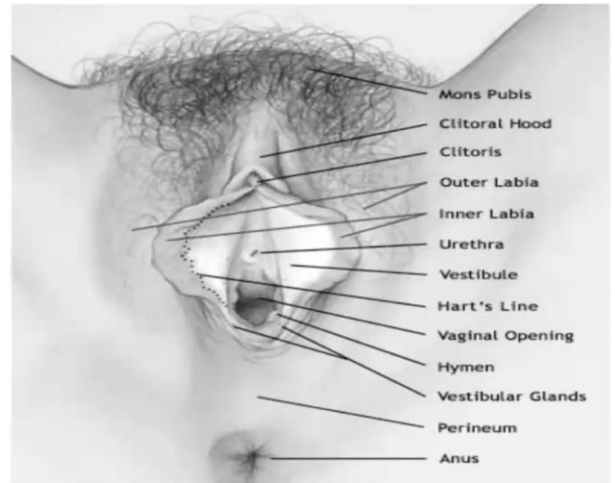


Genitourinary Syndrome of Menopause (GSM)

Common Symptoms Checklist

- ☐ Vaginal Burning/Irritation
- ☐ Vaginal Dryness
- ☐ Burning with Urination
- ☐ Urinary Urgency or Frequency
- ☐ Recurrent Urinary Tract Infections
- ☐ Urinary Incontinence
- ☐ Discomfort with Sexual Intercourse
- ☐ Decreased Vaginal Lubrication
- ☐ Decreased Sexual Desire/ Arousal and Pleasure
- ☐ Introital Tightness
- ☐ Vaginal Bleeding (when cancer is ruled out)



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Pharmacological Management of GSM

Vaginal Estrogen

- ☐ Vaginal Cream 0.625mg/g conjugated estrogen (Premarin)
- ☐ Vaginal Cream 0.1% synthetic estrogen (Estragyn)
- ☐ Vaginal Gel Capsule 4mcg or 10mcg (Imvexxy)
- ☐ Vaginal Ring 2mg (Estring)
- ☐ Vaginal Tablet 10mcg (Vagifem)

Vaginal Prasterone

- ☐ Vaginal Ovule 6.5mg, DHEA + moisturizer (Intrarosa)
 - DHEA metabolized to estrogens and androgens

Oral Ospemifene

- ☐ Oral tablet 60mg selective estrogen receptor modulator (Osphena)
 - Estrogenic effect to bone, minimal to no estrogenic effect on endometrium and breast

Non-Pharmacological Management of GSM

- ☐ Lifestyle: cessation of smoking, healthy weight management, avoiding caffeine
- ☐ Counselling and sex therapy
- ☐ Regular sexual activity/stimulation either solo or with a partner
- ☐ Vaginal dilators
- ☐ Pelvic floor muscle training by a pelvic floor physiotherapist, 1:1 or group-based
- ☐ Laser – By a trained professional. Further trials are necessary to evaluate the effect on vaginal histology
- ☐ Sexual lubricants - silicone based, water based, oil based
- ☐ Vaginal moisturizers - polycarbophil, hyaluronic acid and vitamin E