

Influence of erbium laser treatment on self-confidence, sexual wellness and quality of life in women affected by genito-urinary syndrome. An observational study

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Objectives: the objective of this study is evaluate the effectiveness of vulvovaginal laser treatment in outpatients women affected by Genitourinary Syndrome of Menopause (GSM). All patients were treated with Erbium laser. We want evaluate the laser effects concerning the genito-urinary physiology, the sexual satisfaction, the women's quality of life and latest the women's self-confidence.

Materials and methods: we selected a cohort of 20 postmenopausal patients affected by GSM. Data were collected through a survey including: the socio-Anagraphic schedule, the Female Sexual Function Index questionnaire (FSFI), the Vaginal Health Index Score questionnaire (VHIS), Quality of Life index (QL-index), Injury Severe Score (ISS), Rosenberg self-esteem scale (RSES) and latest a pain evaluation scale especially created for this study. At T0 patients signed the informed consent, completed the survey and were treated with laser. After 15 days patients have undergone a second laser therapy (T1). After 30 days (T3) patients compiled the survey again.

Results and conclusions: analysis of the literature showed that medical aesthetic treatments impact on the mood, the self-confidence, the quality of life of patients, as well as significative improvements have been reported after vulvo-vaginal laser treatment concerning the GSM. We expect to show the psychological improvement after Erbium laser treatment on the selected variables.