

5<sup>th</sup> World Congress on

# Midwifery and Women's Health

October 01-02, 2018 | Frankfurt, Germany

## Role of topical oxytocin in improving vaginal atrophy in postmenopausal women: A randomized, controlled trial

Asem Anwar Moussa<sup>1</sup>, Torky H A<sup>2</sup>, Taha A<sup>1</sup>, Marie H<sup>3</sup>, El-Desouky E<sup>1</sup>, Raslan O<sup>1</sup>, Ahmad A M<sup>4</sup>, Abo-Louz A<sup>2</sup>, Zaki S<sup>3</sup>, Fares T<sup>1</sup> and Eesa A<sup>3</sup><sup>1</sup>Al-Azhar University, Egypt<sup>2</sup>October 6th University, Egypt<sup>3</sup>Cairo University, Egypt<sup>4</sup>Al-Galaa Teaching Hospital, Egypt

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

**Patients & 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 intra vaginal 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.

dramoussa77@hotmail.com