

UROGENITAL PROBLEMS DURING MENOPAUSE

Due to falling estrogen levels, tissues in the vagina, bladder, and urethra become thinner, drier, and less elastic.

Why Does This Happen?

Lower estrogen → Less blood flow → Thinner tissues

Changes in vaginal pH → More infections

Weakening pelvic floor → Incontinence



Common Symptoms

Vaginal Dryness

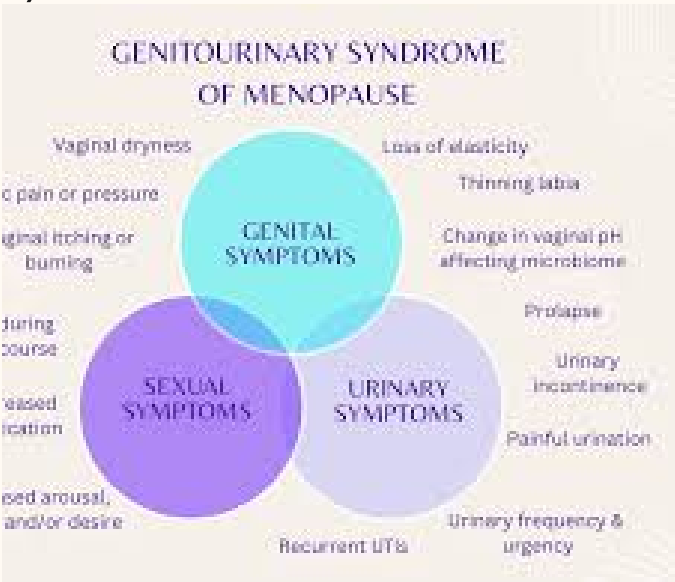
- Discomfort, itching, or burning
- Pain during sex (dyspareunia)

Urinary Symptoms

- Frequent urination
- Urgency or leakage
- Increased risk of UTIs

Vaginal Atrophy

- Thinning of vaginal walls
- Loss of vaginal elasticity
- Decreased lubrication



+917045340141
LENEST.INDIA@GMAIL.COM

What Can Help?

Moisturizers & Lubricants: Over-the-counter relief for dryness

Local Estrogen Therapy: Creams, rings, tablets (low-dose)

DHEA or Ospemifene: Prescription options for GSM

Regular Sexual Activity: Helps maintain tissue elasticity