



# ESTRIOL SUPPLEMENTATION

## FOR PRE-MENOPAUSAL WOMEN

Some practitioners may question the safety and utility of prescribing estriol (E3) for younger women, but the research supports its use for certain indications.

### Vaginal E3 can help prevent recurrent UTIs

One study gave vaginal estriol to women on oral contraceptives in their 20s suffering from recurrent UTIs and no unwanted effects occurred. Treatment lasted 4 weeks and the majority of the women had been infection-free at the 11-month follow-up.

Pinggera GM Et al. Effects of local estrogen therapy on recurrent urinary tract infections in young females under oral contraceptives. *Eur Urol.* 2005 Feb;47(2):243-9.

### Vaginal E3 can help symptoms of dyspareunia

Another study also gave E3 to women on OCPs experiencing dyspareunia, but did not state their age. Women given vaginal estriol gel had greater improvement in dyspareunia and FSFI than the comparison group who was given hyaluronic acid vaginal gel.

Serati M et al. A comparison between vaginal estrogen and vaginal hyaluronic for the treatment of dyspareunia in women using hormonal contraceptive. *Eur J Obstet Gynecol Reprod Biol.* 2015 Aug;191:48-50. doi: 10.1016/j.ejogrb.2015.05.026. Epub 2015 Jun 3.

### Vaginal E3 can help decrease discomfort during vaginal procedures

Only specialists might ever need to know about this application of vaginal estriol. This study used E3 in women ages 13 to 36 in addition to vaginal dilator therapy to treat Mayer-Rokitansky-Kuster-Hauser Syndrome. Women who received E3 tolerated more dilator sessions than those who did not.

Ketheeswaran A et al. Intensive vaginal dilation using adjuvant treatments in women with Mayer-Rokitansky-Kuster-Hauser syndrome: retrospective cohort study. *Aust N Z J Obstet Gynaecol.* 2018 Feb;58(1):108-113. doi: 10.1111/ajo.12715. Epub 2017 Sep 28.

### Vaginal E3 can help to treat bacterial vaginosis

This review found that a suppository with E3 and a probiotic was helpful for BV even in pregnant women. Interestingly, the dose of E3 used was only 0.03mg.

Unlü C, Donders G. Use of lactobacilli and estriol combination in the treatment of disturbed vaginal ecosystem: a review. *J Turk Ger Gynecol Assoc.* 2011 Dec 1;12(4):239-46. doi: 10.5152/jtgga.2011.57. eCollection 2011.

In summary, there are very few studies involving young women using estriol, but the few studies that have been published have found it beneficial for preventing and treating various conditions in young women. Practitioners may consider E3 for women both under and over age 30 complaining of vaginal dryness, dyspareunia, frequent UTIs, BV or those with low EQ and pertinent personal or family history of breast cancer.

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