

**PREVALENCE OF BACTERIAL VAGINOSIS AND VAGINAL  
UROPATHOGENS IN POST-MENOPAUSAL WOMEN WITH AND  
WITHOUT ORAL HORMONE THERAPY**

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**ABSTRACT**

**Objective:** To compare the prevalences of bacterial vaginosis and vaginal uropathogens isolated from post-menopausal women taking or not taking oral hormone therapy.

**Material and Method:** This was a cross-sectional study comprising 100 post-menopausal women who were asked to participate when they came for their annual Pap smear. Half were on oral hormone therapy and half were not. Women with the following conditions were excluded, those using any vaginal suppository drug or immunosuppressive drug, those with predisposing medical condition to vaginitis (*e.g.*, diabetes mellitus, human immunodeficiency virus infection) or those who had had 3 or more vaginitis episodes per year. A specimen of vaginal secretion from the posterior fornix of the vagina was collected from each participant and processed for Gram's stain and cultivated to identify the targeted organisms including bacterial vaginosis and uropathogens.

**Results:** Among the 100 post-menopausal women, the prevalence of bacterial vaginosis and vaginal uropathogens for women taking oral hormone therapy was 20% and 24%, respectively, compared to 44% and 54% for women not on oral hormone therapy. Bacterial vaginosis and vaginal uropathogens were less prevalent among hormone therapy users ( $p = 0.01$  and  $0.002$ , respectively).

**Conclusion:** Post-menopausal women on hormone therapy have a lower prevalence of bacterial vaginosis and uropathogens than non-users. It is suggested that post-menopausal women not on hormone therapy be made especially aware of bacterial vaginosis and uropathogenic flora in vagina.

**KEYWORDS:** Post-menopausal hormone therapy; Bacterial vaginosis; Vaginal uropathogens;  
Vaginal flora