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## What you should know about Local Estrogen Cream/Tablets

Most women with urogynecologic problems, especially when postmenopausal, will have some degree of thinning of their vaginal tissues. This is termed urogenital atrophy. Although this is a natural consequence of menopause, it may result in many uncomfortable and problematic symptoms. These symptoms include vaginal dryness, vaginal irritation, urinary urgency, needing to get up at night multiple times to urinate (nocturia), pain with intercourse, and watery vaginal discharge. If you require surgery for pelvic floor problems, thinning of the tissues may make your surgery technically difficult and increase your risk of surgical complications. Postoperatively, thinning of tissues may reduce the long-term success rate.

The only proven way of thickening vaginal tissues is the usage of local estrogen in a cream, tablet, or ring form. Vaginal tablets or the typical dosage of vaginal cream 1 gram (1/4- Ω applicator) should be inserted two nights per week while already in bed (in order to prevent the cream from slipping out with standing or walking.) **This low dosage of local estrogen does not result in significant absorption into the blood stream.** In fact, previous studies have demonstrated minimal, if any, estrogen in the blood circulation of women using these dosages. It is thus a safe way of improving the quality of your pelvic tissues and reducing the symptoms of urogenital atrophy. It should be considered similar to placing lotion on your skin to prevent skin dryness and irritation.

It is very important for you to use local estrogen if it is prescribed by your urogynecologist, as it will have multiple significant and very important urogynecologic health benefits.