



Intimate
Health Advice

Sexual Health and the Menopause

Information about hormone free alternatives for treating vaginal dryness, a common symptom following the menopause.

REPLENSTMMD

www.ReplensMD.co.uk

How does the Menopause affect intimate health?

During the menopause there is a natural decrease in the amount of the hormone oestrogen being produced by the body. The reduction in oestrogen causes the skin and support tissues of the vagina and outer intimate area to become thinner, less elastic and can cause a reduction in natural lubrication produced by the glands. It is the natural lubrication which helps to keep the skin supple and protects the skin from becoming dry and uncomfortable.

How do I know if I have vaginal dryness?

One of the most common symptoms of vaginal dryness is pain or discomfort during intercourse, sometimes the friction on the delicate skin can lead to bleeding or spotting. It can also lead to psychosexual problems as the discomfort can affect your confidence or enjoyment.

But vaginal dryness doesn't just affect sexually active women, you may just feel uncomfortable when sitting or when wearing tight clothing. Many women notice the appearance of the vagina changes slightly as the skin looks thinner and less elastic. Sometimes women suffering from vaginal dryness may experience minor continence problems. Sometimes severe vaginal dryness can make some women more susceptible to bacterial vaginal infections as the natural acidic pH level can become imbalanced.

Does vaginal dryness only affect women following the Menopause?

Sometimes women can experience vaginal dryness whilst breastfeeding or during times of stress. Some women may suffer from temporary vaginal dryness as a result of medical treatment including chemotherapy, radiotherapy or as a side effect of some prescription medications.

What treatment options are available to me?

It is best to discuss available treatments with your GP or Gynecologist as there are lots of different options;

Health professionals can prescribe a vaginal moisturiser (ReplensMD) this product is oestrogen free therefore it is suitable for most patients, it allows moisture to be absorbed into the skin and promotes the return of natural lubrication. Replens only needs to be applied every 2-3 days. ReplensMD is also available to purchase over the counter from pharmacies.

Health professionals may prescribe hormone replacement therapy (HRT) these are available in many different strengths and applications such as tablets, creams or pessaries. HRT provides a controlled dosage of oestrogen to help increase the levels which have decreased during the menopause.

Lubricants can provide short-term relief during intercourse and also help to minimise friction to the sensitive skin. These need to be applied each time prior to intercourse to be effective. Lubricants are available to purchase from pharmacies.



REPLENS^{MD}

What pack sizes are available?

ReplensMD is available in 3 pack sizes:

- 3 pre-filled applicators (recommended one week's supply) preservative-free
- 6 pre-filled applicators (recommended two week's supply) preservative-free
- 35g tube with re-usable applicator (12 applications – one month's supply)

How does ReplensMD treat vaginal dryness?

Applied using an applicator, ReplensMD coats the entire vaginal passage to provide immediate relief to dry skin cells. Once in place, ReplensMD delivers continuous moisture for up to 72 hours from one application as the purified water is driven into the dehydrated tissues. Skin cells are then shed naturally leaving healthier more supple skin beneath. Regular use of the product should eliminate symptoms altogether, returning the vagina to a pre-menopausal condition.

- ✔ Provides immediate, longer lasting relief from symptoms
- ✔ Lubricates entire vaginal passage
- ✔ Encourages a return of natural secretions
- ✔ Improves elasticity of vaginal walls
- ✔ Restores the natural acidity of the vagina
- ✔ Prevents build-up of dry skin cells
- ✔ Maintains vaginal pH at healthy levels

How is ReplensMD applied?

Applying ReplensMD vaginal moisturiser directly from the specially designed applicator into the vagina enables you to place it exactly where needed. Clinical studies have shown that best results are achieved from regular use, three applications a week, preferably in the morning. The dosage can then be reduced as the dryness improves. As with dry skin that you experience on your face or your hands, regular or ongoing moisturising treatment may be necessary to prevent dryness from re-occurring.



www.ReplensMD.co.uk

What else can I do to minimise vaginal dryness discomfort?

- Stick to breathable cotton underwear and loose clothing until symptoms improve
- Do not practice douching, instead wash externally with warm water
- Do not use soaps or shower gels to cleanse the vagina. Why not try Replens Intimate Gynaecological Wash Bar which has been specially developed for this use
- Use a lubricant before intercourse (this may not be necessary when using ReplensMD but the two can be used safely in conjunction)
- Visit your gynaecologist, GP or practice nurse for regular check ups
- Use ReplensMD to treat symptoms and maintain vaginal health and comfort



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For further information visit

www.ReplensMD.co.uk

or alternatively you call our customer enquiry service on 01256 772742

Where can I get ReplensMD?

Replens products are available from pharmacies, supermarkets or on prescription from your GP. It can also be purchased online at: www.anglianpharma.com



Superdrug[★]



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Distributor UK:



Anglian Pharma Sales & Marketing Ltd.,
Units 3 & 4, Quidhampton Business Units,
Polhampton Lane, Overton,
Hampshire RG25 3ED
Tel: 01256 772742 Fax: 01256 772745
E-mail: mail@anglianpharma.com
Website: www.anglianpharma.com

Distributor Ireland:

Kora Healthcare, Frans Maas House,
Swords Business Park,
Swords, Co Dublin, Ireland
Tel: + 353 1 890 0406
Fax: + 353 1 890 3016
E-mail: kora@ireland.com
Website: www.kora-health.ie

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