

GSM

If you suspect or you've been told that you have "genitourinary syndrome of menopause," (GSM), here is some more information.

START HERE

This is a natural condition of the vulva, vagina, and bladder that occurs due to the decrease of available estrogen and testosterone to those organs after menopause. The vagina and vulva need estrogen to stay moisturized, soft, stretchy, and also to stay acidic so that bacteria cannot enter the urethra. The vagina and the urethra/bladder need estrogen and testosterone to reduce inflammation and pain.

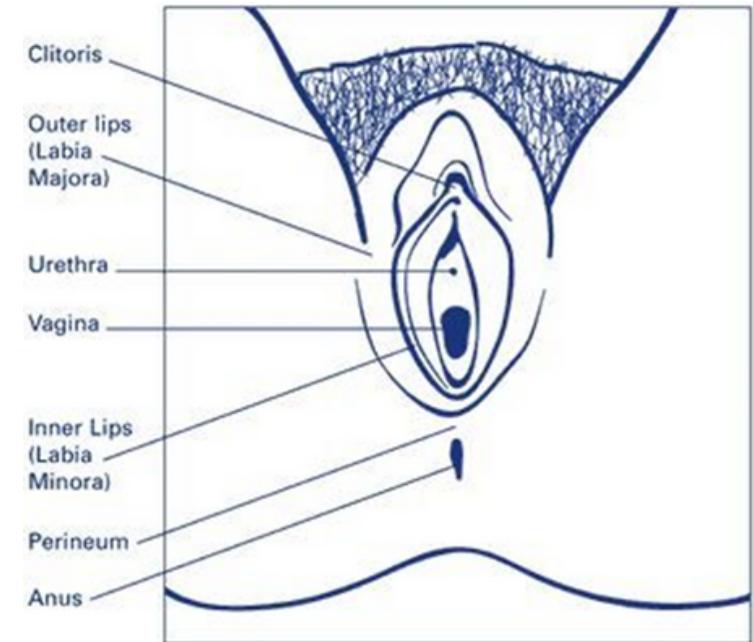
TREATMENT

1. To replace the hormones where you need them there are some options:

2. To replace the moisture: hyaluronic acid or a non-irritating moisturizer can be used on the days you don't use a hormone treatment or in addition. Some recommended brands are replens, revaree, or V-magic. [any of these can be purchased online.]

- Estrogen/testosterone gel This will be compounded by Buderer Drug in order to combine both into one gel. You can pick it up from them or they will mail it to you.
- Pre-estrogen/pre-testosterone suppositories (prasterone suppositories) Ordered from a pharmacy *use intrarosa.com for a coupon!
- Estrogen cream or tablets. Ordered from Medicare for the cheapest option. They will call you and take your insurance info and address and mail it to you! Throw away the applicator! All you need is a pea-sized amount inserted into the vagina with your finger three times a week.

3. To stretch: Start using a vaginal dilator so that the stretching happens gently and on your own terms. This should not hurt. Three times a week for about 10-15 minutes use a comfortably fitting dilator with a water-based lubricant (like KY jelly or an over the counter lubricant) and gently insert it into the vagina. In small turning motions the dilator should gently stretch the opening. Once in you can gently sweep it from side to side to help relax the muscles.



SOME TIPS

You can actually use the dilator to apply the vaginal estrogen or estrogen/testosterone gel if you want!

- Use the dilator laying down, squatting, or with one leg raised on a small stepping stool like when you might insert a tampon.
- When you do have intercourse, try being on top so that you can control penetration until you get to the point that there is no pain.
- A silicone-based lubricant like Uber lube is recommended with intimacy to protect your tissue!