



Raising Awareness - *Starting the Conversation*

The longer it has been since your last period, the more likely you may have postmenopausal VVA symptoms. Common symptoms are:

- Vaginal dryness
- Pain with intercourse
- Vulvar itching/burning
- Frequent urinary tract infections

Not all postmenopausal women have VVA symptoms, but it's important to know there are treatment options.

Learn more about VVA. Your health care provider can talk with you about VVA and help you determine if you may benefit from treatment.



Wisconsin
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VVA

Vulvovaginal Atrophy

*Vagina problems are common for
women after menopause.*



VVA Can Be Treated

Even though VVA is very common, few women discuss this with their health care provider. Even fewer seek treatment.

There are several options, depending on what you are most comfortable doing. Some treatment options have more side effects than others. You can learn about those side effects and work with your provider to decide what the best choice is for you.

Treatment options include:

- Daily exercise
- Healthy eating
- Over-the-counter moisturizers and lubricants
- Internal vaginal massage
- Topical estrogen cream, tablet, or vaginal estrogen ring
- A pill that specifically treats painful intercourse

What is VVA?

This is a condition where the skin of your vagina and vulva (the area between your legs and outside the vagina) becomes thin, dry, and irritated. It happens after menopause, when your body stops making estrogen. Estrogen is the hormone that keeps skin healthy and producing its own moisture. Less estrogen leads to thinner, dryer skin and you may feel uncomfortable in daily activities, during sexual activity, or during an exam by your health care provider.

Determining a Treatment Plan

Several of the treatment options may be combined for the best result. Some of these may be used for a short period of time until your symptoms get better, others will need to be used the rest of your life.

If you would like more information:

- About your choices
- How they work
- Possible side effects

Your health care provider is prepared to help you. Ask him or her about options for treating VVA, so you can start feeling more comfortable, enjoying life and intimacy.

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