



Changes down below?

Do your genitals look or feel different? Are you feeling itchy, dry, in pain or sore? Are you getting thrush or cystitis more often? Do you need to wee more, feel very desperate a lot or have the odd leak?

If you have these symptoms, it could be a sign of the perimenopause or menopause; and it's very likely your body needs some hormones back.

Vaginal estrogen and vaginal DHEA are totally safe and are available in a pessary, cream, gel or ring. They're usually very effective at improving all these symptoms. The earlier you start the better and both can be taken long term, and alongside HRT.

**Half the population will go through the menopause.
Change is inevitable but how you handle it isn't.**

For evidence-based information and support during your menopause journey, download our free **balance** app on the App Store or Google Play.

balance
the menopause support app
by Dr Louise Newson

