Plain Language Summary of Publication

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Changes in symptom burden and quality of life among women with uterine fibroids receiving relugolix combination therapy: a plain language summary

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Summary

What is this summary about?

This is a summary of findings from two research studies (known as clinical trials). The studies looked at how well a medicine called **relugolix combination therapy** worked in women with heavy menstrual bleeding (heavy bleeding during a period) with uterine fibroids (non-cancerous or benign growths in the uterus). In this analysis of the studies, researchers looked at how patients self-reported their uterine fibroid symptoms before and after taking **relugolix combination therapy**. Researchers also looked at how patients self-reported the impact of uterine fibroids on their health-related quality of life before and after taking **relugolix combination therapy**.

How to say (double click on the sound icon to play the sound)

Estradiol: Est-RUH-Dy-Ole
Norethindrone acetate: NAWR-Eth-in-Drone As-Uh-Tate
Placebo: Pluh-SEE-Boh
Relugolix: Reh-LU-Go-LIX
Uterine fibroid: YOU-Tuh-Ryne FY-Broyd

What were the results?

Women took either **relugolix combination therapy** or **placebo** (a pill that contains no medicine) by mouth once daily for 24 weeks. Women completed the Uterine Fibroid Symptom and Quality of Life questionnaire (where "quality of life" refers to the women's health-related quality of life related to uterine fibroids) before, during, and after treatment. The questionnaire let researchers see if the women felt that **relugolix combination therapy** decreased the burden of uterine fibroid symptoms and improved the women's health-related quality of life related to uterine fibroids. More women said that they felt less distress due to their uterine fibroid symptoms and that their health-related quality of life related to uterine fibroids was better after taking **relugolix combination therapy** compared with women who took **placebo**.

What do the results mean?

Relugolix combination therapy may lessen distress associated with uterine fibroid symptoms and improve health-related quality of life related to uterine fibroids.

Disclaimer

Relugolix combination therapy is approved to treat heavy menstrual bleeding associated with uterine fibroids in premenopausal women, the condition that is discussed in this summary. Approval varies by country; please check with your local provider for more details. This summary reports the results of more than one study. The results of these studies may differ from those of other studies. Health professionals should make treatment decisions based on all available evidence.

Becaris PUBLISHING

Who is this article for?

This summary is written to help patients with uterine fibroids, their families, and their healthcare providers understand how relugolix combination therapy impacted patients' uterine fibroids symptoms and health-related quality of life related to uterine fibroids during two research studies.

What are uterine fibroids?

Uterine fibroids are **non-cancerous (meaning not cancer or benign) growths** in the uterus (or womb).

About 3 out of 4 (or 75%) premenopausal women (those still having menstrual periods) **have uterine fibroids**.

Many do not have symptoms.

About 1 out of 4 (or 25%) women with uterine fibroids have symptoms (such as heavy menstrual bleeding or pain) that need treatment.

Impacts of symptoms include depression, social isolation, feelings of helplessness, and increased anxiety.

Uterine fibroids can also affect a woman's **social and family life and the ability to work or go to school**.

Overall, the symptoms of uterine fibroids cause limitations in womens' physical activities and social life, as well as impact their energy levels, self-consciousness, sexual function and other aspects of daily life.

What is relugolix combination therapy?

One tablet of **relugolix combination therapy** contains:

Relugolix, which is a medicine taken by mouth that can **lower the levels** of certain sex hormones (chemical messengers in the body) that lead to uterine fibroid growth.

This could **ease uterine fibroid symptoms**.

40 mg

Low doses of 2 hormones

Estradiol, which is a type of estrogen (a sex hormone) that reduces the risk of bone loss from taking relugolix alone

1 mg

Norethindrone acetate, which protects the uterus from the effects of taking estrogen alone

0.5 mg

What did researchers ask in this analysis?

Researchers asked the following questions for this analysis:

Compared with placebo (a pill that contains no medicine and is taken in the same manner as the study medicine):

Burden, including distress, from uterine fibroid symptoms?	How severe was the burden of uterine fibroid symptoms? How much did women think that **relugolix combination therapy** reduced their distress from symptoms of uterine fibroids?
Health-related quality of life related to uterine fibroids?	How much did women think their health-related quality of life related to uterine fibroids changed after taking **relugolix combination therapy**?

- Women received either **relugolix combination therapy** or **placebo** once each day for 24 weeks (or about 6 months).
- Other measures, including safety and the effects of treatment on pain and menstrual bleeding, were evaluated in the same studies; they are not discussed in this summary but are published elsewhere. For further information, please see the web links provided in the section: **Where can readers find more information on these studies?**

How did researchers ask these questions?

Women were asked to answer a questionnaire called the Uterine Fibroid Symptom and Quality of Life Questionnaire

The questionnaire is broken down into sets of questions. These sets focus on different ways uterine fibroid symptoms affect the women and how much their health-related quality of life related to uterine fibroids is affected.

Uterine fibroid symptom severity	Health-related quality of life related to uterine fibroids
How much distress do you experience due to your symptoms?	How much are your concerns, activities, energy or mood, control, self-consciousness, and sexual function affected?

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What happened in this analysis?

Women answered the questionnaire before treatment, after 12 weeks of treatment (about 3 months), and after 24 weeks of treatment (about 6 months)

Researchers scored the participants' answers.

Questions for uterine fibroid symptom severity

- Higher scores mean higher levels of distress due to uterine fibroid symptoms including bleeding and pain

Questions for health-related quality of life related to uterine fibroids

- Higher scores mean better health-related quality of life related to uterine fibroids

Researchers compared the women's responses before treatment and after 24 weeks of treatment.

Researchers then calculated how much the participant's scores changed from before treatment to after treatment

The changes in scores helped researchers to understand how much **the women thought their treatment affected their uterine fibroid symptoms and their health-related quality of life related to uterine fibroids by comparing these changes with those in women treated with placebo.**

Who took part in this analysis?

All the women who took part were:

Age 18 to 50 years old

Premenopausal (still having menstrual periods)

Diagnosed with uterine fibroids and had heavy bleeding during their menstrual periods*

***Heavy bleeding during menstrual periods was considered menstrual blood loss of about one-third of a cup (80 ml) per cycle for two cycles or about two-thirds of a cup (160 ml) during one cycle**

509 women (entered the study between April 2017 and July 2019)

253 received **relugolix combination therapy**

256 received **placebo**

Both groups had similar characteristics at the start of the studies.

About **75%** were from **North America**

About **half** were **Black**

A little **fewer than half** were **White**

Average **age** was **42 to 43 years**

Average body mass index (a measure of height and weight) was **31 to 32**

Average amount of menstrual blood loss was **7/8 to 1 cup**

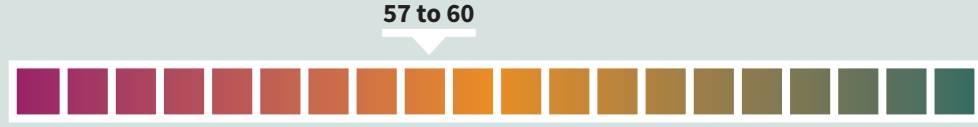
About 5% were **American Indian or Alaska Native, Asian, Other, multiple, or unreported**

What was self-reported in this analysis?

Scores for uterine fibroid symptom severity and health-related quality of life related to uterine fibroids before starting treatment

Women self-reported how much they felt distressed by uterine fibroid symptoms before starting treatment: "Not at all distressed" to "A very great deal"

Uterine fibroid symptom severity score range



Higher scores indicate a higher level of distress due to uterine fibroid symptoms

Women self-reported how often symptoms of uterine fibroids impacted their daily life before starting treatment: "All of the time" to "None of the time"

Health-related quality of life related to uterine fibroids score range

Higher scores indicate better health-related quality of life related to uterine fibroids

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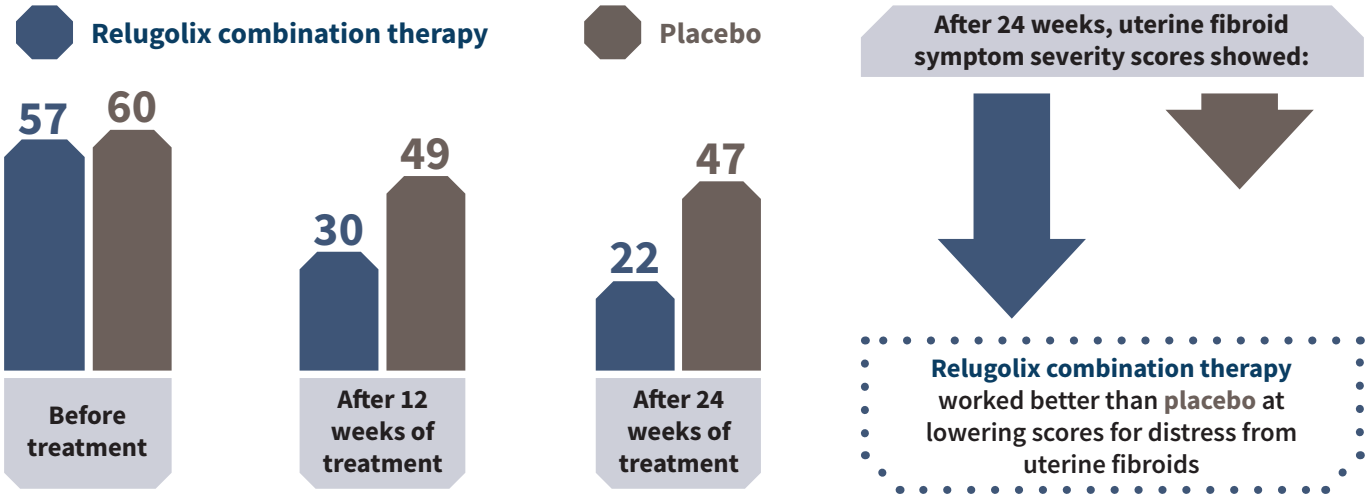
What were the main findings of this analysis?

Women who received **relugolix combination therapy** reported **reduced distress** due to uterine fibroid symptoms more than those who took **placebo**.

Scores for uterine fibroid symptom severity

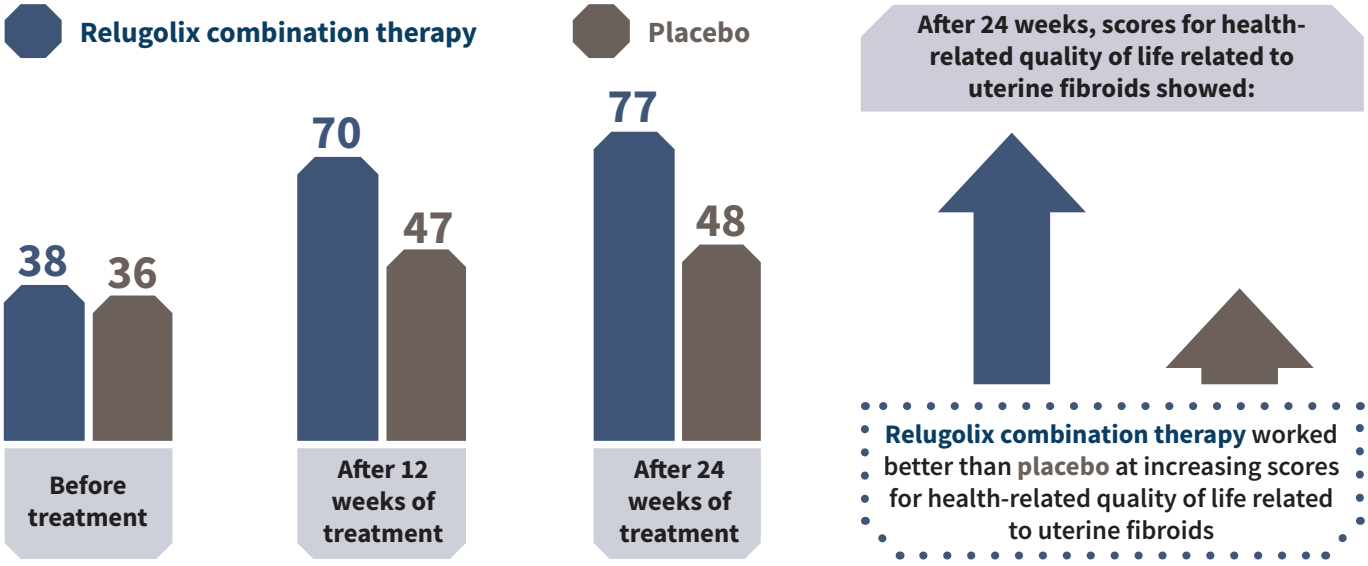
Higher scores indicate a higher level of distress due to uterine fibroid symptoms; decreasing scores indicate decreasing levels of distress



Women taking **relugolix combination therapy** had **better** health-related quality of life related to uterine fibroids than women taking **placebo**.

Scores for health-related quality of life related to uterine fibroids

Higher scores indicate better health-related quality of life related to uterine fibroids

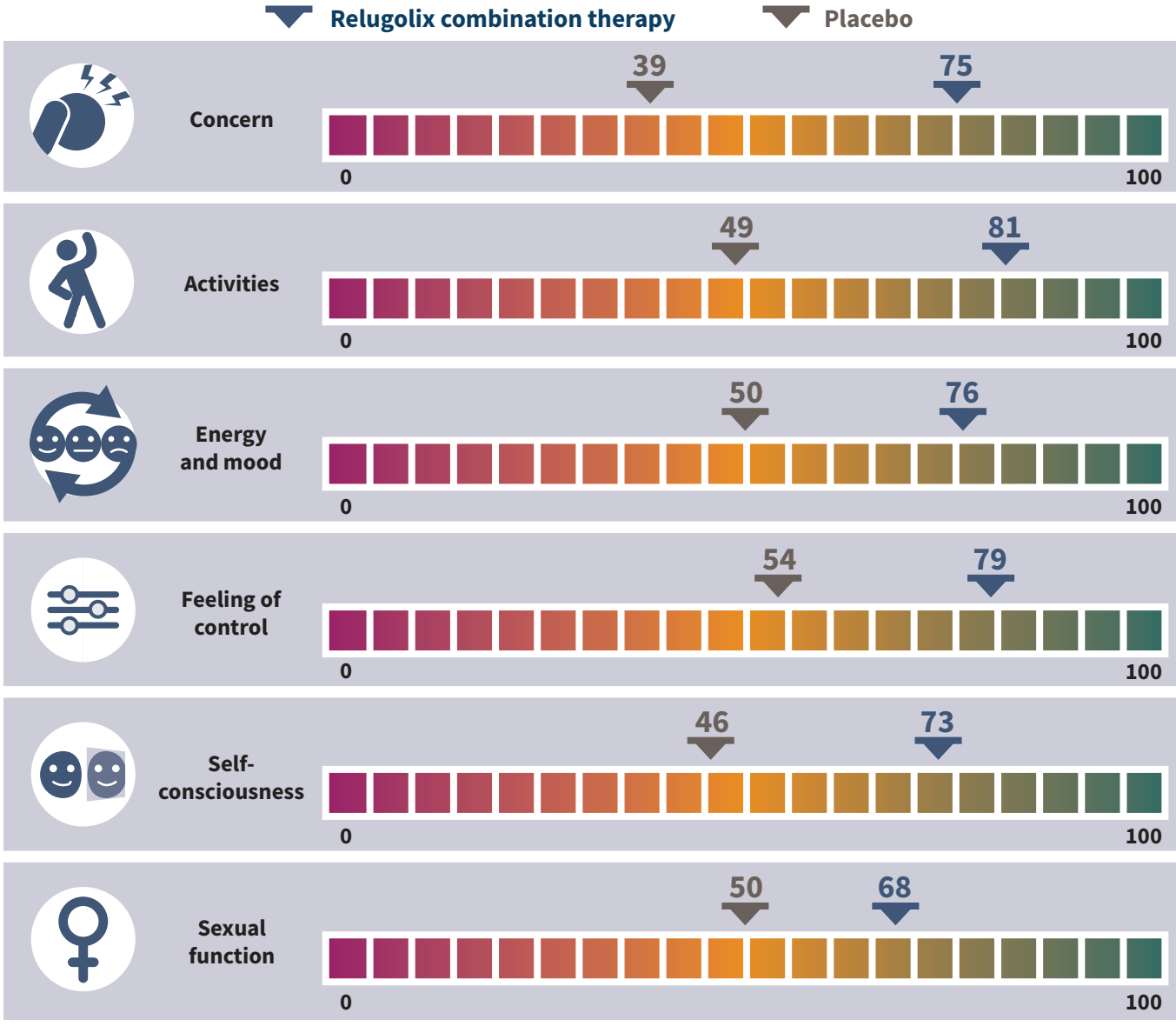


Women taking **relugolix combination therapy** had **higher scores** for health-related quality of life related to uterine fibroids for various aspects of daily life compared with women taking **placebo**.

Scores for health-related quality of life related to uterine fibroids for various aspects of daily life after 24 weeks

Higher scores indicate better health-related quality of life related to uterine fibroids

After 24 weeks, scores for health-related quality of life related to uterine fibroids for various aspects of daily life showed:



Relugolix combination therapy worked better than **placebo** at increasing scores for health-related quality of life related to uterine fibroids for various aspects of daily life

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What do the results of the analysis mean?

- Compared with **placebo**, participants who received **relugolix combination therapy** had:
  - Lower uterine fibroid symptom severity scores, meaning they had reduced distress from their symptoms
  - Higher scores for health-related quality of life related to uterine fibroids. This included level of concern, daily activities, energy and mood, feeling of control, self-consciousness, and sexual function
  - The greatest reported improvements in health-related quality of life related to uterine fibroids were within the areas of concern and daily activities
- Improvement of uterine fibroid-associated symptoms with **relugolix combination therapy** may help to:
  - Decrease levels of distress due to symptoms
  - Improve health-related quality of life related to uterine fibroids

Who sponsored this study?

The studies used for this analysis (LIBERTY 1 and LIBERTY 2) were sponsored by Myovant Sciences GmbH (now Sumitomo Pharma Switzerland GmbH).

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Where can readers find more information about this study?

Original article:

The original article, 'Quality of life with relugolix combination therapy for uterine fibroids: LIBERTY randomized trials', was published in the *American Journal of Obstetrics and Gynecology* (Stewart EA, *et al. Am. J. Obstet. Gynecol.* 228:320 e1-320.e11 [2023]).

- You can read the full article at: https://www.ajog.org/article/S0002-9378(22)02166-4/fulltext
- You can read the full article about the main findings from the LIBERTY 1 and LIBERTY 2 studies at: https://www.nejm.org/doi/10.1056/NEJMoa2008283
- You can read the plain language summary about the main findings from the LIBERTY 1 and LIBERTY 2 studies at: https://www.tandfonline.com/doi/abs/10.2217/pmt-2022-0085

Trial registration site:

You can read more about the studies used for this analysis (LIBERTY 1 and LIBERTY 2) at the following trial registration websites:

- LIBERTY 1 study: https://www.clinicaltrials.gov/ct2/show/NCT03049735
- LIBERTY 2 study: https://www.clinicaltrials.gov/ct2/show/NCT03103087
  - For more information on clinical studies in general, please visit: https://www.clinicaltrials.gov/ct2/about-studies/learn

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Competing interests disclosure

The authors have no competing interests or relevant affiliations with any organization or entity with the subject matter or materials discussed in the manuscript. This includes employment, consultancies, honoraria, stock ownership or options, expert testimony, grants or patents received or pending, or royalties.

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