



VVA

Vulvovaginal Atrophy

Vagina problems are common for women after menopause.

The longer it has been since your last period, the more likely you may have:

- A painful pelvic exam
- Painful sex when it used to be comfortable
- Itching, burning or irritation in or around your vagina
- More frequent urinary tract infections (UTIs)
- Burning when you pass urine

These symptoms can be caused by a common problem called vulvovaginal atrophy or VVA.

If you think you may have VVA, talk to your health care provider today. There are treatments to help you have less pain and more comfort. Working with your provider, you can get on the path to feeling more like yourself.



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