



Women's Wellness Center
www.womenswellnessnow.com

Estrogen... for a Happy Vagina (and Bladder)

A woman's natural estrogen production is very low after menopause, or with hormonal changes encountered during breastfeeding a newborn. When estrogen is lacking, there are consequences throughout the body. For the bladder and vagina, effects are quite noticeable, and may include:

Pain with Intercourse
Vaginal Dryness
Bladder Leaking
Urinary Frequency
Urinary Urgency
Bladder Pain

Why Estrogen for the Bladder and Vagina?

The vagina and bladder need estrogen in order to have healthy moist, elastic tissues. Estrogen therapy administered vaginally will heal the tissues of the vagina and improve health and function of the nearby bladder.

How is it Used?

Vaginal estrogen can be used in the form of a cream, both internally with an applicator, and externally on genital skin. It is also available as a vaginal tablet, inserted with a small applicator, usually twice a week. With either of these options, an extremely low dose is used, and the amount absorbed into the bloodstream is negligible. It is considered a local treatment, not a systemic hormone therapy, safe for almost any woman to use.

If You Cannot Or Prefer Not to Use Estrogen...

For those who have a medical contraindication or prefer not to use estrogen, DHEA vaginal cream is another option providing equivalent benefit to genital, vaginal, and bladder tissues. DHEA is a hormone precursor to estrogen, which safely and effectively keeps vaginal and bladder tissues healthy.