

## TALKING ABOUT GSM WITH YOUR HEALTHCARE PROVIDER

**Genitourinary syndrome of menopause (GSM) is caused by very low levels of estrogen in the body. Approximately 40-50% of postmenopausal women experience symptoms from GSM.**

### SYMPTOMS

#### Urological symptoms:



- Frequent urination
- Frequent urination at night
- Recurrent urinary tract infections
- Sudden urge to urinate

#### Vaginal symptoms:



- Bleeding after intercourse
- Burning
- Dryness
- Itching
- Painful intercourse (*dyspareunia*)
- Pelvic pressure
- Recurrent vaginal infections
- Soreness

### GSM SYMPTOMS CAN ALSO COMMONLY AFFECT



- Intimacy
- Overall quality and enjoyment of life
- Relationship with partner

### TREATMENT OPTIONS

#### Over the Counter Treatments

(for temporary relief):



- Vaginal lubricants
- Vaginal moisturizers

#### Prescription Treatments

(for long-term relief):



- Low dose vaginal estrogen (creams, tablets, rings)
- Ospemifene (estrogen-like)
- Prasterone (steroid)

**If you are experiencing any of the symptoms above, or have questions about menopause, please talk to your healthcare provider.**

#### Sources:

1. Kingsberg et al. *The Journal of Sexual Medicine*. 2013;10(7):1790-1799.
2. Krychman et al. Abstract P-71 at NAMS 2016 Annual Meeting. Oct. 5-8, 2016.
3. MacBride et al. *Mayo Clinic Proceedings*. 2010;85(1):87-94.
4. Nappi & Kokot-Kierepa. *Climacteric*. 2012;15(1):36-44.
5. North American Menopause Society. *Menopause*. 2013;20(9):888-902.