A CONTROLLED CLINICAL STUDY OF A NEW MEDICATED SANITARY PAD

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Introduction
Pharmaceutical technology has enhanced modern materials for sanitary pads with active substances that are useful in preventive hygiene.

A new cotton filter pad (SCT) with low risk of sensitisation, containing a solution based on oil of Thymus vulgaris (antibacterial and antifungal activity) and extract of Calendula officinalis (soothing action) which gradually releases the oil with body heat, has been produced.

The clinical effect of SCT compared with the pad usually used (C) was studied.

Methods. Controlled, cross-over study in women normal (n=15), with dryness due to hypersensitivity to cleansers (15) and with recurrent infections (15) during the menstrual period who, in successive cycles, used SCT (Saugella Cotton Touch Day and Night, Rottapharm-Madaus) and their usual pad.

A reminder diary was used to record the parameters during use of the pads.

Results. The study enrolled 45 women with a mean age of 31.6 years and mean cycle length of 4.3 days.

Burning, oedema, vulvar erythema and dryness, perception of smell and feeling of dampness were on average moderate with C and absent/mild with SCT, with a statistically significant difference (p<0.01).

Softness, gentleness, breathability, comfort, adhesion to underwear, absorption, ease of application and dimensions of the pad were assessed as good to excellent with SCT and were statistically superior to C.

Mechanical performance was similar for the two types of pad.

The women showed preference for SCT (84.4%). No adverse reactions were reported.

Conclusions. The structural properties of SCT achieved effective absorption and comfort thanks to the diffuser which uniformly distributes menstrual flow throughout the pad, the minimal thickness of the natural cellulose core enriched with hypoallergenic superabsorbent polymers and the breathable fabric which ensures a safe barrier without an occlusive effect.