



Title: Hyaluronic acid injection as functional adjuvant therapy in menopausal vulvovaginal symptoms - preliminary report.

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ABSTRACT

Objective: Aim of the study is to evaluate the role of vulvovaginal injection of a cross-linked HA in patients surgically treated for cancer affected by vulvovaginal symptomatology.

Methods: 23 post menopausal patients treated for endometrial cancer with vulvovaginal symptoms were treated. We performed multiple spots injections of 1ml HA with 30Gx1/2 in needle (T1), repeated after 3 months (T2). Self-evaluation using a visual analog scale and investigators evaluation were recorded one month after each treatment.

Results: After T1, improvement in vulvovaginal dryness, vulval itching, burning and dyspareunia were reported. At T2, further reduction of symptoms. No side effects were recorded.

Conclusions: HA injection is a new, effective adjuvant therapy of postmenopausal vulvovaginal symptoms (above in women after cancer, with hormonal treatment not recommended).



OBJECTIVE

Hyaluronic acid (HA) gel is a valid alternative treatment to estriol cream in relieving vulvovaginal dryness. However, topical treatments are often insufficient for a durable improvement of symptoms. The injection of HA restores volume, rehydration and smoothing of tissues. No data are available in genital use.

Aim of the present study is to evaluate the role of vulvovaginal injection of a cross-linked HA in patients surgically treated for cancer affected by vulvovaginal symptomatology.

METHODS

We enrolled 23 post menopausal patients treated for endometrial cancer. Mean age was 62 years, time since menopause was 5 years on average. Symptoms were vaginal dryness, itching, burning and dyspareunia. After informed consent, we performed a mucous membrane multiple spots injections of 1ml HA with 30Gx1/2 in. needle (T1) at the lower third of vaginal walls, after local anesthesia. Treatment was repeated after 3 months (T2). Self-evaluation using a visual analog scale and investigators evaluation were recorded one month after each treatment.

RESULTS

According to self-evaluation after T1, improvement in vulvovaginal dryness was reported by 58% of women; improvement rates in vulval itching, burning and dyspareunia were about 75, 77, and 58 % respectively. At T2, women showed a further reduction of symptoms (82% dryness, 90% itching, 92% burning, and 78% dyspareunia). Clinical evaluation showed a trophic stimulation of mucous membrane with a reduction of pale and atrophied appearance, and vaginal secretions in all cases. No side effects were recorded.



CONCLUSION

In order to our preliminary results, high-molecular weight HA injection is a new, effective adjuvant therapy of postmenopausal vulvovaginal symptoms; it could be recommended in women operated on cancer in which hormonal treatment is not safe. Surely, further studies has recommaned to spread this clinical practice and to improve gynaecologists skills, respecting the health need of patients in post menopausal period.

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