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雌二醇联合乳酸菌阴道胶囊治疗老年性阴道炎的临床效果研究

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摘要 目的:研究雌二醇联合乳酸菌阴道胶囊治疗老年性阴道炎的临床效果,为临床治疗老年性阴道炎提供参考依据。**方法:**选择2016年1月~2017年5月在我院进行诊治的老年性阴道炎患者94例,随机分为观察组与对照组,每组各47例。对照组给予阴道放置乳酸菌阴道胶囊治疗,每日睡前放置1粒,连续使用一周;观察组联合采用阴道放置戊酸雌二醇治疗,每日睡前放置1片(0.5 mg),连续使用一周。比较两组的临床治疗效果,检测两组患者治疗前后血清孕酮、雌二醇、促黄体生成激素以及促卵泡生成激素水平,并且于治疗后随访观察1年,观察两组的复发率。**结果:**治疗后,观察组的有效率为95.74%(45/47),明显高于对照组[82.98%(39/47)]($P<0.05$)。两组治疗前后的血清孕酮、雌二醇、促黄体生成激素以及促卵泡生成激素水平比较差异均无统计学意义($P>0.05$)。治疗后6个月,观察组的复发率为4.25%(2/47),明显低于对照组[14.89%(7/47)]($P<0.05$);观察组治疗后1年的复发率为8.51%(2/47),明显低于对照组[23.40%(11/47)]($P<0.05$)。**结论:**雌二醇联合乳酸菌阴道胶囊治疗老年性阴道炎的临床效果明显优于单纯使用乳酸菌阴道胶囊治疗,且不会对机体内的激素水平造成影响,并可有效降低其复发率。

关键词:雌二醇;乳酸菌阴道胶囊;老年性阴道炎;临床效果

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A Clinical Study on the Clinical Efficacy of Estradiol Combined with Lacidophilin Vaginal Capsules in the Treatment of Senile Vaginitis

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ABSTRACT Objective: To investigate the clinical efficacy of estradiol combined with Lacidophilin Vaginal Capsules in the treatment of senile vaginitis and provide references for the clinical treatment of senile vaginitis. **Methods:** 94 cases of patients with senile vaginitis who were treated in our hospital from January 2016 to May 2017 were selected and randomly divided into two groups with 47 cases in each group. The control group was treated with vaginal Lacidophilin Vaginal Capsules, 1 tablets per day, for one week. The observation group was treated with estradiol valerate, and placed 1 tablets (0.5 mg) before sleep for one week. The clinical therapeutic effect, changes of serum progesterone and estradiol, luteinizing hormone and follicle stimulating hormone levels before and after treatment were compared between two groups. All the patients were followed-up for 1 year after treatment, the recurrence rate was observed and compared between two groups. **Results:** After treatment, the effective rate of observation group was 95.74%(45/47), which was significantly higher than that of the control group [82.98%(39/47)]($P<0.05$). No significant difference was found in the serum progesterone and estradiol, luteinizing hormone and follicle stimulating hormone levels before and after treatment between two groups ($P>0.05$). At 6 months after treatment, the recurrence rate of observation group was 4.25% (2/47), which was significantly lower than that of the control group [14.89% (7/47)]($P<0.05$); at 1 year after treatment, the recurrence rate of observation group was 8.51% (2/47), which was significantly lower than that of the control group [23.40%(11/47)]($P<0.05$). **Conclusion:** Estradiol combined with Lacidophilin Vaginal Capsules is superior to the single use of Lacidophilin Vaginal Capsules in the treatment of senile vaginitis, which has no affect on the serum hormone levels and can effectively reduce the recurrence rate.

Key words: Estradiol; Lacidophilin Vaginal Capsules; Senile vaginitis; Clinical effect

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前言

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阴道炎是妇科常见病、多发病^[1],而老年阴道炎是老年妇女绝经后阴道多发疾病。研究表明发病原因主要是老年妇女绝经后,卵巢逐渐衰老,功能急剧退化,阴道内pH上升,雌性激素的分泌量减少,造成阴道黏膜的抗病能力减弱,并引起老年女性阴道内环境发生一系列与疾病相关的变化^[2,3]。老年性阴道炎

的主要症状是阴道干燥、灼痛并伴有外阴瘙痒,严重影响女性的正常生活。对于老年性阴道炎患者,临床首选的治疗方法为药物治疗,但是常规的药物如抗生素等极易造成阴道菌群失调,且具有较高的复发率^[45]。

雌二醇是一种雌激素,可使阴道组织软化,增强阴道壁弹性,调整阴道菌群失调,有效改善患者炎症^[6]。为了探讨雌二醇联合乳酸菌阴道胶囊治疗老年性阴道炎的临床效果,本研究选取2016年1月~2017年5月在我院进行诊治的94例老年性阴道炎患者资料进行分析,现报道如下。

1 资料与方法

1.1 一般资料

选择2016年1月至2017年5月在我院诊治的94例老年性阴道炎病患,随机分成两组。观察组47例,年龄61~80岁,平均(68.73±7.45)岁;病程6~50天,平均(13.26±5.59)天;停经时间在3~15年,平均停经时间为(9.42±1.28)年;初次发病31例,二次发病16例;阴道粘膜轻触出血14例、点状出血16例、薄且脆性较大17例。对照组47例,年龄61~80岁,平均(68.39±7.26)岁;病程6~51天,平均(13.43±5.78)天;停经时间3~15年,平均停经时间为(9.62±1.35)年;其中有30例初次发病,17例二次发病;15例轻触阴道粘膜会出血、16例是点状出血、17例阴道粘膜薄且脆性较大。本研究已通过我院伦理委员会的审核,所有患者均已签署知情同意书。两组的基本资料比较差异均无统计学意义($P>0.05$),具可比性。

1.2 治疗方法

给对照组阴道内放置乳酸菌阴道胶囊(批号:国药准字

H10980293,生产厂家:西安正浩生物制药有限公司,规格:0.25 g:600万活乳酸菌)治疗,每日睡前放置1粒,连续使用一周;观察组联合采用阴道放置戊酸雌二醇(批号:国药准字H20000031,生产厂家:北京协和药厂,规格:0.5 mg)治疗,每日睡前放置1片(0.5 mg),连续使用一周。所有患者于治疗期间均严禁性生活,并禁止采用任何抗菌药、其他微生态制剂和雌激素治疗。

1.3 观察指标

比较两组的临床治疗效果,疗效标准:①显效:经过治疗,患者的临床炎症症状得到明显改善,通过阴道分泌物镜检发现没有大量基底细胞、白细胞;②有效:经过治疗,患者的炎症症状有所减轻,通过阴道分泌物镜检结果显示为阴性;③无效:经过治疗,患者的临床症状没有任何改善的变化,通过阴道分泌物镜检结果发现存在大量的基底细胞、白细胞。检测两组患者治疗前后血清孕酮、雌二醇、促黄体生成激素以及促卵泡生成激素水平。并且于治疗后随访观察1年,观察和比较两组的复发率。

1.4 统计学分析

使用SPSS15.00软件进行统计学分析,计量资料以($\bar{x} \pm s$)表示,组间对比用t检验,组间率的比较用 χ^2 检验,以 $P<0.05$ 表示差异具有统计学意义。

2 结果

2.1 两组临床疗效的对比

治疗后,观察组的有效率是95.74%(45/47),明显高于对照组[82.98%(39/47)]($P<0.05$),见表1。

2.2 两组治疗前后的血清激素水平的对比

表1 两组临床疗效的对比[例(%)]

Table 1 Comparison of the clinical effect between two groups[n(%)]

Groups	n	Effective	Valid	Invalid	The total effect rate
Observation group	47	26	19	2	95.74*
Control group	47	22	17	8	82.98

Note: Compared with the control group, * $P<0.05$.

与治疗前比,两组治疗后的血清孕酮、雌二醇、促黄体生成激素以及促卵泡生成激素水平差异无统计学意义($P>0.05$),且

观察组与对照组相比差异亦无统计学意义($P>0.05$),见表2。

2.3 两组复发率的对比

表2 两组治疗前后的血清激素水平对比($\bar{x} \pm s$, g/L)

Table 2 Comparison of the serum hormone levels between two groups before and after treatment($\bar{x} \pm s$, g/L)

Groups	n	Time	P	E ₂	LH	FSH
Observation group	47	Before treatment	0.53±0.29	18.05±4.23	59.72±18.35	79.23±12.15
		After treatment	0.55±0.31	18.13±4.37	60.13±19.15	80.42±12.25
Control group	47	Before treatment	0.53±0.28	18.06±4.39	59.62±18.37	79.62±12.83
		After treatment	0.54±0.32	18.08±4.16	59.73±18.42	79.87±12.95

治疗后6个月,观察组的复发率是4.25%(2/47),明显低于对照组的14.89%(7/47)($P<0.05$);观察组治疗后1年的复发率为8.51%(2/47),明显低于对照组的23.40%(11/47)($P<0.05$),见表3。

3 讨论

阴道炎是常见的妇科临床疾病之一^[7],症状主要包括阴道分泌物出现异味、增多以及外阴瘙痒^[8-10]。女性的阴道一般为潮湿的内环境,与尿道及肛门邻近,易受到污染,而且分娩和宫腔操作时均需经过阴道,增加了病原体侵入或感染阴道的几率^[2,11]。老年性阴道炎是常见的老年妇科疾病之一,易反复发作

[12,13],临床症状主要是外阴瘙痒并伴有疼痛感。传统的医治方法是将抗生素用在局部阴道^[14-16],虽然有一定的临床效果,但抗生素的长期使用会破坏阴道的正常菌群,造成菌群紊乱,易引发

耐药菌产生以及二重细菌感染,从而使病情迁延难,临床效果往往不佳,且治疗后病情易复发^[17-19]。

表 3 两组复发率对比[例(%)]

Table 3 Comparison of the recurrence rate between two groups[n(%)]

Group	n	6 months	1 year
Observation group	47	2(4.25)*	4(8.51)*
Control group	47	7(14.89)	11(23.40)

Note: Compared with the control group, *P<0.05.

雌二醇能使阴道壁的弹性增加,促进萎缩的阴道组织变软,有助于阴道菌群的大量繁殖,纠正阴道菌群的紊乱^[20,21],还可以刺激机体免疫系统,增强阴道的局部组织抗致病菌能力,从而降低阴道炎的发病率^[22,23]。乳酸菌阴道胶囊通过在患者阴道壁中进行大量的繁殖以及生长,有利于阴道内的微生态环境恢复正常,从而对致病菌在阴道内的生长发育进行有效的抑制^[24,25];还能产生过氧化氢,杀灭阴道致病菌,使阴道内的菌群恢复平衡,从而使阴道菌群的生物屏障得以重建;乳酸菌阴道胶囊还可以调节机体的自身免疫功能,刺激机体释放大量的补体以及抗体^[26-28]。戊酸雌二醇不仅可以增强阴道对病菌的抵抗能力、增强机体的免疫功能,还可以降低阴道炎的发生率。因此,雌二醇以及乳酸菌阴道胶囊两种药物联合使用,既使临床治疗效果显著提高,又可以有效降低老年性阴道炎的复发率^[29-31]。本研究结果显示雌二醇联合乳酸菌阴道胶囊治疗老年性阴道炎的有效率为95.74%(45/47),明显高于单用乳酸菌阴道胶囊治疗[82.98%(39/47)],提示雌二醇联合乳酸菌阴道胶囊治疗老年性阴道炎的临床效果明显优于单纯使用乳酸菌阴道胶囊治疗。且雌二醇联合乳酸菌阴道胶囊与单用乳酸菌阴道胶囊治疗前后的血清孕酮、雌二醇、促黄体生成激素以及促卵泡生成激素水平相比均无明显差异,表明雌二醇联合乳酸菌阴道胶囊治疗不会对患者的激素水平造成较大的影响,患者的耐受性较好,安全性更高。此外,雌二醇联合乳酸菌阴道胶囊治疗后6个月、1年的复发率分别为4.25%(2/47)、8.51%(2/47),明显低于单用乳酸菌阴道胶囊治疗[14.89%(7/47)、23.40%(11/47)],表明联合用药能对老年性阴道炎的发生发展发挥预防作用,有效降低复发率,使老年患者的阴道状态维持正常,防止受到外界环境的损害。乳酸菌阴道胶囊可以及时对阴道的菌群失调进行纠正,降低阴道炎复发率,与雌二醇具有协同互补作用。

综上所述,雌二醇联合乳酸菌阴道胶囊治疗老年性阴道炎的临床效果明显优于单纯使用乳酸菌阴道胶囊治疗,且不会对机体内的激素水平造成影响,并可有效降低其复发率。

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