

# Is vaginal fractional CO<sub>2</sub> laser treatment effective in improving overactive bladder symptoms in post-menopausal patients? Preliminary results

A. Perino, G. Cucinella, G. Gugliotta, S. Saitta, S. Polito, B. Adile, R. Marci, G. Calagna

Department of Science for Health Promotion and Mother and Child Care, Obstetrics and Gynecology Unit, University of Palermo, Palermo, Italy. gloria.calagna83@gmail.com

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**OBJECTIVE:** To evaluate the role of vaginal fractional CO<sub>2</sub> laser treatment in the relief of Overactive Bladder (OAB) symptoms in post-menopausal women.

**PATIENTS AND METHODS:** Post-menopausal women who complained of one or more symptoms related to vulvo-vaginal atrophy (VVA), who experienced symptoms of OAB and who underwent vaginal treatment with fractional CO<sub>2</sub> laser were enrolled in the study. At baseline (T0) and 30 days post-treatment (T1), vaginal status (using Vaginal Health Index – VHI), subjective intensity of VVA symptoms (using a visual analog scale – VAS) and micturition diary were evaluated. OAB symptoms were also assessed using a validated questionnaire.

**RESULTS:** Thirty patients were enrolled. A statistically significant improvement in VVA symptoms was observed and in VHI at T1 ( $p < 0.0001$ ). A significant improvement was also identified in the micturition diary, in number of urge episodes and OAB-q ( $p < 0.0001$ ). Nine of the 30 patients suffered from incontinence episodes and had improved at T1.

**CONCLUSIONS:** We showed that fractionated CO<sub>2</sub> laser vaginal treatment has proved to be effective in improving OAB symptoms in post-menopausal women. Moreover, it is a safe and efficacious measure for the relief of VVA related conditions. Further long-term studies are needed to confirm these preliminary results.

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