



Topical Oxytocin Versus HIFU In Improving Vaginal Atrophy In Postmenopausal Women: A Randomized Trial

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Abstract:

Objective and design: Prospective randomized trial to test the effectiveness of topical oxytocin gel Versus Hifu in improving vaginal atrophy in postmenopausal women.

Patients and methods: A total of 50 postmenopausal women presenting with vaginal atrophy and who satisfied the inclusion and exclusion criteria were randomized into two groups each of 25 patients; they received intravaginal oxytocin gel or HIFU for one setting. Serum estrogen level, visual, colposcopy and histological vaginal examination were performed before and after treatment.

Results: Fourteen women in the oxytocin gel group improved after treatment and twenty in the HIFU group while Twenty participants in the oxytocin group and twenty one in the HIFU group reported relief of dyspareunia ($p=0.001$). There was no significant difference between the circulating levels of estradiol in both groups before and after treatment ($p=0.4$ and 0.6 for the Oxytocin group and the HIFU group, respectively).

Conclusion: Oxytocin gel is useful in the restoration of the vaginal epithelium in cases of postmenopausal atrophic vaginitis however HIFU was more superior and convenient in improving sexual and urinary symptoms in those women. Further studies with a longer follow-up period are required to test the long-term effects of oxytocin and HIFU as a treatment for vaginal atrophy.



Biography:

Dr. Asem Anwar Moussa is professor of obstetrics and gynecology at Alazhar School of Medicine. Ex.Director of the University Maternity Hospital Syed Galal

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