

**A CROSS-SECTIONAL SURVEY TO
ASSESS THE SYMPTOMS
ASSOCIATED WITH AND
PREVALENCE OF VAGINAL LAXITY**

BACKGROUND

- Vaginal laxity may occur following vaginal delivery
- Infrequently discussed condition between patients and clinicians
- Laxity may lead to loss of physical sensation and reduction in sexual satisfaction
- Paucity of data available regarding the impact of vaginal laxity on sexual function

AIMS OF STUDY

- Explore the relationship between vaginal laxity and changes in genital sensation or sexual satisfaction
- Quantify the prevalence of vaginal laxity among parous women

STUDY DESIGN

- Two phases:
 - 1st Phase
 - Qualitative: Cross-sectional survey utilizing focus groups
 - 2nd Phase
 - Quantitative: on-line survey

QUALITATIVE PHASE: RECRUITMENT

- Nine focus groups: Portland, OR; Cleveland, OH; Atlanta, GA
 - 5-8 women per group
 - n= 50
- Inclusion criteria:
 - women aged 25-45
 - had at least one vaginal delivery
 - self-reported changes in vaginal sensitivity and/or tone

QUALITATIVE PHASE: DEMOGRAPHICS

	Portland	Atlanta	Cleveland
Race	100% caucasian	2/3 caucasian 1/3 african american	2/3 caucasian 1/3 african american
Age	Greater than 50% between 25-35 yrs	Greater than 50% between 25-35 yrs	Greater than 50% between 25-35 yrs
Employment Status	Mix of working and non-working mothers	Primarily stay-at-home mothers	Majority working mothers

PROCEDURE

- Moderated focus group
- Duration: 2 hours
- To understand the mindset, attitudes, experience and perceived unmet need to address the issue of vaginal laxity
- Compensation: \$100

QUALITATIVE PHASE: RESULTS

- Most of the subjects perceived laxity as a concern
- Subjects didn't talk about it with their doctors, spouse/partner, or friends
- Subjects felt as though they were 'suffering in silence' with this condition

QUALITATIVE PHASE: RESULTS

- Subjects' description of the complexity of physical and emotional consequences due to vaginal laxity

Reduced
sensation

Difficulty
Reaching
Orgasm

Feeling old,
worn out

Loss of
Sexuality

Burdensome
Sexual
Performance

Yearning for
Intimacy and
Confidence

IMPEDANCE TO DISCUSSING SEXUAL CONCERNS

- Embarrassment
- Physicians can't relate
 - age, i.e. “too old” or “too young”
 - not a woman, doesn't have children
- Ability to articulate the problem
- No validation of the problem

QUANTITATIVE PHASE: DEMOGRAPHICS

- 421 of 635 women who received questionnaire completed survey
 - Inclusion criteria: age: 25-55; at least one vaginal delivery
- Median age: 41.4
- Representation from every state of the continental U.S.
- Respondent demographics:
 - 81% Caucasian
 - 55% college graduates
 - 59% employed full or part-time
 - 90% married or in long-term monogamous relationship

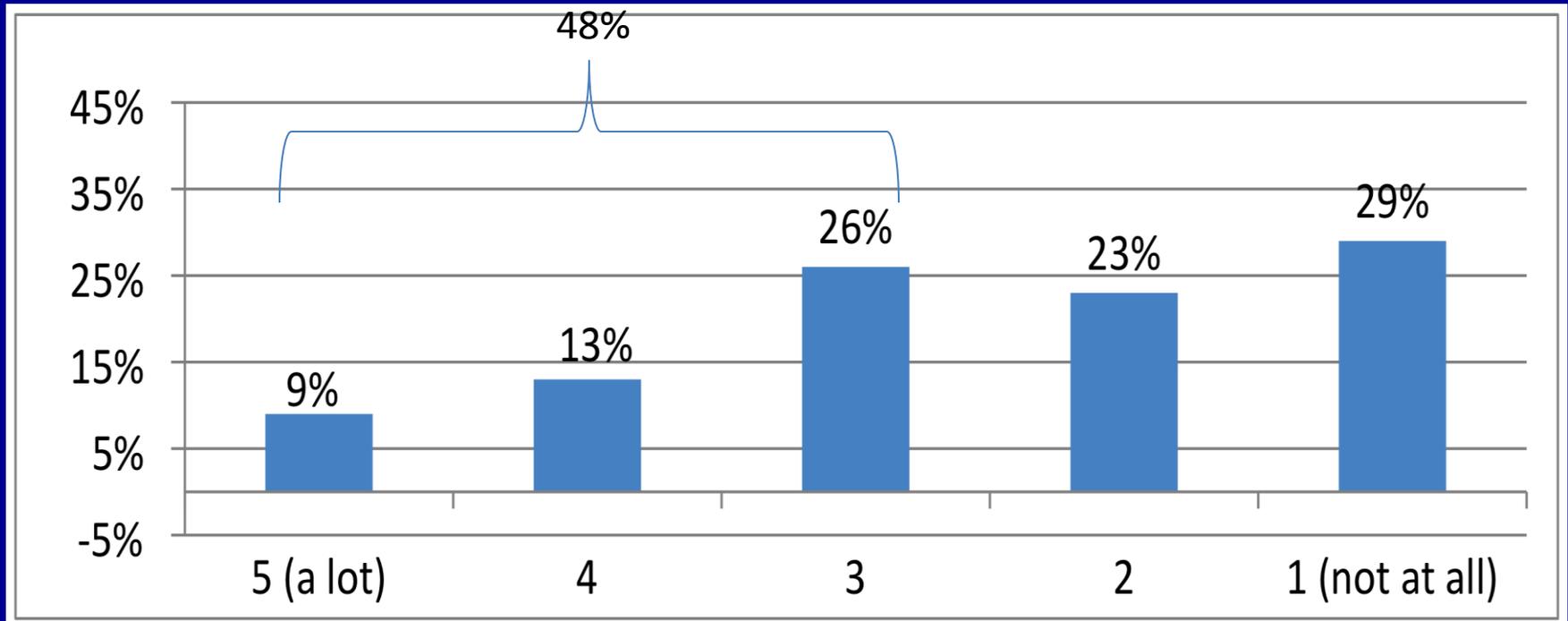
QUANTITATIVE PHASE: RESULTS

- Some of the survey responses related to concerns about self-image, sexuality and sexual satisfaction

Lifestyle Statements	Strongly Agree/Agree	<u>p-value</u>
I no longer feel intimate with my partner since having children	31%	<0.001
I am not as interested in sex since I had children	40%	0.676
It is a priority to be fit and healthy	76%	<0.001
Sex is more of an effort than it was before children	58%	<0.001
Since I have had children I rarely or never initiate sex with my partner	39%	0.047
I'm just too tired to think about sex as often as I did before having children	53%	<0.001
My partner says sex no longer feels the same since I had children	14%	<0.001
I still feel sexy even after having children	56%	<0.001
My own sexual pleasure and satisfaction are important to me	77%	<0.001

VAGINAL LAXITY PREVALENCE

- When asked: 'Since having children, to what degree has vaginal looseness been a concern for you?' nearly half responded it was a concern

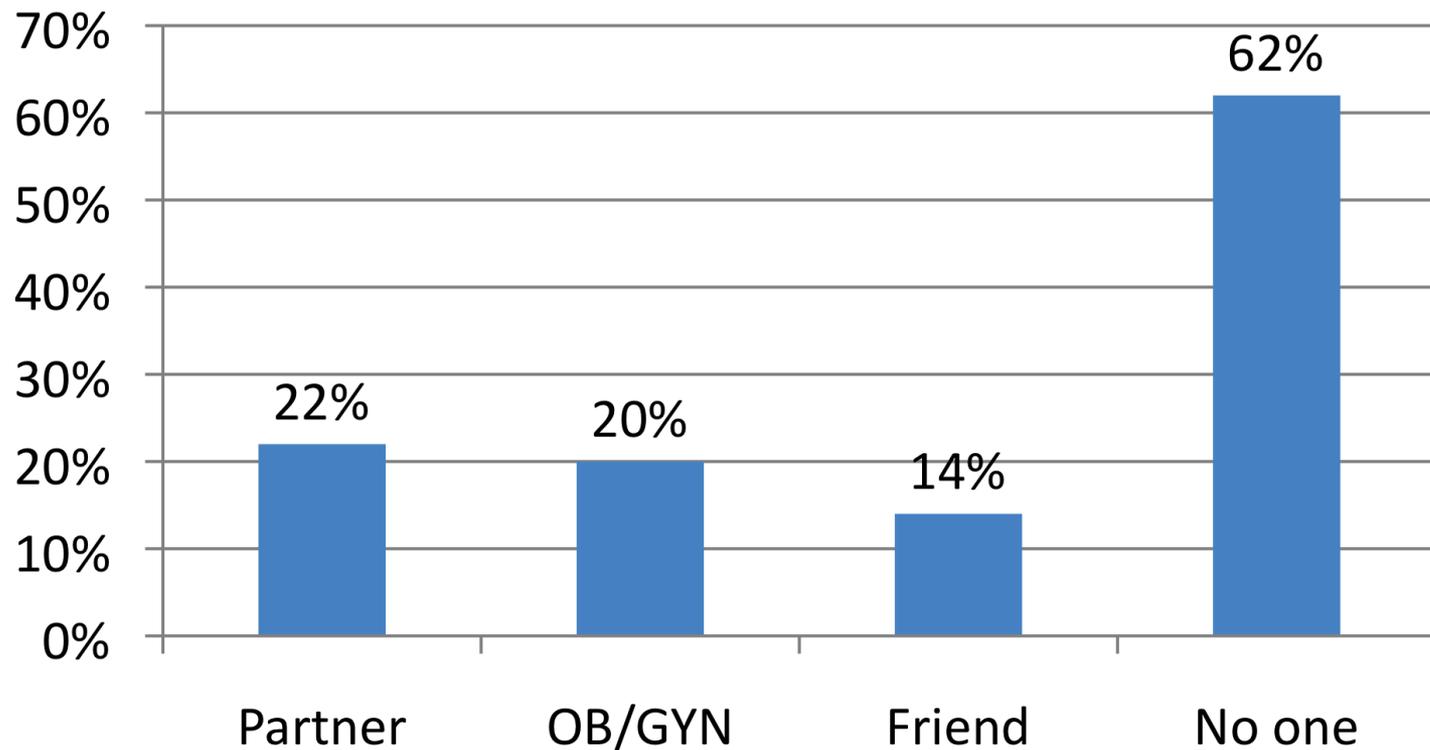


VAGINAL LAXITY BY AGE GROUP

	25-35 yrs old (%)	36-45 yrs old (%)	46-55 yrs old (%)
5 (a lot)	11	9	6
4	17	10	13
3	27	24	27
2	27	23	20
1 (not at all)	18	34	34

Subjects in the 25-35 year old group rated a higher concern for vaginal laxity than the two older age groups

DISCUSSION OF THE CONDITION



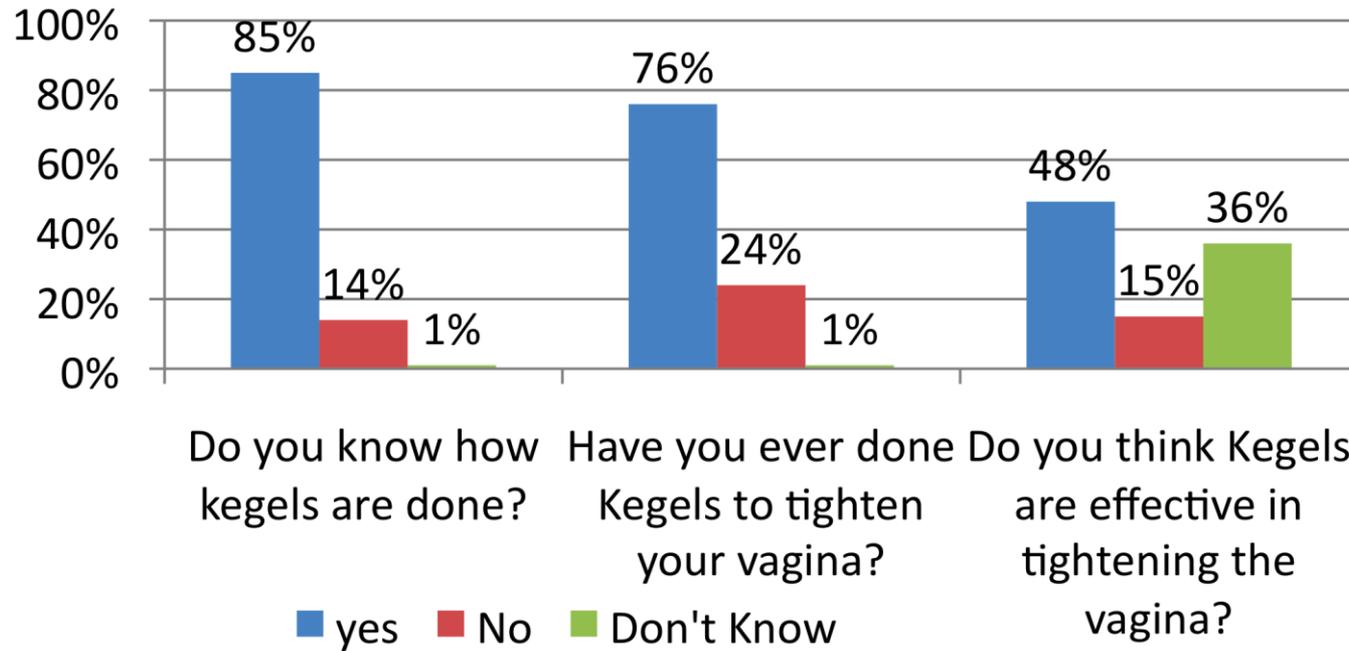
SUBJECT/CLINICIAN INTERACTION

According to the data, the younger the survey respondent, the more likely she is to:	25-35 years old	36-55 years old
Talk to her OB/GYN about her sex life	69%	49%

BENEFIT OF IMPROVING VAGINAL LAXITY

Benefit Statement	Strongly Agree/Agree
Benefit Me and My Partner	65%
Would improve my sexual satisfaction	59%
Positive effect on my relationship with my partner	56%
I would have better orgasms	55%
I would feel more confident during lovemaking	53%

KEGELS



CONCLUSIONS

- Provides a new focus on vaginal laxity
 - As an important quality of life concern after vaginal childbirth
 - One that is infrequently discussed between patients and physicians and under-reported in the literature
- Unique in assessing women's attitudes about body image, sexual health and sexual relationships

CONCLUSIONS

- Among 25-55 year old women who've had at least one vaginal childbirth, approximately half expressed some degree of concern for vaginal laxity
- Future research is needed to identify effective non-surgical treatment modalities for vaginal laxity

LIMITATIONS

- Applicability to broader population
 - On-line access
 - Education level
- Objective measurement tool not utilized

THANK YOU