MENOPAUSAL DYSPAREUNIA AND PROBIOTICS: A FUTURE APPROACH?

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KEY WORDS

Menopause: absence of ovarian function for 1 year
Probiotic: live microbes that convey health
Vulvovaginal atrophy: Occurs with estrogen loss
Dyspareunia: Painful intercourse
EPIDEMIOLOGY

Women can expect to live \( \frac{1}{3} \)rd of their life in menopause with 10\%- 40\% experiencing dyspareunia.
GLOBAL IMPACT OF MENOPAUSE

Women aged 45-54
400 million (2010) +
500 million =
900 million women (2020)
VAGINAL MICROBIOME

250 species identified
50 species may serve dual purpose

*Lactobacillus* species most prevalent
HISTORICAL PERSPECTIVES

World Health Organization & the Food and Agriculture Organization of the United Nations published guidelines to set the standards for safe food sources and development of probiotics in 2001
AREAS OF RESEARCH

Irritable Bowel Syndrome
Urinary Tract Infections
Pediatric diarrhea
Bacterial Vaginosis
EVIDENCE –BASED RESEARCH

International Scientific Association for Probiotics and Prebiotics

www.isapp.net
MENOPAUSE AND DYSPAREUNIA

Occurrence rate 10% - 40% - (underreported)

Targeted therapy to vagina

Impact on Quality of Life

Non-hormonal treatment
PILOT STUDY

Menopausal, community dwelling women
Not using hormone therapy
Self-reported dyspareunia
Ability to have sexual intercourse
Open label probiotic
FEMALE SEXUAL FUNCTION INDEX

Discriminates between sexual dysfunction & arousal disorders
- 6 specific domains
- Limited time required
- Pre and post intervention
- Standardized, validated tool
RESULTS

- Desire 25%
- Arousal 29.7%
- Lubrication 55.9%
- Orgasm 54.3%
- Satisfaction 35.7%
PAIN

100% change in pain
CONCLUSIONS

Favorable initial response
Non-hormone alternative
More research needed
THE MICROBIOTA THAT INHABIT THE VAGINAL TRACT PLAY AN IMPORTANT ROLE IN THE MAINTENANCE OF HEALTH AND THE PREVENTION OF INFECTION AND MAY IMPROVE SEXUAL HEALTH