

# A NOTE ON THE USE OF CORPUS LUTEUM TO PREVENT THE PAINFUL BREASTS OF MENSTRUATION

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Coincident with the increasing interest in endocrinopathies there has come widespread development of organotherapy. Much has been accomplished; far more remains to be unraveled and properly evaluated. Probably we have barely scratched the surface in this promising sphere of therapeutics, but unfortunately a great deal of indiscriminate use of ductless gland extracts has ensued, much of which will be deservedly discarded.

At present, Corpus Luteum, is receiving much attention and many remarkable results have been claimed for it. It would seem to be of considerable value in ameliorating or even eliminating the disagreeable symptoms of the menopause; especially the artificial menopause. It has been recommended by one eminent authority as very useful in combating the vomiting of pregnancy, although some dispute this. It has been advocated in sterility, and in an occasional selected case may prove successful. Some authors have found it beneficial in functional amenorrhea; and also in dysmenorrhea. It has been tried in many other conditions, and in the course of time it will find its proper place in our therapeutic armamentarium.

All clinical experimentation on human beings is in the nature of things inaccurate, since it is difficult to control and is influenced by prejudice. The report of an isolated instance is of course, valueless,

but it would seem that the following case embodies a new observation, to which it may be worth while calling attention. So far as I am aware, Corpus Luteum has not been used to influence the painful breasts so common during menstruation or just previous to it. However, in the extensive literature bearing upon the ductless glands which has accumulated in recent years, I may have very well overlooked a report similar to my own. In most women the breasts are somewhat tender at this time, but in a small minority they become so acutely painful as to constitute a really distressing symptom, the relief of which is quite welcome.

The patient was a young married woman, aged 24, and came to me in January, 1916, with two complaints—obesity and very painful breasts at the menstrual period.

Family history. Her father died when patient was very young; he was not fat. Her mother has always been stout, but of late years very fat indeed, up to 260 pounds. She is slightly taller than the patient, who is five feet 2 inches. Patient is the only child living and the only child that came to term. There were premature twins born dead. The mother has three sisters and one brother; none of them are stout except the sister, who is very stout. The mother of the patient has taken Thyroid Extract and lost 80 pounds in three months. There is therefore, a family tendency to ductless gland disturbances.

History. Patient has been married  $3\frac{1}{2}$  years; never pregnant. Patient has always been well except for occasional tonsillitis (she has recently had tonsils removed). She is rather thirsty, drinks more water than normal and voids rather frequently. She perspires neither more nor less than normal. She is normally bright and active and is definitely not stupid or sleepy. Sexual intercourse is not gratifying.

Menstrual history. Regular every 28 days; flows profusely; lasts 6 to 9 days; suffers considerable pain so that frequently she remains away from work (school teacher) for a day or two. Breasts are very painful 5-6 days before her periods, so painful that she can barely touch them or have her clothes come in contact with them.

Examination. Short stout girl, excellent complexion, color good; 5 ft. 2 inches; weight  $21\frac{1}{2}$  years ago, 160 pounds; average

weight, 145 pounds; weight on first visit to me, 140 pounds. Patient has a little more hair on lips, chin, and cheeks than normal, otherwise no abnormal distribution. Hands are short, wrists thick; relatively short forearm; round, fat face; fat, somewhat pendulous abdomen; thick, heavy hips; fat pads on upper chests, and large pendulous breasts. This abnormal fat is not painful. Tongue is not thick. Patient shows no signs of hyperthyroidism. Tonsils are enlarged. Eyes normal, mouth normal, thyroid normal, heart normal, lungs normal, abdomen normal, reflexes normal. Pelvis, normal (confirmed by competent gynecologist). Blood pressure, 125/95.

*Treatment.* From January, 1916 to June, 1916, patient was given thyroid extract (B. & W.) up to 15 grains per day without any ill effects. Her weight was reduced from 140-130 lbs., no success resulted from attempting to reduce it further by thyroid treatment.

During this time, as heretofore, she complained regularly of dysmenorrhea and very painful breasts. Beginning with August, 1916, she was given Lutein tablets (H. W. & D.) 5 grain tablet t.i.d. The effect was prompt and remarkable. She was completely relieved of her painful periods and her breasts were perfectly comfortable; in fact, not tender at all; the periods did not last so long and the bleeding was not so profuse.

During the following months, sometimes by accident and sometimes purposely, Lutein Tablets were omitted and on each occasion she experienced a return of her painful periods and very tender breasts. Apparently, then, Lutein Tablets were not in any sense curative, but whenever taken prevented the disagreeable disturbances associated with menstruation. This is summarized as follows:

January, 1916—No Lutein. Much pain with periods. Very painful breasts.

February, 1916—No Lutein. Much pain with periods. Very painful breasts.

March, 1916—No Lutein. Much pain with periods. Very painful breasts.

April, 1916—No Lutein. Much pain with period. Very painful breasts.

June, 1916—No Lutein. Much pain with periods. Very painful breasts.

July, 1916—No Lutein. Much pain with periods. Very painful breasts.

August, 1916—Took Lutein. No pain with periods. No pain in breasts.

September, 1916—Took Lutein. No pain with periods. No pain in breasts.

October, 1916—Took Lutein. No pain with periods. No pain in breasts.

November, 1916—Took Lutein. No pain with periods. No pain in breasts.

December, 1916—No Lutein. Much pain with periods. Very painful breasts.

January, 1917—Took Lutein. No pain with periods. No pain in breasts.

February, 1917—Took Lutein. No pain with periods. No pain in breasts.

March, 1917—Took Lutein. No pain with periods. No pain in breasts.

April, 1917—No Lutein. Much pain with periods. Very painful breasts.

May, 1917—No Lutein. Much pain with periods. Very painful breasts.

June, 1917—No Lutein. Much pain with periods. Very painful breasts.

July, 1917—Took Lutein. No pain with periods. No pain in breasts.

August, 1917—No Lutein. Some pain with periods. Breasts very sore.

September, 1917—No Lutein. Some pain with periods. Breasts very sore.

October, 1917—Took Lutein. No pain with periods. No pain in breasts.

November, 1917—Took Lutein. No pain with periods. No pain in breasts.

*Conclusion.* Case is reported in which Corpus Luteum entirely relieved unusually painful breasts associated with menstruation. This would seem to be a new observation.

A favorable effect was had as well upon the dysmenorrhea and menorrhagia.