



Vaginal Dryness

MENOPAUSE: Vaginal Dryness

Medical Term: Atrophic Vaginitis or Vulvovaginal Atrophy (VVA)

Intimacy is an important part of any relationship and hormonal changes associated with menopause can sometimes make intercourse uncomfortable or even painful. It is something that women are hesitant to talk about because it is private and personal. Don't suffer or let your relationship suffer without at least addressing this issue. There are many over-the-counter (OTC) or prescription medications that can help increase vaginal moisture, improve comfort and create a more pleasurable experience during intercourse.

MOISTURIZERS are used to help restore vaginal moisture and restore a normal pH. They are used one or more times per week, not just during sexual activity. Some OTC options are *Replens, Luvena, Me Again, Vagisil Feminine Moisturizer, Femenase and K-Y SILK-E*. These can be purchased at most pharmacies or supermarkets. Natural forms of Extra Virgin Olive Oil or Coconut Oil may also be used.

LUBRICANTS are used during intercourse to help decrease irritation. There are several OTC options and women should try various products until they find the preparation that they like best. Water, silicone, hybrid or oil-based lubricants (oil is not recommended because they may cause irritation and is not recommended with latex condoms) will all have a slightly different feel.

- water soluble products: *Astroglide, Slippery Stuff and K-Y Jelly*
- silicone-based lubricants: *Pjur Eros, ID Millennium, Pink*

Over-the-counter products won't cure the problem (which results from a lack of estrogen) but often relieve mild symptoms of dryness, burning or pain. For moderate to severe symptoms, OTC products may not be effective. Please talk to your provider about the various types of estrogen therapy available by prescription to relieve these symptoms.

GOOD RESOURCES:

The North American Menopause Society at

[http://www.menopause.org/for-women/sexual-health-menopause-on-](http://www.menopause.org/for-women/sexual-health-menopause-online/effective-treatments-for-sexual-problems/vaginal-and-vulvar-comfort-lubricants-moisturizers-and-low-dose-vaginal-estrogen)

[line/effective-treatments-for-sexual-problems/vaginal-and-vulvar-comfort-lubricants-moisturizers-and-low-dose-vaginal-estrogen](http://www.menopause.org/for-women/sexual-health-menopause-online/effective-treatments-for-sexual-problems/vaginal-and-vulvar-comfort-lubricants-moisturizers-and-low-dose-vaginal-estrogen)

MiddlesexMD is a site created by Dr. Barb, a gynecologist who was looking for an appropriate resource to send her patients to in order to improve their intimacy. Since none existed, she created middlesexmd.com to provide reliable information and products to women looking for help in their intimate relationships.

More information on Vaginal Lubricants and Moisturizers at Center for Sexual Health, University of Michigan <http://www.med.umich.edu/1libr/PMR/SexualHealth/lubricants.pdf>

PAYSON

15 S 1000 E Suite 125
Payson, Utah 84651
Phone : 801-465-2559

SPANISH FORK

325 W Center
Spanish Fork, Utah 84660
Phone : 801-465-2559

Visit -

CanyonViewWomensCare.com

for additional information on other interesting health topics.

