

HORMONE HEALTH



The Menopause Symptom Half of Women Have and Almost Nobody Mentions

Dryness. Painful intercourse. Bladder infections that keep returning. Common, treatable, and unlike hot flashes, it does not go away by waiting.

Swipe

THE OLD BELIEF

Hot Flashes Fade. This One Doesn't.

Hot flashes generally settle over time. The genitourinary symptoms of menopause behave differently: they show up later, then persist and progress if nothing is done.

ROUGHLY HALF OF WOMEN

It Affects Half of Menopausal Women. It Almost Never Comes Up.

Many women stay quiet out of embarrassment. Many doctors never ask. The visit closes on cholesterol instead.

THE LARGEST TRIAL

302 Women, Three Treatments, One Honest Result

In the biggest randomized trial in the field, a vaginal estradiol tablet, a moisturizer, and a placebo all improved symptoms by a similar amount over 12 weeks.

WHAT ACTUALLY WORKS

Improvement in Two to Four Weeks

For moderate to severe symptoms, low-dose vaginal estrogen is the most effective treatment available, and most women notice a change fast.

NOVEMBER 2025

The Warning That Scared Women Away Is Gone

The FDA asked manufacturers to remove the boxed warning from all estrogen products, including low-dose vaginal estrogen, after long-term data showed no increased risk of breast cancer, endometrial cancer, heart disease, stroke, or blood clots.

WHAT WE DO NOT RECOMMEND

Vaginal Laser: No Better Than a Sham, in a Blinded Trial

In a randomized trial of 85 postmenopausal women, carbon dioxide laser and sham treatment produced similar improvement at 12 months. The FDA warned of burns, scarring and chronic pain with these devices.

THE BOTTOM LINE



Treatable, and Worth Treating

A progestogen is generally not needed alongside low-dose vaginal estrogen. Any bleeding after menopause must still be investigated, on treatment or off it. Speak with our specialist in complete confidence.