

Vaginal Dryness Awareness

Dear Practice Manager, GP

These leaflets have been created to improve both the current lack of knowledge and the general lack of awareness surrounding vaginal dryness. Its purpose is to help inform the general public of this unspoken condition and be a helpful reminder to GPs.

The plan:

To make these leaflets available to women of all ages through as many Medical Centres as possible to ensure those suffering from these symptoms can be comforted from feeling alone and be offered encouragement to see their GP.

The leaflet has been reviewed and approved by Dr Louise Newson, (www.menopausedoctor.co.uk - see back of leaflet), who fully supports this Vaginal Dryness awareness, as do other GPs and Gynaecologists.

This is an opportunity to be part of a growing awareness (broadcast through Social Media) where GPs, surgeries, hospitals, NHS Ambulance HR, chemists and other medical outlets have requested copies.

Medical studies:

Research has shown that at least 50% of women will suffer from vaginal dryness but even that figure is now being revised to be nearer 70%. **However, only 7-10% of women actually seek medical advice.**

Symptoms of vaginal dryness can start during perimenopause, post menopause but also during other times of life where women who are going through pregnancy, are breast-feeding, taking drugs such as tamoxifen or even whilst taking contraceptives are also at risk.

The history behind the leaflets:

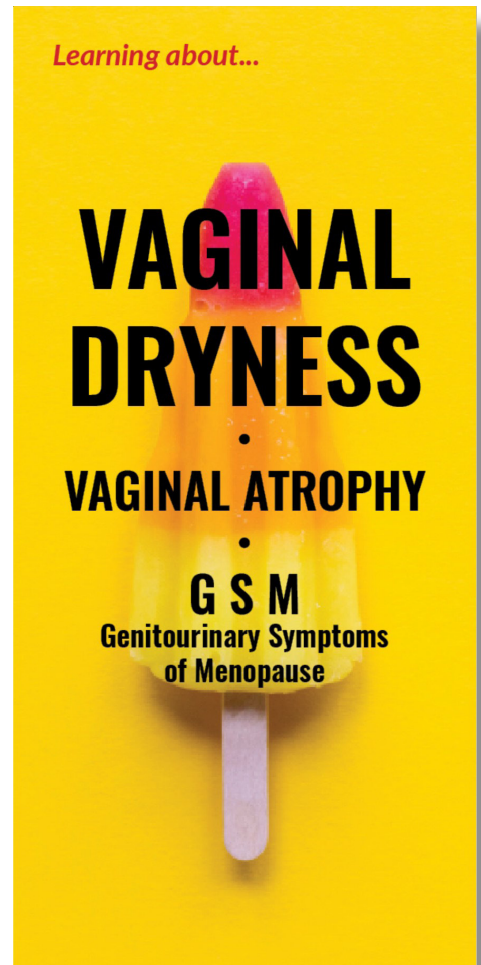
Never in her wildest dreams did Jane Lewis, *the creator of the leaflet and author of the book 'Me & My Menopausal Vagina'*, think that she would be bringing this to your attention through these leaflets.

But her life changed at the age of 45. Since then it is her mission to bring awareness of vaginal dryness to women, encouraging them not to suffer in silence as she did, as did the women in her support group.

Unfortunately vaginal dryness is currently portrayed as a 'slight inconvenience' but for many it is much more painful than that. Education and awareness is much needed.

Please feel free to contact Jane at: www.mymenopausalvagina.co.uk

Thank you for your time and support.



A concerning fact:

At a time when Smear Tests amongst menopausal women are at an all-time low, vaginal dryness can make this a painful procedure. Offering local estrogen alone is an effective treatment¹.