

Vaginal oestrogen products contain **estradiol**, which is the same as the female oestrogen hormone found in the body.¹¹

Vaginal tablets

- Delivers the correct dose with a pre-filled applicator.¹¹
- Easy to use disposable pre-applicator with a small tablet.¹¹
- Cleaner, minimal leakage and no need for additional sanitary pads.^{7,9}

Vaginal creams

- Filling the applicator with cream raised concerns with women about using too much or too little cream.⁷
- A single applicator which needs to be re-filled each time it is used, cleaned, and re-used again.¹²
- Messy with leakage; may require additional sanitary protection.^{7,9}

Please feel free to use this leaflet to initiate the discussion around vaginal dryness with your doctor. If you feel too embarrassed to ask, just hand them the leaflet and they will take it from there.

Vaginal dryness

For more information about vaginal dryness and its treatment, visit our website

www.dryvagina.co.za

References: 1. International Menopause Society. Vaginal atrophy – a change with the menopause [online] [cited 18 August 2022]; Available from URL: <https://www.imsociety.org/publication/patient-information-leaflet-vaginal-atrophy-a-change-with-the-menopause/>. 2. NAMS POSITION STATEMENT. The 2020 genitourinary syndrome of menopause position statement of The North American Menopause Society. *Menopause* 2020;27(9):976-992. 3. Bachman G. Patient education: Vaginal dryness (Beyond the Basics) [online] April 2021 [cited 18 August 2022]; Available from URL: <https://www.uptodate.com/contents/vaginal-dryness-beyond-the-basics/print>. 4. Simon J, Nachtigall L, Gut R, Lang E, Archer DF, Utian W. Effective treatment of vaginal atrophy with an ultra-low-dose estradiol vaginal tablet. *Obs & Gynecol* 2008;112(5):1053-1060. 5. Johnston SL. Urogenital Concerns. *JOGC FEVRIER* 2006;533-542. 6. Weissmann-Brenner A, Bayevsky T, Yoles I. Compliance to vaginal treatment – tablets versus cream: a retrospective 9 years study. *Menopause* 2017;24(1):73-76. DOI: 10.1097/GME.0000000000000729. 7. Minkin MJ, Maamari R, Reiter S. Postmenopausal vaginal atrophy: evaluation of treatment with local estrogen therapy. *Int J Women's Health* 2013;6:281-288. 8. Mattsson LA, Ericsson A, Bogelund M, Mamaari R. Women's preferences toward attributes of local estrogen therapy for the treatment of vaginal atrophy. *Maturitas* 2013;74:259-263. 9. Dugal R, Hesla K, Sordal T, Aase KH, Lilleidet O, Wickstrom E. Comparison of usefulness of estradiol vaginal tablets and estriol vagitories for the treatment of vaginal atrophy. *Acta Obstet Gynecol Scand* 2000;79(4):293-297. 10. Portman D, Shulman L, Yeaw J, Zeng S, Uzoigwe C, Maamari R, et al. One-year treatment persistence with local estrogen therapy in postmenopausal women diagnosed as having vaginal atrophy. *Menopause*. 2015;22(11):1197-203. doi: 10.1097/GME.0000000000000465. 11. Product approved professional information. 12. Reference available on request.

For full prescribing information, please refer to the Professional Information approved by the medicines regulatory authority.

Novo Nordisk (Pty) Ltd. Reg. No.: 1959/000833/07. Marketed by Adcock Ingram Limited. Co. Reg. No. 1949/034385/06. Private Bag X69, Bryanston, 2021, South Africa. Customer Care: 0860 ADCKOCK / 232625. www.adcock.com. 2022082410223366 September 2022.



Vaginal Dryness

a change that comes with menopause¹



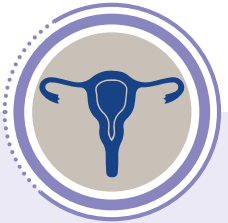
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VAGINAL DRYNESS

As women age, they will experience changes to their vagina and urinary system that are largely due to decreasing levels of the hormone oestrogen.¹

This can lead to vaginal discomfort, and problems with recurrent bladder infections and sexual intercourse:^{1,2}



Vaginal symptoms:

- Dryness
- Burning
- Irritation
- Itching



Urinary symptoms

- Burning urine
- Having to go urgently
- Recurrent bladder infections



Problems with sexual intercourse

- Pain and dryness
- Light bleeding as the vagina may injure more easily

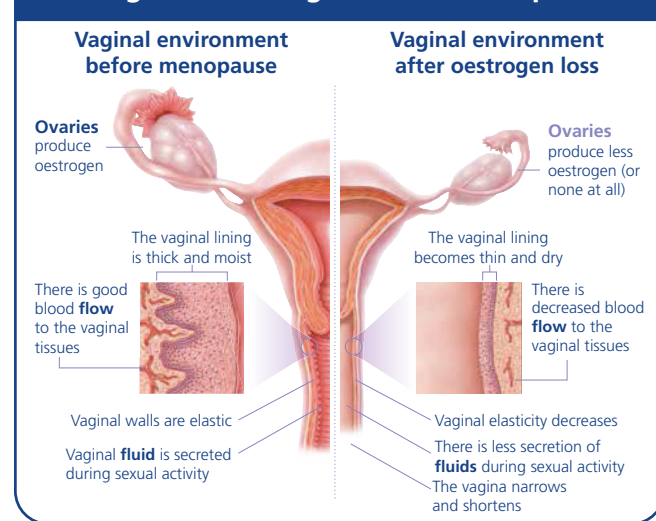
Why is oestrogen important?

The hormone oestrogen helps to keep the vagina moist, maintain thickness of the vaginal lining and keep the tissue flexible.³ It also plays a role in maintaining the natural acidity and protective Lactobacilli in the vagina to help prevent infections.²

Unlike other symptoms of menopause such as hot flashes, the changes to the vagina and urinary tract are not likely to go away on its own and tend to worsen over time.²

Replacing the lost oestrogen rebuilds the vaginal wall.^{4,5}

Changes in the vagina after menopause



Adapted from Johnston S, 2006⁵



How is lost oestrogen replaced?

Oestrogen can be replaced directly at the source of the problem with a vaginal tablet or a vaginal cream.

Local vaginal oestrogen applied or inserted locally into the vagina provides sufficient oestrogen levels to relieve the bothersome vaginal symptoms, with minimal absorption into the blood stream. Local vaginal oestrogen may also be added to oral tablets or patches for additional vaginal symptom relief.¹⁻³

How long can vaginal oestrogen be used?

International experts recommend that local vaginal oestrogen be used for as long as symptoms persist, as symptoms may come back when treatment is discontinued.² Therapy with low-dose vaginal oestrogen can be individualised to each woman and her symptoms to identify the lowest dose and frequency of use that provides the desired symptom relief.²



How do I choose between a vaginal cream and a vaginal tablet?

Both a vaginal cream and the vaginal tablet are effective to relieve vaginal symptoms of menopause.²

However, studies involving > 30 000 women have shown that women tend to prefer the vaginal tablet over a vaginal cream as it is easier to use and less messy.⁶⁻¹⁰