

DO YOU SUFFER FROM ANY OF THESE SYMPTOMS?

PAINFUL INTERCOURSE

whether it be deep or superficial penetration?

CAN'T SIT COMFORTABLY

Problems sitting down, cycling or horse riding?

ITCHING

VULVA

IRRITATION

Vulva irritation, like itching?

URGE URINARY INCONTINENCE

Constantly passing urine numerous times at night?

VAGINAL

DRYNESS

VAGINAL ATROPHY

G S M

**Genitourinary Symptoms
of Menopause**

ABNORMAL

VAGINAL BLEEDING

Bleeding with or without sex?

CLITORAL PAIN

Clitoral pain or irritation?

SPLITTING THINNING

causing sore vulva skin?

BURNING SORENESS

Vulva soreness and burning?

STRESS

INCONTINENCE

when you cough, jump or laugh?

PROLAPSE

either now or in the past?

WATERY DISCHARGE

that's different from normal?

UTIs

Repeated urinary tract infections?

**DON'T SHUT UP AND PUT UP
SEEK MEDICAL HELP!**

ALWAYS SEE YOUR GP BEFORE you start self treating

REMEMBER



THIS POSTER

www.mymenopausalvagina.co.uk

Helpful website links • Book • Leaflet and poster downloads



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