

Hormones for Happy Vulva, Vagina (and Bladder)

When a woman's estrogen and testosterone are depleted after menopause, there are consequences throughout the body. Postmenopausal women commonly develop a condition known as Genitourinary Syndrome of Menopause, or GSM. Previously known as vulvovaginal atrophy, the name has been updated to recognize the significant adverse effects that hormonal depletion exerts on the urinary system, as well as the genital tissues. Symptoms are varied, and may include some or all of the following:

Pain with Intercourse
Vaginal Dryness
Vulvar Itching or Irritation
Bladder Leaking
Urinary Frequency
Urinary Urgency
Bladder Pain
Frequent UTI's

This condition obviously can cause significant interruptions to quality of life, strain on an intimate relationship, loss of freedom, all leading to a feeling of hopelessness, of being broken.

Why Hormones for the Bladder and Genitals?

The vagina, vulva, and bladder have estrogen receptors, and they need estrogen in order to have healthy moist, elastic tissues. Estrogen therapy administered systemically or vaginally will heal the tissues of the vagina and improve health and function of the nearby bladder. Also found in these tissues are androgen receptors, and the tissues respond remarkably well to local or systemic use of testosterone therapy.

Localized Treatment

Estrogen can be used in the form of a cream, administered both internally with a vaginal 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 any woman to use.

Vaginas, Vulvas and Bladders Also Love Testosterone

If estrogen alone is not effective, DHEA or testosterone vaginal/vulvar cream or vaginal suppository are other options providing tremendous benefit to genital and bladder tissues. DHEA and testosterone are both hormone precursors to estrogen, and they bind to androgen receptors to safely and effectively keep vaginal, vulvar and bladder tissues healthy.