

Dry Vagina

“Itchy! Itchy! Ya! Ya! Ya! Ya!” Loss of libido ain't the only thing getting in the way or getting your groove on. Vaginal dryness is yet another obnoxious symptom of menopause due to the loss of estrogen causing vaginal walls to become thinner and inflamed. Itching, burning and soreness, caused by vaginal dryness, with and even without intercourse can be quite unpleasant but it is treatable with a quick trip to the hoo-ha spa! Only kidding...

...There are many prescription and over the counter vaginal lubricants available as well as hormonal treatments. We recommend great caution around douching as it can cause inflammation by disrupting your vaginas natural chemical balance. Vaginal rings and creams containing estrogen have been found helpful for this condition. Contact your doctor to learn more about what options could work for you.