

# CO<sub>2</sub> LASER for the treatment of vaginal symptoms of genitourinary syndrome of menopause

Jardin I<sup>1</sup>, Canlorbe G<sup>1</sup>, Mergui JL<sup>1</sup>, Nikpayam M<sup>1</sup>, Belghiti J<sup>1</sup>, Uzan C<sup>1</sup>, Azaïs H<sup>1</sup>

<sup>1</sup>: Hôpital Universitaire Pitié-Salpêtrière-Charles-Foix, Paris - France.



## Abstract

Genitourinary syndrome of menopause (GSM) brings together a collection of signs including vaginal dryness, burning sensation and itching discomfort as well as deterioration of sexual health, dysuria, urgenturia and repeated urinary infections and may be responsible for a significant impairment of quality of life in symptomatic postmenopausal women. The management of GSM therefore represents a public health issue. Systemic or local hormonal treatments are frequently offered, as well as non-hormonal treatments. The existence of contraindications to hormonal treatments and the constraints of using local treatments lead us to propose other therapeutic options. CO<sub>2</sub> LASER is now part of the therapeutic arsenal for the treatment of vaginal dryness in the context of GSM. There is a growing interest in this technique, especially for women who have a contraindication to hormonal therapy, as it is a globally effective, long-acting alternative with very little adverse effect. Current evidence suggests that this tool could provide a quality of life benefit to many patients with minimal side effect exposure, if used in the respect of its indications and implementation protocols. However, clinical data based on high-level therapeutic trials remain absolutely essential for this treatment to be validated and recommended by health professionals.