

# Abstracts from Women's Health 2019

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**Methods:** Method: a systematic literature review was carried out with the following characteristics, following the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA)6 guidelines. The inclusion criteria were randomized clinical trials, prospective and retrospective cohort studies, case-control studies, case series and case reports published in all period. There were included studies with adults who underwent surgical intervention for aesthetic purposes by removing any of the floating ribs (11th and 12th) to reduce waist circumference. The primary outcome was the decrease in waist circumference. The secondary outcomes were adverse events and patient satisfaction. The search was performed for all years in the following databases: EMBASE/Elsevier, Scopus, Medline, PubMed, BVS, SciELO, and Lilacs.

**Results:** Results: In total, only 03 articles on the surgical ribs removal published in the period were found in all databases. Of these, 2 articles were selected for their relevance to the topic of the systematic review according to the title and abstract.

**Conclusions:** Conclusion: There is no scientific evidence to support the effectiveness and safety of the removal of ribs for aesthetic purposes.

### 51. Trimester Differences in Post-Abortion Intra-Uterine Device Insertion and Expulsion Rates in Young University Students in Central Uganda

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**Background:** In Uganda, preventing unsafe induced abortions is critical especially in the local context of legally restricted abortions except when saving the mothers' life. We aimed at determining whether factors associated with post-abortion intra-uterine device (IUD) use differed by gestation age at pregnancy termination.

**Methods:** 388 female students aged 18-30 years seeking first and second trimester post-abortion care in a large, urban-based, private health unit in central Kampala were followed-up from Oct-Dec 2018. Outcome variables were IUD insertion in 1st and 2nd post-abortion period. The key independent variable was post-IUD insertion expulsion. Descriptive statistics for frequencies and chi-square tests for bivariate analysis were used. Covariates controlled for were socio-demographic and fertility characteristics using multi-variable logistic regression analysis.

**Results:** Among 388 female university students, the mean age was 20.3 (SD=1.3) years, 31.2% and 68.8% were first and second trimester post-abortion care seekers. IUDs were inserted in 10.7% and 19.1% of first and second trimester post-abortion care seekers (13/121 vs. 51/267; p=0.014). No differences were observed in first (2.1%) and second (0.4%) trimester post-abortion IUD expulsion rates (1/13=7.7% vs. 4/51=7.8%; p=0.63). History of unintended pregnancy and previous IUD use was associated with first (AOR=3.31, 95%CI 2.19-4.87) and second (AOR=5.67, 95%CI 2.19-4.87) trimester post-abortion IUD insertion respectively.

**Conclusions:** A high proportion of young university students seeking post-abortion services were in the second trimester. Promoting effective contraceptive use in the post-abortion period like IUD is essential for reduction of unintended pregnancy among young university students.

### 52. Acmella Oleracea in Dyspareunia in Postmenopausal Women

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**Background:** Menopause, with loss of vaginal elasticity and genital atrophy, and may cause dyspareunia. A new therapeutic option is *Spilanthes oleracea* is a plant popularly used as an anesthetic, analgesic. The objective was to elaborate an herbal gel based on *A. oleracea* and to evaluate the intensity of pain in the vaginal introitus, during sexual intercourse in postmenopausal women and alterations in the vaginal microbiota.

**Methods:** A randomized, controlled, double-blind clinical trial was conducted with healthy volunteers from August 2017 to September 2018. The randomized product, being a Natrozol® gel control group (n=20) and the other gel group *A. oleracea* (n=20). In the consultation the volunteer was applied to the numerical visual scale of standardized pain to determine the degree of pain felt during intercourse. Collection of vaginal secretion was performed before and after the use of the product drawn. The vaginal smear stained by the Gram method was performed through swabs.

**Results:** The pain intensity assessed by the EVN scale in the *A. oleracea* group was statistically lower compared to the Natrozol® group (p=0.029). The results of the microbiological evaluation according to the variables *Bacillus Doderlein*, Gram Negative *Bacillus*, *Coco Gram Positive* and yeasts did not show statistical difference after the use of the *A. oleracea* gel.

**Conclusions:** The herbal gel based on *A. oleracea* was elaborated and significantly reduced the intensity of pain in sexual intercourse (dyspareunia) in postmenopausal women without modifying the vaginal microbiota.

### 53. 'Mainstreaming Gender Into Research' Means Gender Medicine in the Medical Education

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**Background:** Gender Mainstreaming is mandatory within the European Union for state Universities and the health system. To get Gender Medicine into medical research it is essential to include it in all curricula offered at medical universities. It must also be included in the core curriculum of all study phases and in all cumulative examinations. So it will become the status quo for all medical students.

**Methods:** Gender Medicine is instructed in the core curriculum twice: in the third semester the fundamentals of Gender Medicine, and in the tenth semester its clinical and research relevance. This material is also covered in the two cumulative exams. Gender Medicine was recently established as a compulsory subject in the PhD-programme. One Gender aspect must be elaborated from the PhD-thesis with subsequent congress presentation or publication of a scientific paper.

**Results:** We started in 2013. Until now more than 150 diploma-theses and 30 PhD-theses were registered on the sub-