

The Effect of Moist Exposed Burn Ointment (MEBO) Versus Premarin® (conjugated estrogens) on clinical symptoms and Vaginal Cytology in The Treatment of Postmenopausal Vaginal Atrophy

Ala'a Shallal Farhan F.I.C.O.G*

ABSTRACT

Vaginal atrophy is a prevalent issue among postmenopausal women who have a variety of symptoms such as discomfort, itching, dyspareunia, increased frequency, urgency, and dysuria. This research compared the results of using the estrogenic vaginal cream Premarin® (conjugated estrogens) to those of using the Chinese herbal ointment MEBO to treat postmenopausal vaginal atrophy. A comparative study was done in a private clinic in Al-Ramadi city in Al-Anbar Governorate/Iraq. From the first of February 2022 to the first of February 2023. One hundred patients were allocated to one of two therapies at random. MEBO was taken three times per week for 14 weeks, while Premarin® was taken daily for two weeks, then twice weekly for the remaining 12 weeks. Following the completion of the treatment, clinical symptoms, as well as the vaginal maturation index and value, were assessed. All symptoms were considerably decreased or eliminated, including itching, discomfort, and painful intercourse, with no difference between the two therapies. Both treatments considerably increased the vaginal maturation index and vaginal maturation value, with Premarin® being marginally superior to MEBO. There were no adverse effects associated with these two medicines. In this study, we found that vaginal application of MEBO three times per week for 14 weeks improved vaginal maturation index and value, alleviating symptoms of vaginal atrophy. MEBO may be an alternative to local estrogen treatment for people with vaginal atrophy.

Keywords: MEBO, Vaginal atrophy, conjugated estrogens.

Bahrain Med Bull 2026; 48 (1): 2802-2806

* Department of Obstetrics and Gynecology
College of Medicine, University of Anbar, Iraq.
Email: alaa.shallal1@uoanbar.edu.iq