

PERIMENOPAUSE AND VAGINAL HEALTH

Nearly 1 in 2 women experience it during perimenopause and menopause. It's natural – and there are ways to feel better.

01

SYMPTOMS TO LOOK OUT FOR

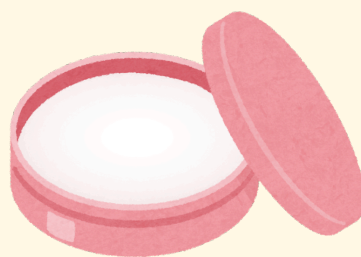
- Dryness, itching, burning
- Discomfort during intimacy
- Frequent UTIs or urinary leaks
- Night-time irritation, low libido

What You Can Do

- Use vaginal moisturizers regularly

- Choose water-based lubricants
- Avoid scented soaps or douches

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Support at Le Nest Hospital
Private, respectful consultations
Vaginal & urinary health
assessments
Personalized, safe treatment
plans

Medical Treatments

Local low-dose estrogen
(cream, tablet, or ring) — the
most effective option, with
minimal absorption and
proven safety

DR. MUKESH GUPTA
OBSTETRICIAN &
GYNAECOLOGIST

