

A Randomized Clinical Trial of Cryosurgery with Nabothian Cyst Drainage for the Recurrent Cervicitis Treatment

Rasekhjahrimi Athar, Alipour Farzaneh, Zarei Babaarabi Zahra, Kalani Navid

Abstract:

Objectives: To compare the effect of cervical Cryosurgery (cryotherapy) along with draining of nabothian cysts with sole Cryosurgery in chronic Cervicitis.

Methods: This was a randomized parallel clinical trial study conducted on 144 patients with nabothian cysts referred to a Gynecology (GYN) clinic in Jahrom city, south of Iran, due to chronic Cervicitis. The patients were randomly divided into case and control groups treated with cryotherapy and antibiotic therapy with and without drainage of nabothian cysts, respectively. The primary study outcomes were subjective symptoms and duration of the treatment to complete improvement that was followed every month till three months. Data were analyzed using SPSS.

Results: One-hundred forty patients were recruited in Experimental (n=70) and control (n=70) groups who were matched for Sociodemographic characteristics ($P>0.05$). McNamara's test showed a statistically lower occurrence of all subjective symptoms in the pre-and post-intervention in both experimental and control groups ($P<0.001$). The mean duration of the treatment course in the experimental group was 5.4 ± 1.59 months, while it was 7.91 ± 1.59 months in the control group. There was a significant difference between the two groups in the duration of treatment ($P<0.001$). In the linear regression of the study variables, none of the variables except the groups significantly predicted the duration of treatment, $t=9.87$, $P=0.001$.

Conclusion: We found the new method of nabothian cysts drainage along with cryotherapy effective and the cryotherapy alone; it showed a shorter duration of the treatment to achieve complete improvement. Therefore, considering this method, the required frequency of Cryosurgery might decrease.

Keywords: Cervical Infection, Nabothian, cysts Draining