Orv Hetil – Vol. 160, No. 41, 2019

Short-term efficacy of vaginal CO_2 laser therapy as a treatment modality for genitourinary syndrome of menopause

Kozma B[1], Póka R[1], Sipos A[1], Ács N[2], Takács P[3]

1: Debreceni Egyetem, Debrecen - Hungary. 2: Semmelweis Egyetem, Budapest - Hungary.
3: Eastern Virginia Medical School, Norfolk, VA - USA.

Abstract

Introduction

Genitourinary syndrome of menopause (GSM) affects up to 40-57% of postmenopausal women. Intravaginal microablative fractional CO_2 laser is a new proposal for the management of GSM, although the evidence of safety and efficacy of the procedure appears to be insufficient. Aim: The aim of the study was to assess the efficacy of fractional CO_2 laser for the treatment of GSM at the Department of Obstetrics and Gynecology of the University of Debrecen.

Method

Postmenopausal women with symptoms of GSM underwent three sessions of microablative fractional rejuvenation CO_2 laser therapy at 4-6 weeks intervals. Vaginal health index (VHI) scores were completed before each treatment and at 6 weeks follow-up as an objective measurement and visual analog scale was used to assess subjective complaints. Statistical analysis included Student's paired two-sampling t-test for the measure of statistical significance using the standard cutoff for significance $p<0.05$.

Results

51 women participated (mean age 57.0 ± 9.9 y). Average VHI score was 14.0 ± 4.9 before treatment, 15.0 ± 4.7 after the first session, 18.2 ± 4.6 after the second treatment and 19.5 ± 4.9 at follow-up. The improvement of VHI score was statistically significant between all sessions. Average VAS score was 15.6 ± 14.1 before treatment, 9.0 ± 10.8 after the first session, 5.9 ± 9.2 after the second treatment and 3.4 ± 7.5 at follow-up. The improvement of VAS score was statistically also significant between all sessions.

Conclusions

Our study suggests that the fractional CO_2 laser is an effective and safe treatment of symptoms associated with GSM.