

# Vaginal & Bladder causing issues?

*Also known as Genitourinary Syndrome of the Menopause (GSM)*  
The symptoms are often debilitating but can so easily be soothed and sorted!

## **Symptoms of atrophy include:**

Vaginal dryness

Itching

Burning

Thrush like feeling (without the discharge)

Bladder leaks or urgency

*\*If you have pain, white patches or ulcers on your vulva please ask to be seen by your doctor*

As always, it's important to give any treatment some time to work. In the case of treatment for this problem you need to use the cream or pessaries every night for 2 weeks then 2-3 times a week after that.

**It can take 2-3 weeks to feel the benefits.**

*There are a few different options for vaginal estrogen including:*

*Ovestin (cream)*

*Vagifem (pessaries)*

*Estriol (weaker cream so needs more)*

*Estring (a rubber type ring in for 3 months)*

*Intrarosa (DHEA converts to Estrogen and Androgens)*

*Blissel (very weak but good for the very sensitive)*

*Estrace (USA)*

*Synopause (South Africa)*



*Although Ovestin and Estriol are both creams, they are different strengths so you use much less Ovestin than Estriol.*

*Here's the official line...*

### ***Estriol v Ovestin***

*Whilst Ovestin® 0.1% cream is 10 times stronger, the amount of cream delivered per application is 10 times less than that of Estriol 0.01% cream meaning that both creams deliver an identical amount of Estriol (0.5mg) per application.*

#### **Note:**

*Some doctors will tell you that you cannot have both topical estrogen and systemic HRT (your gel, patches or pills) at the same time. They are mistaken!*

*The amount of estrogen contained in a dose of a topical product is about 1/75th of the dose you would take in one pump of oestrogel so it is a very low dose.*

***Don't suffer with discomfort or a leaky bladder!***

