



NEWSLETTER

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Estriol: The Best Treatment for Vaginal Dryness

We're never too old for sex. More than 70% of women age 40-49, 50% of women ages 50-59, 40% of women age 60-69 and almost 25% of women age 70+ report engaging in intercourse in the last year. However, as women age, sexual problems can occur.

The most prevalent sexual problems among women aged 50+ are: decreased libido (43%), difficulty with vaginal lubrication (39%), and an inability to climax (34%).

Vaginal dryness, or the more severe vaginal atrophy, can be a debilitating symptom and a primary contributor to low libido, but treatment is relatively straightforward.

The vaginal lining is comprised exclusively of epithelial cells and does not contain glands. Vaginal lubrication is produced by fluid transduction from blood vessels with some assistance from the Bartholin's glands near the introitus. Estrogen supports a thickened and mature vaginal mucosa that has adequate blood flow and therefore sufficient lubrication. Estrogen receptors are also present in urothelial tissues, supportive ligaments and the epithelium throughout the lower urinary tract and promote sphincter tone and relaxation of the detrusor muscle of the bladder.

In menopause, loss of ovarian estrogen can lead to vaginal dryness and atrophy, resulting in painful intercourse. Women may also notice diminished vaginal sensation, resulting in decreased pleasure during intercourse and difficulty achieving orgasm. Concomitant problems include chronic vaginal and/or bladder infections and urinary incontinence.

While lubricants can make sexual intercourse more comfortable and/or pleasurable, it is important to remember that lubricants are palliative, not preventative.

Vaginal estriol (E3) effectively treats the dryness and atrophic changes at doses far below those necessary to cause endometrial hyperplasia. Vaginal estrogen alters the vaginal flora by maintaining adequate pH and prevents recurrent UTI. When it comes to estriol, there is no question of safety. Estriol has been used by hundreds of thousands, if not millions, of patients, without even one adverse event being reported to the FDA. It is legal and appropriate under all pharmacy standards. Estriol has a USP monograph, and its use is well supported in the literature.

The typical treatment protocol for vaginal atrophy or urinary incontinence due to depleted estrogen levels is application of 1 mg of estriol cream inserted into the vagina nightly for two weeks and then decreasing to application 2-3 times weekly or as needed.

References:

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REGISTRATION IS OPEN!

Labrix Founder and Medical Director Dr. Jay Mead, CEO and Associate Medical Director Dr. Erin Lommen, and Staff Physicians Dr. Robyn Kutka, Dr. Lysten Ferris, and Dr. Sara Wood present the fundamentals of

hormone balancing, broken down into simple core concepts and related in a single day of engaging presentations and discussions. This event is designed for the provider who is new to the field of hormone balancing or is looking to brush up on the basics.

Join us for this 8-hour training and leave with the tools and knowledge necessary to:

- Identify patients who would benefit from hormone balancing
- Understand the roles of major sex and adrenal hormones in men and women
- Appreciate the relationships between the various hormones and the entire endocrine system
- Recognize the role that sex and adrenal hormones play in several prominent disease processes
- Treat hormone imbalances with nutritional supplements, botanical medicines and BHRT

This event will be held on **Saturday August 2nd 2014** at the Hilton Portland & Executive Tower

This event will be held on Saturday, August 2nd, 2024 at the Hilton Orlando & Executive Tower.

Labrix has secured a room block at the rate of \$179/night. [Click here to reserve your room.](#)

If you are serious about adding this powerful tool into your practice, register to attend and secure your seat.



Registration is \$150 and following successful completion of the course, you will receive a \$100 credit on your testing account.

This event is a non-CME event.

Sign Up Now For This CE Approved Live Webinar Event

Labrix is proud to sponsor the upcoming live webinar on Monday, May 19 at 11am PST: “Progesterone-A Powerful Hormone for Women and Men.” Dr. Gina Nick Cushman, NMD, PhD will present the webinar via FreeCe.com and will discuss utilizing an integrative approach to hormone balance and the prevention and treatment of many of the diseases of aging with the use of bioidentical progesterone.



Dr. Gina Nick Cushman, NMD, PhD

Dr. Gina Nick Cushman, NMD, PhD is a California and Hawaii licensed practicing physician who has treated thousands of patients using BHRT, and trained healthcare professionals worldwide on this emerging treatment modality.

[Click here to learn more about this webinar presentation](#)

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