

Genitourinary Syndrome of Menopause and Pelvic Health

WHAT? **GSM IS:**

GSM is a collection of signs and symptoms due to estrogen and androgen deficiency affecting the labia majora, labia minora, vulvar vestibule, introitus, clitoris, vagina, urethra and bladder

THESE SYMPTOMS MIGHT INCLUDE:

urinary frequency, urgency or repetitive UTIs
pain or discomfort with intercourse
pelvic organ prolapse or incontinence
genital dryness, burning or irritation.
Genitourinary atrophic changes increase the likelihood of trauma, pain, incontinence, pelvic organ prolapse, recurrent UTIs, bleeding with or after sex, and absence of sexual activity

WHO? **BETWEEN 54% AND 85% OF WOMEN**

Report some type of GSM symptom. And only 20-25% of women seek help.

WHEN? **HORMONE LEVELS DECLINE**

Testosterone: age 35
Progesterone: age 40
Estrogen: fluctuates through perimenopause with significant drop 6 months prior to menopause.

HELP? **LOCAL VAGINAL ESTROGEN**

is the best way to support, nourish and strengthen the tissues of the vulva, vagina, and urethra. It is **SAFE** and **EFFECTIVE**. Typically it is available in cream or tablet form. Ask your doctor for a prescription. Some MDs will also prescribe DHEA. **Pelvic health physiotherapy** has also been shown to decrease symptoms of GSM including vulvar discomfort, sexual pain, and urinary symptoms.



PELVIC FLOOR SYMPTOMS

The most recent research shows that urinary incontinence is more common in postmenopausal women than diabetes, depression or hypertension.

It is the second leading cause of women requiring transfer to long-term care facilities.

AND YET

only 33% of women seek treatment. Pelvic health physiotherapy produces a positive result in 80% of women with urinary incontinence.

The pelvic floor muscles weaken and the support tissues thin as hormone levels decline. Rates of pelvic organ prolapse increase significantly in post-menopause.

BUT PELVIC FLOOR PHYSIOTHERAPY CAN HELP

Individualized exercise plans depending on YOUR pelvic floor are most effective.