care of a licensed healthcare practitioner and may not be a typical response. EstriumMedical Food is to be used under the supervision of a physician or other licensed healthcare practitioner.

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Case Study: Nutritional support using Estrium Medical Food and a combination formula featuring iron glycinate and L-5-methyl tetrahydrofolate in a patient with endometriosis and anemia. Metagenics, Inc; 069DYS1004.