

Urogenital Atrophy

Urogenital atrophy refers to changes in the vagina and urethra due to declining estrogen levels in these tissues. Symptoms of urogenital atrophy are listed below. The most effective treatment for urogenital atrophy is low-dose vaginal estrogen replacement. It is important to be aware that low-dose vaginal estrogen replacement is not the same as systemic estrogen replacement therapy used to treat hot flashes and bone loss. You should only use the types of estrogen recommended by your healthcare provider.

Symptoms of urogenital atrophy:

- Vaginal dryness
- Itching or irritation
- Pain with intercourse
- Recurrent urinary tract infections
- Urinary urgency and frequency
- Pale and thin vaginal skin
- Narrowing of the vagina and other anatomical changes

Forms of low-dose vaginal estrogen replacement:

- Estrace™ or Premarin™ cream
- Vagifem™ vaginal tablets
- Estring™

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