



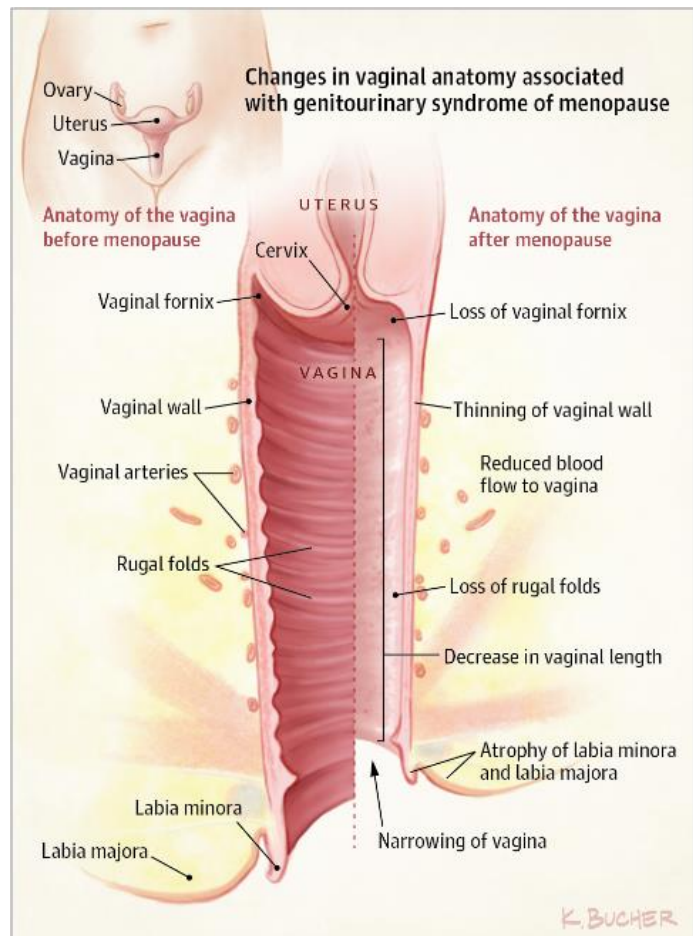
The Genitourinary Syndrome of Menopause (GSM) is real, and there is something you can do about it!

Menopause as well as some treatments for breast cancer cause a decrease in a woman's estrogen levels: The effect of decreased estrogen on the vagina can cause:

- *Burning*
- *Irritation*
- *Pain, especially with sex*
- *Bleeding*
- *Discharge*

Decreased estrogen can also cause urinary symptoms like:

- *Pain with urination*
- *More frequent urination*
- *Urinary incontinence*

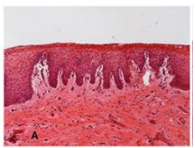









From JAMA. 2017;317(13):1388. doi:10.1001/jama.2017.0833

The chart included in this handout lists a comprehensive list of options for treatment from doing nothing to full laser treatment. Come in for an appointment to discuss your symptoms and the variety of treatment options available to you. Or, come in for a free consultation for the revolutionary MonaLisa Touch treatment.

Treatments for Genitourinary Syndrome of Menopause

dry vagina * vaginal irritation * painful sex * recurrent infections * mild stress incontinence

	Nothing	Dilators, Vibrators, Etc	Moisturizers	Lubricants	Estrogen	DHEA	Ospemifene	CO2 Laser
Example		Dilator set, Milli dilator Vibrators, Lidocaine Gel 	Replens, KY Liquibeads RepHresh, Revaree 	KY Jelly, KY Liquibeads Astroglide, Vaseline Coconut, Sesame oil 	Premarin, Vagifem Imvexxy, Estrace, Estring 	IntraRosa 	Osphena 	MonaLisa Touch 
Use		Placed vaginally 2-3/wk Vibrators & lidocaine used each time	2-3 times a week Placed vaginally	With intercourse Placed on vulva and/or in vagina	Vaginal estrogen placed 1 to 7 times/week Ring left in place	DHEA placed vaginally every night	One tablet taken daily by mouth	3 treatments, 5 min each, 6 wks apart
How fast it works		Dilators/Vibrators: 2-3 wks Lidocaine: minutes	Within days	Each use	Within 1-2 wks	Full effect 12 weeks	Within 4-6 wks Full effect 12 wks	Within 4-6 wks Full effect 18 wks
Pros	No risks No side effects Non hormonal Free	No risks Non hormonal Under pt's control Over the counter (Lidocaine by Rx) Safe in breast CA pts	No risks Rare side effects Non hormonal Over the counter Safe in breast CA pts	No risks Rare side effects Non hormonal Over the counter Safe in breast CA pts	Minimal risks Rare side effects Effective in most pts May be safe in breast CA pts Can be applied to labia	Minimal risks Rare side effects Effective for most pts	Minimal risks Oral tablet Non hormonal Effective for most pts	No risks, painless Rare side effects Non hormonal Nothing else to do Safe in breast CA pts Can also treat labia
Cons	No improvement Worsens over time Over time, increased irritation, odor, discomfort & frequency of UTIs	Must use 2-3/wk	Only improves vaginal moisture May still need lubricant Can alter discharge Must use 2-7/week	Only improves vaginal lubrication Doesn't effect non-sexual symptoms Can be messy Must use each time	Safest doses may not be effective May still need lubricant Can be messy Cost Must use 1-7/week	Must take daily Cost May still need lubricant Not for breast CA pts	Increases risk of DVT May induce HF, NS or hives Cost, Must take daily 12 weeks for full effect Not for breast CA pts	Cost 18 weeks for full effect
Cost	Free	\$75-250/once Lidocaine likely covered *no insurance coverage	\$200-450/year *no insurance coverage	\$20-400/year *no insurance coverage	\$1400-2400/yr *may be covered by insurance	\$2400/yr *may be covered by insurance	\$2300/year *may be covered by insurance	\$2250 first year then \$750/year *no insurance coverage

MonaLisa Touch[®]

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