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MODERN APPROACHES IN THE TREATMENT OF ATROPHIC COLPITIS IN POSTMENOPAUSAL WOMEN

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For today in Ukraine, the number of postmenopausal women of all ages who suffer on expressed symptoms of atrophic changes in the vaginal tissues is annually growing [1]. This trend led to the fact that the vulvovaginal atrophy has passed in the rank of medical and social problems, this pathological condition significantly reduces quality of life of modern women, leads to discomfort, becomes the cause of sexual life refuse, isolation and generates development of complexes, and sometimes even psychological violations [2, 4]. The main reason of vulvovaginal atrophy is reduced estrogen in the ovaries. Genital tract is especially sensitive to lowering the level of estrogens and approximately half of postmenopausal women feel typical symptoms of vaginal atrophy that significantly affects on the sexual function and quality a woman's life. While flashes and night sweats will disappear in time by natural ways, symptoms, associated with vaginal and urethral atrophy, often gets worse, and in most cases cases require targeted and complex treatment. Easy to understand, how much is important the condition of vagina for sexual women's health in the postmenopausal period.

One of the most effective tools of aesthetic gynecology is CO₂ laser technology [1, 3, 4]. In recent years, the use of a CO₂ laser in aesthetic gynecology has been noted for its high efficiency and positive effect on connective tissue, that focuses on tissue remodeling in response to injuries that are caused by the thermal action of the laser. The essence of this method is that due to the thermal effect that the laser emits, there is a microtrauma (“microburn”) that is the trigger mechanism for triggering regenerative processes of the mucosa. As a result, collagen is actively synthesized again, blood supply improves and trophic processes are restored. Thus, the treated area becomes more tender, moistened and elastic, and the severity of vaginal atrophy decreases [1, 3].

Goal: Improving of the quality of life of postmenopausal women with atrophic changes of the vulvovaginal mucosa.

Materials and methods. We examined 55 women of postmenopausal age with atrophic vulvovaginitis, which applied to the clinic «Kyiv city maternity hospital No. 3». Were included anamnesis data, complaints of patients (dyspareunia, dryness, pain and burning), the vaginal health index and the results of the gynaecological examination. Quality of life was assessed using the SF-36 questionnaire at the beginning of the study and 8 weeks after the last treatment procedure.

Treatment was performed using CO₂-fractional laser irradiation of the vagina and perineal areas, the therapy was prescribed individually and ranged from 3 to 6 procedures.

During a comprehensive gynecological examination, there was not other gynecological pathology that could cause pain during sexual intercourse revealed. The median age of the examined patients was 48.8±4.8years. According to the results of the SF-36 questionnaire before treatment, the average indicators of transformational scales were following: physical health indicators – 5.1, psychological health indicators-5.0. After treatment: according to the indicators of physical health-9.1, psychological health-9.8. Women who were examined and treated noted an improvement in the quality of sexual life, reduced pain during sexual intercourse, increased sensitivity.

Conclusion: CO₂ laser therapy is an effective and alternative method of treatment vulvovaginal atrophy in women (for whom hormone therapy is contraindicated). After the CO₂ laser treatment 95% of patients reported better quality of life.

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КОМПЛЕКСНА ОЦІНКА ЦИРКАДІАННОЇ СТРУКТУРИ ТА НИРКОВОЇ РЕГУЛЯЦІЇ АТ У ЛІКУВАЛЬНІ ХВОРИХ НА ЕГ II СТАДІЇ

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Сучасне антигіпертензивне лікування хворих на есенційну гіпертензію (ЕГ) II стадії можливе за умови встановлення основних механі-

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