

Menopause[™] *matters*

Low levels of estrogen due to the menopause often cause changes in the vagina and bladder, which can cause discomfort and urinary problems. Vaginal dryness can be helped by vaginal lubricants and moisturizers, and the underlying estrogen deficiency changes can be cured with vaginal estrogen which is effective and safe.

Many women find it difficult to talk about these changes and are often embarrassed to bring up the subject with their doctor or nurse. Print off this sheet, fill in the boxes and show it to your doctor or nurse to help you start a discussion.

SYMPTOMS CHECKLIST:

- Vaginal dryness before/during sex
- Vaginal discomfort
- Pain during sex
- Vaginal itching and/or burning Itching or irritation on the outer lips
- Frequent or re-occurring vaginal or urinary infections
- Thrush-like symptoms
- Lack of bladder control