



ΠΑΝΕΠΙΣΤΗΜΙΟ ΔΥΤΙΚΗΣ ΑΤΤΙΚΗΣ

ΣΧΟΛΗ ΕΠΙΣΤΗΜΩΝ ΥΓΕΙΑΣ ΚΑΙ ΠΡΟΝΟΙΑΣ

Τμήμα Φυσικοθεραπείας

PhD Thesis Summary

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PhD Thesis Summary

Dissertation Topic:

Exploring the level of efficacy of pelvic floor physiotherapy intervention for the treatment of the Genitourinary Syndrome of Menopause (GSM) in women after the treatment of breast cancer.

This project will evaluate the effectiveness of a combined physiotherapy protocol for improving quality of life in women with sexual dysfunction after treatment for breast cancer. The percentage of European health professionals who know how to manage these symptoms is very low (10.3%). The usual management of the symptoms experienced by this patient population includes a use of vaginal dilators in combination with moisturizing and lubricating creams, which have been approved by the FDA. This treatment shows good results in terms of improving patients' symptoms, but it is short term and there are no clinically proven standardized protocols with instructions for use yet. Pelvic floor physical therapy (PFPT) is recommended by the International Continence Society (ICS) as a first-line treatment for the management of symptoms of genitourinary syndrome of menopause (GSM) and symptoms of sexual dysfunction. Despite its promising results, PFPT is not widely used and is not widespread among either patients or health care professionals.

The research protocol of this project involves the creation of two groups of patients. Group A (intervention group) will follow the combined physiotherapy treatment protocol including retraining of the pelvic floor muscles, use of relaxation techniques and vaginal dilators. Group B (control group) will follow a "usual treatment" protocol with the application of specific lubricating and moisturizing applications and counselling. Thereafter, the progress of the two groups will be monitored and recorded. Then the results of the two groups will be recorded and correlated.

The aim of this randomized clinical control study is to evaluate physiotherapeutic intervention in the treatment of genitourinary syndrome of menopause (GSM) and sexual dysfunction symptoms, such as vaginal dryness and dyspareunia, in women after treatment for breast cancer (BRCA). In particular, the main objective is to evaluate the effectiveness of a combined protocol with pelvic floor muscle training (PFMT), use of relaxation techniques and vaginal dilators to improve sexual function and quality of life in the study population.

Selective References

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