

# **VAGINAL ESTROGEN THERAPY FOR POSTMENOPAUSAL OVERACTIVE BLADDER**

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## **ABSTRACT**

**Objective:** To Assess The Efficacy Of Vaginal Estrogen Therapy For Postmenopausal Overactive Bladder (OAB).

**Materials & Methods:** It was an OPD (outpatient department) based prospective study. Post-menopausal women attending gynecology OPD with complains of OAB were enrolled for the study. Women fulfilling the criteria for the study were given estradiol 2mg vaginal tablet everyday for 2 weeks, then weekly twice for 10 weeks. Patients were assessed by 3-day bladder diary, Patient global impression scale before and after the therapy.

**Results:** Ninety-three (93) patients completed the study. Increase frequency of micturition was cured in 92.5% cases; urgency and urge incontinence was cured in 74.2% cases. Patient's subjective feeling of improvement scale revealed that only 12.9% women felt either no change or little better; rest all were happy.

**Conclusions:** Treatment of OAB in postmenopausal women with local estrogen resulted in a good outcome.

**KEY WORDS:** Overactive Bladder, Estrogen, Estradiol, Vaginal