



Menopause Symptom:

Vaginal Dryness

Vaginal dryness is a common symptom of menopause caused by the drop in estrogen levels. This can lead to discomfort during everyday activities or sex, but it is manageable with the right care and treatment.

Helpful Tips for Managing This Symptom

Moisturizers/Lubricants: Use over-the-counter vaginal moisturizers or lubricants.

Hydration: Drink plenty of water to support overall moisture levels.

Hormone Therapy: Talk to your doctor about options like vaginal estrogen.

Gentle Care: Avoid harsh soaps or irritants when washing sensitive areas.

When to Seek Help:

If vaginal dryness causes significant discomfort or recurrent infections, consult your doctor about treatment options like estrogen therapy.



Managing Vaginal Dryness

Vaginal dryness during menopause can cause discomfort, particularly during intercourse or other activities. This worksheet helps you track when vaginal dryness affects you most and explore strategies to manage it effectively.

Track Your Vaginal Dryness

Record when you experience vaginal dryness for one week, focusing on intercourse or other activities where dryness becomes noticeable.

Activity	Notes (e.g., discomfort during sex, using certain products)

Implementing Vaginal Dryness Management Strategies

Check off each strategy as you implement it, and evaluate which work best for you.

Strategy to Implement
<input type="radio"/> Use a water-based lubricant during intercourse to reduce discomfort.
<input type="radio"/> Apply a vaginal moisturizer regularly to maintain hydration.
<input type="radio"/> Wear breathable cotton underwear to reduce irritation throughout the day.
<input type="radio"/> Stay hydrated: Drinking plenty of water can support overall moisture levels.
<input type="radio"/> Avoid scented soaps or products that may irritate sensitive tissue.
<input type="radio"/> Consult a healthcare provider about hormonal or non-hormonal treatments.

Tip: Try using more than one strategy at a time to see what works best for reducing vaginal dryness.