CONCLUSIONS: Our findings indicated that trunk lean mass was an independent protective factor for pain symptoms (KMI = 16). In multiple regression analysis, significant relationships were found between trunk lean mass and muscle/joint pain and sexual problems (p < 0.05). We also observed a significant correlation between body mass index and hot flushes/sweating and diabetes (p < 0.05). There was a significant relationship between trunk lean mass and sexual symptoms, as well as each classic menopausal symptom. METHODS: A total of 758 (peri)menopausal women were randomized into two groups; they received intravaginal oxytocin gel or placebo gel for 30 days. Serum estrogen level, visual, colposcopic and histological vaginal examination were performed before and after treatment. RESULTS: Forty-seven percent of the patients had previously tried estrogens. The clinical signs and symptoms as well as the quality of life of menopausal women suffering from genitourinary syndrome of menopause (GSM) were significantly improved in the oxytocin gel group (ICIQ 2.7 vs. 4.2, p = 0.0001). Seventy-eight percent of patients in the oxytocin gel group had a successful treatment compared to 30% in the placebo gel group (p = 0.0001). GSM was significantly associated with stress or mixed urinary incontinence, overactive bladder, sexual activity (90.0%), vaginal dryness, and thin vaginal mucosa (78.4%). GSM was diagnosed in 60.2% of women with no known diagnosis of vulvovaginal atrophy (VVA). Forty percent of patients had a history of hysterectomy, but also restoration of the lactobacillary microflora. It has been demonstrated efficiently to suppress bacterial adherence, inhibit adhesin expression, and prevent probiotic adherence. The study demonstrated that the vaginal erbium laser, as a non-invasive and effective treatment, is well-tolerated and highly effective in the management of GSS and VVA. The use of an erbium laser increases the surface area and reduces the volume of the affected tissue, thus improving perineal relaxation and allowing for a more rapid recovery. The study also demonstrated that the combination of a vaginal ultra-short pulse erbium laser and a 5 mg micronized progesterone cream is effective and safe for the treatment of genitourinary syndrome of menopause (GSM). Recent years have brought key advances in the knowledge about VMS. VMS last longer than previously thought, on average 7 months, and have a greater impact on emotional well-being than on physical well-being. The study demonstrated that VMS are associated with an increased risk of CVD, especially in women with a higher BMI. The study also demonstrated that VMS are associated with an increased risk of CVD, especially in women with a higher BMI. The study also demonstrated that VMS are associated with an increased risk of CVD, especially in women with a higher BMI. The study also demonstrated that VMS are associated with an increased risk of CVD, especially in women with a higher BMI. The study also demonstrated that VMS are associated with an increased risk of CVD, especially in women with a higher BMI.