

## Vaginal Dryness

Bothersome symptoms of the vagina and vulva (outer lips of the vagina) are common in women of all ages, but increase with menopause. The decrease in estrogen with menopause is a major contributor to vaginal dryness, itching, burning, discomfort, and pain during intercourse. Vaginal atrophy is the medical term that describes these changes after menopause. Symptoms of vaginal atrophy may significantly affect your quality of life, sexual satisfaction, and relationship with your partner.

Menopause-related vaginal symptoms may be bothersome early in the menopause transition, or start after several years of decreased estrogen levels. Unlike hot flashes, which generally improve with time, vaginal symptoms typically worsen with time due to both aging and a prolonged lack of estrogen.

### Menopause and aging can affect the vagina in the following ways:

- Vaginal tissues become thin, dry, and less elastic
- Vaginal secretions decrease with reduced lubrication
- Vaginal infections increase (as the healthy acidic pH of the vagina increases)
- Discomfort with urination and increased urinary tract infections can occur
- Fragile, dry, inflamed vaginal tissues may tear and bleed
- Women with menopause induced by cancer treatments may have additional injury to the vaginal tissues from chemotherapy or pelvic radiation
- Aromatase inhibitors taken by many women with breast cancer result in extremely low estrogen levels, often causing severe symptoms of vaginal dryness and decreased lubrication
- Vaginal changes often result in pain during intercourse or pelvic exams
- Women with discomfort from vaginal atrophy often engage in less frequent intercourse, which can cause the vagina to become shorter, narrower, and less elastic
- For some women, pain, narrowing of the vagina, and involuntary tightening of vaginal muscles (vaginismus) can intensify to the point where sexual intercourse is no longer pleasurable or even possible

### Treatment options:

While symptoms of vaginal dryness and atrophy can be very bothersome, the good news is that effective treatment options are available. These include different forms of low-dose estrogen applied directly to the vagina, as well as nonhormonal treatments. You may combine nonhormonal and hormonal treatments for optimal symptom relief.

#### Nonhormonal remedies:

- **Vaginal lubricants** reduce discomfort with sexual activity when the vagina is dry by decreasing friction during intercourse. Water-soluble products are advised because the oil in some products may cause vaginal irritation. There are many effective brands available without a prescription, including K-Y Jelly, Astroglide, K-Y Silk-E, Slippery Stuff, and Just Like Me.
- **Vaginal moisturizers** line the wall of the vagina and maintain vaginal moisture. Like your face or hands, the vagina should be moisturized on a regular basis, for example, several times weekly at bedtime, including Replens and K-Y Liquibeads.
- **Regular sexual stimulation** promotes blood flow and secretions to the vagina. Sexual stimulation with a partner, alone, or with a device (such as a vibrator) can improve vaginal health.
- **Expanding your views of sexual pleasure** to include such “outercourse” options as extended caressing, mutual masturbation, and massage is an effective way to make painful vaginal penetration (intercourse) more comfortable, or provide a way to remain sexually intimate in place of intercourse.

- **Vaginal dilators** can stretch and enlarge the vagina after many years of severe vaginal atrophy, especially if sexual activity is infrequent and the vagina has become too short and narrow for intercourse. Involuntary tightening of vaginal muscles (vaginismus), a learned response to pain, often contributes to uncomfortable intercourse. In addition to regular use of vaginal estrogens, lubricants, and moisturizers, several months of daily “exercises” with lubricated vaginal dilators can help. Dilators can be purchased from pharmacies and medical supply stores and used with the guidance of a gynecologist, physical therapist, or sex therapist. Remember, the vagina can diminish in size and its supporting muscles can weaken, so “use it or lose it”!
- **Pelvic floor exercises** can both strengthen weak vaginal muscles and relax tight ones.

Vaginal estrogen therapy:

- **An effective and safe treatment** available by prescription, low-dose local estrogen is applied directly to the vagina to increase the thickness and elasticity of vaginal tissues, restore a healthy vaginal pH, increase vaginal secretions, and relieve vaginal dryness and discomfort with sexual activity. Improvements usually occur within a few weeks, although complete relief may take several months.
- **Short-term treatment** may even be an option for women with a history of breast or uterine cancer, but only after careful consideration of risks and benefits with a healthcare provider.
- **Government-approved low-dose vaginal estrogen products** are available by prescription as vaginal creams (used 2 or 3 nights weekly), a vaginal estradiol tablet (used twice weekly), and an estradiol vaginal ring (changed every 3 months). All are highly effective. You may wish to try several different forms and choose the one you prefer.
- **Higher doses** of estrogen therapy provided to treat hot flashes also treat vaginal dryness, although some women still need additional low-dose vaginal estrogen treatment. If only vaginal symptoms are present, low doses of estrogen applied to the vagina are recommended.

**Note:** Not all vaginal symptoms are related to menopause. For instance, yeast infections, allergic reactions, and certain skin conditions can affect the midlife vagina, so consult your healthcare provider if symptoms do not improve with treatment.

### Treatment Option Summary

#### **Vaginal lubricants** (nonprescription)

Many available brands, including K-Y Jelly, Astroglide, K-Y Silk-E, Slippery Stuff, Just Like Me

#### **Vaginal moisturizers** (nonprescription)

Many available products, including Replens and K-Y Liquibeads

#### **Vaginal estrogen therapy** (prescription required)

- Estrace or Premarin vaginal cream (1/2-1 gram, placed in vagina 2-3 times weekly)
- Estring (small, flexible estradiol ring placed in vagina and changed every 3 months)
- Vagifem (estradiol tablet placed in vagina twice weekly)

#### **Vaginal “exercise”**

- Sexual activity (with or without a partner)
- Stretching exercises with lubricated vaginal dilators
- Pelvic floor physical therapy



This *MenoNote*, developed by the Consumer Education Committee of The North American Menopause Society, provides current general information but not specific medical advice. It is not intended to substitute for the judgment of an individual’s healthcare provider. Additional information can be found at [www.menopause.org](http://www.menopause.org).

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