

WOMEN'S HEALTH

Treating A Common Concern For Women Of All Ages

(NAPSA)—New treatments are now available for a common condition that affects women of all ages including those who have just given birth, are breastfeeding, taking certain medications or going through menopause.

The condition is vaginal dryness and it's estimated that up to 40 percent of women nearing menopause have symptoms, which can include dryness, itching, burning, irritation and discomfort.

A main cause of this condition is a decrease in the body's estrogen level. Estrogen helps keep the vaginal tissue healthy and moisturized. When the body's estrogen level decreases, so does the amount of vaginal lubrication. Decreased estrogen amounts can lead to thinner, less elastic and more fragile vaginal lining.

Estrogen production declines naturally and gradually during perimenopause, the early stage of menopause; but women may also experience a loss of estrogen after childbirth and when breastfeeding.

Some medications including cancer treatment medications, certain ulcer, antidepressant, high blood pressure and allergy medications can also cause symptoms.

Treating the condition can be



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approached in a number of ways. Increasing water intake is an easy first step to increasing natural vaginal moisture.

Avoiding the use of irritating soaps or deodorants in the genital area, which may aggravate the condition further, is another way. Studies have shown that certain vitamins can have a profound effect on vaginal health as well.

Vitamin E, well known for its skin conditioning properties, plus other antioxidants including vitamins A and C can have protective benefits, reducing cell damage and promoting tissue health.

Some doctors may prescribe hormone replacement therapy to menopausal women as a way to replace the estrogen the body has stopped producing, thereby easing vaginal dryness. Herbal supplements such as soy and black cohosh offer a natural alternative to hormonal balance.

Vaginal moisturizers and lubricants are also effective options. Vaginal moisturizers provide long lasting relief while lubricants supply immediate moisture to vaginal tissue.

Some newer products combine both benefits into one to help replenish natural vaginal moisture and enhance the pleasure of life's most intimate moments.

For example, Estroven Feminine Moisturizer & Lubricant is a water-based formula that combines the soothing benefits of natural moisturizers aloe vera, vitamin E and soy extracts. The formula is also pH balanced and fragrance-free, and because it's water-based it's non-sticky and non-staining.

You can learn more about Estroven Feminine Moisturizer & Lubricant and request a free sample by visiting the "Intimate Care" section at www.estroven.com.