EFFECTS OF ESTRIOL VAGINAL CREAM ON UROGENITAL DISORDERS IN POSTMENOPAUSAL WOMEN WITH TYPE 2 DIABETES MELLITUS
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Aim. To prospectively evaluate the effects of estriol vaginal cream on urogenital disorders in postmenopausal women with type 2 diabetes mellitus.

Patients and methods. The study included 87 postmenopausal women with type 2 diabetes mellitus who were randomized into two groups: 43 women received estriol vaginal cream daily during 3 weeks then 2 times a week and 44 women received no treatment as served as a control group. The study lasted for six months. Sexual function was evaluated with translated to Russian language version 2 of Sexual Function Questionnaire (SFQ-V2), urination disorders - with Danish Prostatic Symptom Score (DAN-PSS) questionnaire.

Results. After three months of the study the prevalence of dyspareunia reduced to zero in hormonal therapy group versus 16% in the beginning (p = 0.044). The highest improvement was achieved in lubrication score: from 3.51 ± 1.90 to 7.21 ± 1.63 in hormonal therapy group (p < 0.001) (values all mean ± standard deviation). Among urinary disorders there were observed a reduction of pollakiuria from 56.7 % to 21.1 % (p < 0.001), of nicturia from 77.9 % to 47.3 % (p < 0.001), of light stress incontinence from 31.2 % to 12.0 % (p < 0.001) in hormonal therapy group. No significant changes in sexual function or urination disorders were observed in the control group. There were no significant differences in glycosylated hemoglobin and body weight between the groups during the observation period.

Conclusion. Estriol vaginal cream provided significant improvement in lubrication and reduced the prevalence of dyspareunia, pollakiuria, nicturia and light stress incontinence in postmenopausal women with type 2 diabetes mellitus.

Key words: diabetes mellitus, postmenopause, hormonal therapy, sexual function, urogenital disorders