

“Genitourinary syndrome” describes lower urogenital tract signs and symptoms associated with low-estrogen levels. Genitourinary syndrome affects the majority of postmenopausal women and, despite common belief, these symptoms are not part of the normal aging process.

**Successful treatment is possible.**

**“Help! I’ve got vaginal dryness!”**

**Common symptoms:** vaginal dryness, irritation, decreased lubrication and pain with intercourse, pain with urination and increased leaking of urine

## Genitourinary syndrome of menopause

The basics and treatment

**Don't be afraid to discuss this with your doctor!**

Affects majority of postmenopausal women.

### What can I do about it?

Try white cotton underwear, avoid fragrance-containing products.

Try vaginal lubricants and moisturizers.

Already on systemic HRT? You may still benefit from vaginal estrogen!

### Ask your doctor about prescription treatments.

Vaginal estrogen is the gold standard treatment.

Breast cancer survivor? Discuss with your oncologist.

HRT: hormone replacement therapy or systemic estrogen

