

a personal guide to the menopause



maintaining vaginal health



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What is the Menopause?

The menopause is when the hormone oestrogen stops being produced by the ovaries. This causes a number of symptoms both physical and psychological. Physical symptoms range from hot flushes, night sweats, migraines and osteoporosis as well as vaginal dryness. Psychological symptoms can be varied and include depression, forgetfulness, anxiety and loss of sex drive.

Vaginal Dryness caused by the Menopause

Although this condition is not talked about very much (because patients are embarrassed) vaginal dryness is common¹. As one of the physical symptoms of the menopause, vaginal dryness can occur any time after the menopause but women are likely to suffer long term and will need continued treatment.

For further information on the menopause go to **www.menopause-info.co.uk**



Vaginal dryness symptoms can come in many forms and can include lack of lubrication during sex (causing pain), vaginal discomfort, itching and burning, frequent vaginal infections, thrush-like symptoms, vaginal bleeding and urinary incontinence (diminished or loss of control of the bladder).

The Treatment of Vaginal Dryness

The good news is that vaginal dryness can be treated effectively using vaginal oestrogens (also known as local oestrogens) that are inserted into the vagina. These come in the form of a small tablet, creams, pessaries or vaginal rings. All of these are easy to use and can alleviate the symptoms quickly. Non-hormonal lubricants and creams can also be used.

If you have any of these symptoms please speak to your Doctor or Practice Nurse and they will advise you on your condition.

Symptoms Tick Box:

- Vaginal dryness before/during sex
- Vaginal discomfort
- Vaginal itching and/or burning
- Frequent or re-occurring infections
- Thrush-like symptoms
- Vaginal bleeding
- Lack of bladder control

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