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Authors: Eleni Pitsouni, Themis Grigoriadis, Athanasios Douskos, Margarita Kyriakidou, Matthew E. Falagas, Stavros Athanasiou



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Efficacy of vaginal therapies alternative to vaginal estrogens on sexual function and orgasm of menopausal women: A systematic review and meta-analysis of randomized controlled trials

Eleni Pitsouni MD, MSc¹, Themos Grigoriadis MD, PhD¹, Athanasios Douskos MD¹, Margarita Kyriakidou², Matthew E. Falagas MD, MSc, DSc^{2,3,4}, Stavros Athanasiou MD, PhD, DSc¹

1. Urogynaecology Unit, 1st Department of Obstetrics and Gynecology, “Alexandra” Hospital, National and Kapodistrian University of Athens, Greece
2. Alfa Institute of Biomedical Sciences (AIBS), Athens, Greece
3. Department of Internal Medicine, Henry Dunant Hospital Center, Athens, Greece
4. Department of Medicine, Tufts University School of Medicine, Boston, MA, USA

Address correspondence to: Associate Professor Stavros Athanasiou, Urogynecology Unit, 1st Department of Obstetrics and Gynecology, “Alexandra” Hospital, Medical School, National and Kapodistrian University of Athens, Vasilisis Sofias Ave. 80, 11528, Athens, Greece. **Tel:** +30 210 7213294. **E-mail:** stavros.athanasiou@gmail.com

Abstract

Genitourinary syndrome of menopause (GSM) increases the probability of female sexual dysfunction (FSD). The aim of the current study is to systematically assess data regarding sexual function and use of vaginal therapies, alternative to vaginal estrogens (VE), in menopausal women with GSM. PubMed, Scopus and Cochrane Library were searched (May-September 2017) using combination keywords: “dyspareunia and vaginal therapy”, “sexual function and vaginal therapy”, “orgasm and vaginal therapy”, “vaginal atrophy” and “genitourinary syndrome of menopause”. Eligible studies were RCTs focusing on the use of vaginal therapies, alternative to VE, in menopausal women. These studies were written in English language and published in peer-reviewed journals with impact factor. Assessment of risk of bias was performed using the Cochrane Risk of Bias Tool. Outcomes involved dyspareunia, vaginal dryness, orgasm and all parameters of sexual function. Twenty-nine RCTs including 3689 menopausal women, were included. Vaginal therapies, alternative to VE included non-hormonal (vaginal laser, lubricants/moisturizers, phytoestrogens and lidocaine)

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