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:**