



UROGYNECOLOGY AND RECONSTRUCTIVE PELVIC SURGERY SERVICES

LOCAL ESTROGEN THERAPY

What you should know about Local Estrogen Cream/Tablets

Most women with urogynecologic problems, especially when postmenopausal, will have some degree of thinning of their vaginal tissues. This is termed urogenital atrophy. Although this is a natural consequence of menopause, it may result in many uncomfortable and problematic symptoms. These symptoms include vaginal dryness, vaginal irritation, urinary urgency, needing to get up multiple times at night to urinate (nocturia), pain with intercourse, and watery vaginal discharge. If you require surgery for pelvic floor problems, thinning of the tissues may make your surgery technically more difficult and increase your risk of surgical complications. Postoperatively, thinning of tissues may reduce the long-term success rate.

The only proven way of thickening vaginal tissues is the usage of a local estrogen cream, ring or tablet. Vaginal tablets or vaginal cream (1 gram) should be inserted via applicator, two nights per week, when you are already in bed. **This low dosage of estrogen does not result in significant absorption into the blood stream.** In fact, previous studies have demonstrated minimal, if any, estrogen in the blood circulation of women using these dosages. It is thus a safe way of improving the quality of your pelvic tissues and reducing the symptoms of urogenital atrophy. It should be considered similar to placing lotion on your skin to prevent dryness and irritation. An estrogen ring is left in place for up to 3 months at a time, and then changed. A small degree of estrogen absorption into the circulation may occur. If desired, estrogen levels in the blood stream can be measured to assure lack of absorption.

It is very important for you to use local estrogen if it is prescribed by your Urogynecologist, as it will have multiple significant and very important urogynecological health benefits.

For more questions, call 954-229-8660.

