



# VAGINAL DRYNESS

## Common Medical Causes

### Vaginal Dryness: You're Not Alone

Vaginal dryness is a common complaint in women of all ages, especially for post-menopausal women. Vaginal dryness affects up to 85% of women over 40 years of age, with an additional 59% reporting painful intercourse and 77% complaining of vaginal itching and irritation.\*



### Hormone Imbalance

Hormone shifts are the primary cause of vaginal dryness. This can be problematic for new moms who are breastfeeding, women who have been on birth control pills for a long time, and women who are on anti-hormone medications to treat conditions like endometriosis.







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### Cancer Therapy

Chemotherapy may cause a significant decrease in estrogen production. Women who have undergone cancer treatment experience vaginal dryness. Up to 70% of women with symptoms of vaginal dryness do not discuss their condition with a health care provider.\*



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### Menopause

Post menopause, natural or surgical, estrogen levels decline causing vaginal tissue to thin and dry out. Most women believe menopause symptoms are an inevitable part of the aging process, not knowing how many treatment options exist to cure their complaints .



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## Top Medical Treatments

### More Stimulating Foreplay

The vagina is designed to self lubricate during arousal. Not having enough foreplay or inadequate arousal before intercourse can be a cause of vaginal dryness with sexual activity. Improved foreplay and sexual satisfaction can resolve vaginal dryness with sexual activity.



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### Vaginal Lubricants

Lubricant varieties of water-based, silicone-based, and hybrid formulas reduce friction during intercourse. Water-based lubricants give a natural feel and are safe with silicone vibrators. Silicone lubricants are a great choice for longer-lasting use over water-based lubricants.



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## Top Medical Treatments

### Vaginal Moisturizers

Vaginal moisturizers can help prevent itching and irritation, improve pH balance, and increase hydration of the vaginal tissues differently than a lubricant. They are formulated to allow the vaginal tissues to retain moisture more effectively, typically being soothing up to 3 days.



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### Intimate Care Laser Therapy

Vaginal dryness due to menopause or low estrogen is chronic, progressive, and does not get better with time. Selecting treatments for ongoing use is an important step to a permanent solution. Talk with your doctor if laser skin resurfacing is the right treatment for you.



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