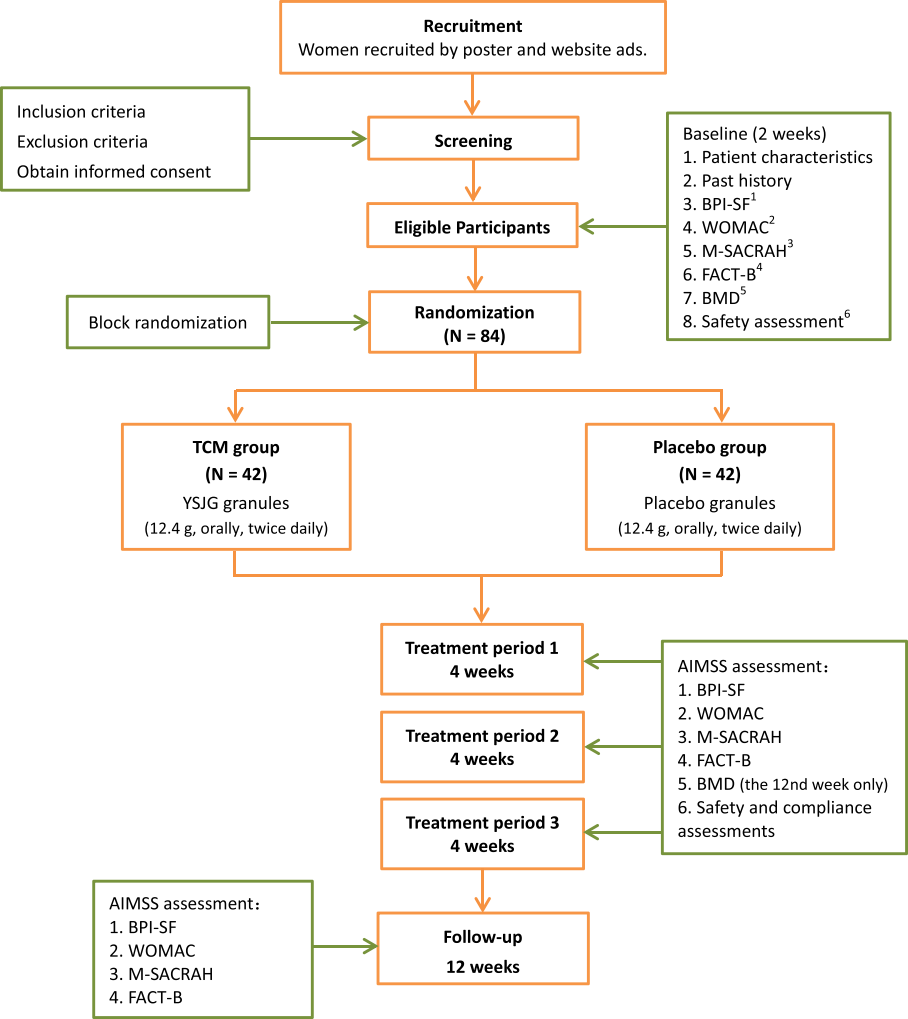
Recruitment
Women recruited by poster and website ads.
Inclusion criteria
Exclusion criteria
Obtain informed consent
Screening
Baseline (2 weeks)
1. Patient characteristics
2. Past history
3. BPI-SF[1]
4. WOMAC[2]
5. M-SACRAH[3]
6. FACT-B[4]
7. BMD[5]
8. Safety assessment[6]
Eligible Participants
Block randomization
Randomization
(N = 84)
TCM group
(N = 42)
YSJG granules
(12.4 g, orally, twice daily)
Placebo group
(N = 42)
Placebo granules
(12.4 g, orally, twice daily)
Treatment period 1
4 weeks
Treatment period 2
4 weeks
Treatment period 3
4 weeks
AIMSS assessment:
1. BPI-SF
2. WOMAC
3. M-SACRAH
4. FACT-B
5. BMD (the 12nd week only)
6. Safety and compliance assessments
AIMSS assessment:
1. BPI-SF
2. WOMAC
3. M-SACRAH
4. FACT-B
Follow-up
12 weeks