

POST-MENOPAUSAL?



YOU'RE NOT ALONE.

It's very common to experience **vaginal, urinary, and sexual symptoms after menopause**. These changes happen due to declining hormone levels, such as **estrogen and androgen**, associated with **GENITOURINARY SYNDROME OF MENOPAUSE (GSM)**.

You may feel:



Vaginal dryness



Burning or irritation



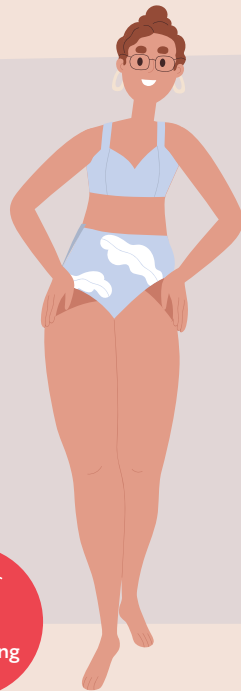
A need to urinate more often or urgently



Recurrent urinary tract infections



Pain during sex



After menopause, your body makes less **estrogen and androgen**. These hormones help keep vaginal and urinary tissues healthy. When these hormones decline, symptoms may appear and **if left untreated, may worsen overtime**.

Why does it happen?



You don't have to suffer in silence.

Fill the symptom checklist. Show it to your doctor. Ask about options.

ARE YOU NOTICING VAGINAL, URINARY AND SEXUAL CHANGES AFTER MENOPAUSE

It's time to talk to your doctor if you have **any** of these common symptoms.

Check all that apply:

- ☐ I feel dryness or discomfort in my vaginal area
- ☐ I have reduced vaginal moisture
- ☐ I have itching or a burning sensation
- ☐ I feel pain during or after sex
- ☐ I'm less interested in sex than I was before menopause
- ☐ I leak urine when I sneeze, cough, or laugh
- ☐ I get frequent urinary tract infections

