



5 Ways to relieve vaginal symptoms and a low libido during menopause

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Here's a recap of how to handle vaginal dryness from our webinar Q&A with Dr. Susan Kellogg Spadt.

If you have tried it all, Kegels, lube and more then talk about pelvic floor muscle physical therapy with your doctor. The loss of estrogen makes the muscles thinner and less flexible but it may have become so tightened that therapy maybe helpful.

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* **I. Hyaluronic moisturizer or suppository.** This acid is known to attract water to where it is applied. It is non hormonal and help with vaginal dryness.



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* **2.** Strengthen your pelvic floor. ***Do Kegels*** often to help with arousal and lubrication. They may help relax the vaginal muscles and improve circulation to the area.



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* **3. Lube is important.** It can work for most couples if applied generously to both participants. A silicone based lubricant can last longer and help women enjoy sex more.



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* **4 • Communication.**
Keep the pathways of communication open with your partner. Speak about the realities and assure them that you can work together to find a new balance.



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* **5 • Talk to your doctor.**
If many of these ways are not helping, you may be eligible for *Pelvic Floor Muscle Physical Therapy*. This can further strengthen your muscles and relieve tightness.



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Unlock Your Menopause Toolkit webinar.
Dr. Susan Kellogg was featured and has more on
menopause symptom relief.



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