

# ROLE OF TOPICAL OXYTOCIN IN IMPROVING VAGINAL ATROPHY IN POSTMENOPAUSAL WOMEN: A RANDOMIZED, CONTROLLED TRIAL

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**Objective and design:** Prospective randomized controlled trial to test the effectiveness of topical oxytocin gel to improve vaginal atrophy in postmenopausal women.

**Patients and methods:** A total of 140 postmenopausal women presenting with vaginal atrophy and who satisfied the inclusion and exclusion criteria were randomized into two groups each of 70 patients; they received intravaginal oxytocin gel or placebo gel for 30 days. Serum estrogen level, visual, colposcopic and histological vaginal examination was performed before and after treatment.

**Results:** 47 out of 70 women in the oxytocin gel group improved after treatment and none in the placebo group ( $p = 0.001$ ). 45 participants in the oxytocin group and seven in the placebo group reported relief of dyspareunia ( $p = 0.001$ ). 34 participants in the oxytocin group and seven in the placebo group reported relief of soreness ( $p = 0.001$ ). 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 placebo group, respectively).

**Conclusion:** Oxytocin gel is useful in the restoration of the vaginal epithelium in cases of postmenopausal atrophic vaginitis. Further studies with a longer follow-up period are required to test the long-term effects of oxytocin as a treatment for vaginal atrophy.

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