

Laser therapy in sexually transmitted diseases, respectively in the associated sexual dysfunctions

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Sexually Transmitted Diseases (STD) represent the pathological entity that has the greatest addressability in the gynecological office. Sexual dynamics disorders common in women with STD are dyspareunia and secondarily, vaginismus and anorgasmia. These sexual dynamics disorders can become permanent, through secondary reactivations, with no local organic changes that could motivate them. It can, thus, severely affect the wellbeing of both the woman and the couple and, in time, it can become a real social problem. The study was conducted on a group of 50 patients selected during a year in our medical office. The diagnostic methods used were anamnesis, clinical examination, Pap smear, bacteriological test of endocervical secretion and serological tests. The most commonly diagnosed infections were the ones with *Candida albicans* and bacterial infections (*Gardnerella vaginalis*, *Chlamydia trachomatis* and *Streptococcus agalactiae* hemolytic of group B). There were rarely incriminated viral (Herpes simplex) or parasitic (*Trichomonas vaginalis*) infections. The treatment took into account general measures for both partners (sexual rest, hygienic education and patient counselling for mental rebalancing for STD secondary dyspareunia prophylaxis) and specific measures (general and local treatment specific for the etiological agent, focused laser therapy). It is noteworthy that the association of laser therapy in the treatment of STD has brought significant improvements in both the relief of local symptomatology, especially in the case of noisy forms of STD (*Candida*, Trichomoniasis, herpes infections) and in improving the inflammatory processes of internal genitalia secondary to STD (chlamydia infections, infections with *Gardnerella* with beta hemolytic *Streptococcus*) and, respectively, in the fertility of the couple, especially bringing improvements in the STD associated sexual dysfunctions. There was only one case that required psychologist counselling due to dyspareunia perpetuation by secondary reactivations as a result of personal problems.

Biography

Brinzan Daniela has graduated from the University of General Medicine in Craiova in 1988. She has obtained Certificate of Doctor Specialist of Obstetrics and Gynecology in 1994 at the University of Medicine and Pharmacy in Timisoara and Master's Degree in Sexology in 2010 at the University of Medicine and Pharmacy "Iuliu Hateiganu" Cluj-Napoca.

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