
NUTRITIONAL SUPPORT USING ESTRIMUM MEDICAL FOOD IN A PATIENT WITH PREMENSTRUAL SYNDROME

Purpose

To show how nutritional support with Estrium Medical Food and indole-3-carbinol (I3C) combined with a specialized dietary program may be useful in some patients with premenstrual syndrome (PMS).

Patient's Presentation and History

A 40-year-old female presented with PMS symptoms that had been constant since the onset of menses at age 13. The patient's symptoms were predominant during the second half of her cycle and included breast tenderness, bloating, mood swings, depression, and anxiety.

Over the preceding two years, the patient had tried several approaches—including vitamins B₆ and B₁₂, and sertraline HCl (0.25 mg qd)—with no relief. Although she exercised consistently by jogging and strength training, her diet was poor and water intake was low. She had gained 20 lb over the preceding 5 years.

The patient also had a history of mild eczema. Her father had eczema and asthma, and her sibling and child had asthma. Additionally, the patient had a maternal and paternal family history of cancer.

Patient's Objective Information

- SPAF[‡] score was 50 (indicating severe PMS symptoms)
- PCS* score was 39.1 and MCS* score was 31.8 (indicating compromised physical and mental functioning)
- BMI[†] was in the normal range at 23.4

Plan

The patient was placed on:

- Estrium, 2 scoops/2 times per day
- I3C, 150 mg/2 times per day

6 and 8 Week Results

At 6 weeks, the patient reported about a 50% improvement in irritability, mood swings, and associated emotional symptoms.

After 8 weeks, she reported major improvements in emotional symptoms, and said she felt “much more manageable.” Although she had forgotten to take sertraline for days, and sometimes weeks at a time, the patient reported no negative results.

At 8 weeks, the patient's protocol changed to:

- Continue Estrium (2 scoops/2 times per day) and I3C (150 mg/2 times per day) during luteal phase only
- Begin dietary program with emphasis on cruciferous vegetables, citrus fruits, fish, and fibers; avoid refined sugars, alcohol, caffeine, and non-organic poultry, beef, eggs, and dairy

12 and 16 Week Results

At 12 weeks, the patient reported some PMS symptoms after her protocol was changed to continue Estrium and I3C during the luteal phase only. Although she generally did well on the diet, she was not fully compliant during the holidays.

At 12 weeks, her protocol changed to:

- Estrium (2 scoops daily) and I3C (150 mg daily) for entire cycle
- Continue recommended diet

At 16 weeks, the patient continued to do well. She had discontinued the sertraline and reported no negative results. SPAF[‡] scores showed substantial improvement in PMS symptoms, while PCS* and MCS* scores showed considerable improvement in physical and mental functioning. Although the patient had not been compliant with the dietary plan, she was pleased with her overall progress.

Conclusion

This case study suggests that nutritional support with Estrium Medical Food and I3C combined with a specialized dietary program may benefit some patients with PMS.

Figure 1

After 16 weeks, the patient’s SPAF[‡] score (reference range: <30 = few or low intensity symptoms) decreased from 50 to 17.

This result indicates a substantial improvement in PMS symptoms with nutritional support featuring Estrium.

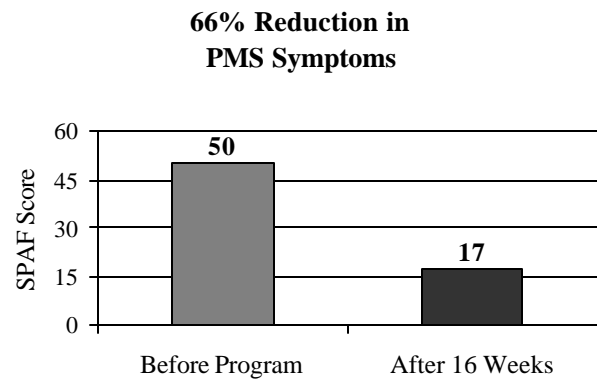


Figure 2

The patient’s PCS* score (reference range: 50 or above = healthy function) increased from 39.1 to 54.2 over a 16-week period.

This result suggests a noticeable improvement in physical functioning scores.

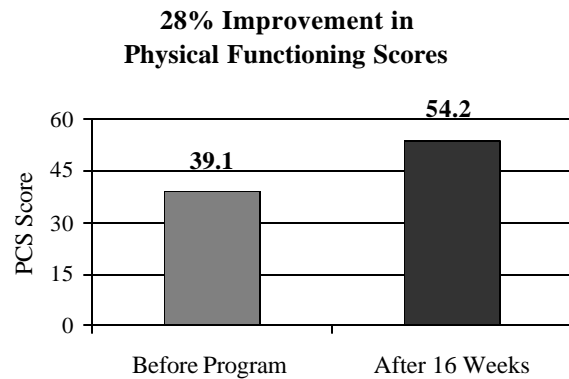
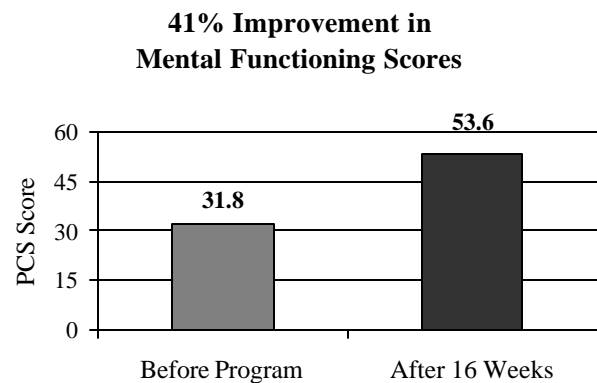


Figure 3

The patient’s MCS* score (reference range: 50 or above=healthy function) increased from 31.8 to 53.6 over the course of 16 weeks.

This result suggests a considerable improvement in mental functioning scores.



[‡]The Shortened Premenstrual Assessment Form (SPAF) rates symptoms in the last half of a woman’s cycle, including pain, affect, and water retention. Scores range from 10 to 60; scores above 30 indicate symptomatology.

*The Medical Outcomes Survey SF-36 is a well-validated general quality-of-life questionnaire that summarizes health outcome in two reliable reproducible scores: the Physical Component Summary (PCS) and the Mental Component Summary (MCS). Scores above 50 or higher are associated with healthier individuals, whereas scores lower than 50 indicate compromised functioning.

[†]BMI is the Body Mass Index and can be computed by the weight (kg) divided by the square of the height (m).

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. Estrium Medical Food is to be used under the supervision of a physician or other licensed healthcare practitioner.

Case study: Nutritional Support Using Estrium Medical Food in a Patient with Premenstrual Syndrome. Metagenics, Inc; 018PMS1203.