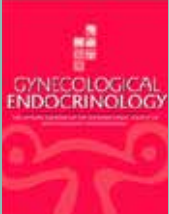


Gynecol Endocrinol - Epub 2019 Oct 22

Ospemifene plus fractional CO₂ laser: a powerful strategy to treat postmenopausal vulvar pain

Murina F, Felice R, Di Francesco S, Nelvastellio L, Cetin I

V. Buzzi Hospital, University of Milan, Milan - Italy.



Abstract

Objective

This study is a single-center, retrospective analysis of postmenopausal women presenting with dyspareunia and vulvar pain, aiming to evaluate relative effectiveness of vestibular CO₂ laser therapy as a treatment. Three monthly sessions of laser were performed to each patient and thereafter a three-months follow-up was established. A total number of 72 patients undergoing vestibular laser treatment were recruited from patient files in the period between 2016 and 2018. Among these, 39 women also received a concomitant treatment with ospemifene (60 mg/day) during the study period. There was a statistically significant reduction of all the symptoms in both groups up to the three month follow-up. Regarding dryness and dyspareunia, the relief tent to be more prominent in the ospemifene+laser group at all follow-ups and remained statistically significant at three-month follow-up. Specifically, vestibular dryness was significantly lower in the ospemifene+laser group compared with the laser treatment group (-87% vs -34%, respectively), and the vestibular health score started declining faster in the ospemifene+laser group. Although, additional research is needed to understand the mechanism of action, our data shows that a combination regimen of laser and ospemifene may improve clinical effectiveness for long-term treatment of symptoms associated with the under-recognized genitourinary syndrome of menopause.