

Genitourinary Syndrome of Menopause Tx

- Non-hormonal vaginal moisturizers at least twice weekly
- Water-based or silicone-based lubricants applied to the vaginal introitus before intercourse
- Topical estrogen
- Pelvic floor physical therapy

OTC Topical things for the vagina/vulva

- Vaginal moisturizers
 - intended for use routinely, typically two or three days per week
 - not just during sexual activity
 - Bioadhesives such as hyaluronic acid
 - Examples: Replens, Vagisil Moisturizer, Feminease, Moist Again, K-Y Liquibeads, Hyalo GYN, Revaree suppositories
- Lubricants
 - Used for lubrication for sexual activity
 - Water-based (eg, Astroglide, Slippery Stuff, K-Y Jelly), silicone-based (eg, Pjur, ID Millennium), or oil-based (Elegance Women's Lubricant, Simply Slick)
 - Oil-based lubricants cause breakdown of latex condoms

Topical vaginal estrogen therapies

- Conjugated estrogen cream (0.625mg/g) • 0.5-2 g daily for 14 days, then twice weekly
- Estradiol vaginal inserts • 4 or 10 mcg daily for 14 days, then twice weekly
- Estradiol vaginal tablet • 10 mcg daily for 14 days, then twice weekly
- Estradiol cream (0.1 mg/g) • 0.5 to 4 g vaginally daily for 14 days, then twice weekly
- Estradiol vaginal ring (7.5 mcg daily release from 2 mg ring) • Insert for 90 days, then replace