17. Sexual Wellness

EFFICACY OF LOW DOSE TOPICAL SINECATECHINS OINTMENT FOR PROVOKED VESTIBULODYNIA IN POST-MENOPAUSAL WOMEN: A RANDOMIZED DOUBLE-BLIND PLACEBO-CONTROLLED CLINICAL TRIAL

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There is an unmet medical need for a non-hormonal therapeutic to alleviate vestibulodynia, sexual pain in post-menopausal women.

Objective: To determine efficacy of low dose topical sinecatechins ointment, an FDA approved, antiproliferative, botanical drug derived from green tea to improve female sexual pain and function.

Methods: 32 postmenopausal women with significant to severe vestibulodynia on examination were evaluated every 2-3 weeks for a total of 3 office visits. Vaginal pH and vaginal maturation index were performed at each visit.

Subjects applied topical daily (5% sinecatechins, 10% sinecatechins or placebo) to their vulvar vestibule, and were instructed to immediately report any irritation and then to reduce their use to three times per week.

Results: Both 5% and 10% active drug groups showed a progressive decrease in the one-way ANOVA P-Values with each visit, and a significant decrease in pain by the third visit indicating a greater degree of pain reduction with continued use of the active study drug. All study groups showed no significant change in vaginal maturation index or vaginal pH between initial and final visits.

Several subjects subjectively indicated that topical 10% sinecatechins ointment used 3x/week increased sexual arousal, increased lubrication and/or decreased latency to orgasm without causing irritation.

Conclusions: Topical sinecatechins ointment, significantly reduced sexual pain fulfilling an unmet need for women with a history of an estrogen sensitive malignancies, and may also be used by women using estrogens with persistent vestibulodynia. The subjective reports of increase in sexual arousal, lubrication and orgasmic response is noteworthy.