

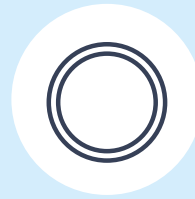
ROCK MY MEN♀PAUSE

Vaginal dryness

Vaginal dryness is a very common problem during the menopause, but it is something women rarely talk about.

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When oestrogen levels fall, the delicate tissues inside the vagina are no longer kept moist. They begin to thin, become fragile and dry, making the vagina sore and itchy. Walking, exercise and sex can be quite uncomfortable, and some women can experience more urinary tract infections.



TREATMENTS FOR VAGINAL DRYNESS

There are a number of treatments available to help with vaginal dryness. You can buy vaginal lubricants and moisturisers over the counter, and they are hormone-free.

They can be used alone but the dryness will improve more if combined with vaginal oestrogen which can be given as a cream, vaginal ring or vaginal pessary. They will improve the lining of your vagina, increasing moisture and lubrication, making exercise and sex more comfortable again. Wearing cotton underwear and only washing your vaginal area with water will all help keep your vagina healthy.

If you have any concerns or persisting problems with vaginal dryness or any other symptoms of the menopause, always discuss them with your GP or other health professionals.

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Rock My Menopause is a community of empowered women who happen to have the menopause in common. Join us and start talking about menopause today. Menopause doesn't mean hitting pause on your life.