



Harley Street at Home

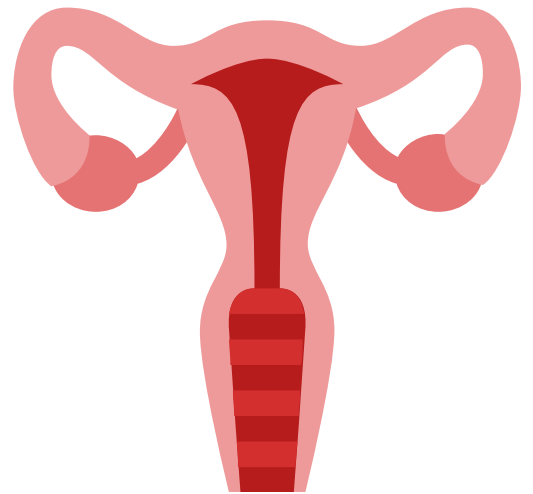
Menopause

Urogenital Atrophy

Urogenital atrophy: Reduced levels of oestrogen which causes adverse affects to the vagina, vulva, urethra and bladder

Symptoms

- Vaginal dryness
- Burning or itchy vulva and vagina
- Painful or uncomfortable sex
- Reduced lubrication in vagina
- Bleeding after sex
- Reduced libido
- Urinary symptoms



What Happens Post Menopause?

- The vaginal wall becomes thin and dry
- Loss of folds in vagina wall
- Cells thin
- Vagina walls become less elastic
- Reduced blood flow to vagina



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Menopause

Urogenital Atrophy

It's Important to Seek Support!

- 47% of women wait 6 months and 28% wait over a year before talking to a health professional about symptoms
- This is because:
 - Some believe it's a normal part of aging
 - Some find it too embarrassing to discuss
 - Some didn't find it 'bad' enough to seek help
- Approximately only 25% of women seek help

Diagnosis

- Based on symptoms reported and recorded clinical observations

Treatment

- Earlier treatment can prevent worsening of the condition
- Typically vaginal oestrogen (e.g. Estradiol or Estriol) may be given - and continued for as long as it remains beneficial
- Vaginal moisturisers and lubricants may be recommended
- Your health professional will discuss options with you