



The Center for Women

Obstetrics & Gynecology

Mary R. Wren M.D. * J. Harley Barrow, Jr., M.D. * Erik P. Shultz, M.D.

628 Hospital Drive, Ste. 2A & 3E

Mountain Home, AR 72653

(870) 425-7300 / (870) 424-4164 fax

Urogenital Atrophy

Urogenital atrophy (UGA) is a condition that may occur during or after menopause. It causes problems in or around the vagina and urinary tract due to having less estrogen produced by the body. Without the hormone estrogen being produced, the tissues around the urogenital area begin to thin and become drier, causing the vagina to shrink eventually.

Signs and symptoms that may be experienced during urogenital atrophy are:

- Genital itch/burn
- Painful urination
- Vaginal dryness
- Pain during intercourse
- Frequent urination
- Strong urge to urinate immediately

Urogenital atrophy symptoms will not disappear without treatment. The symptoms typically occur gradually so women learn to deal with them as normal part of life but these need to be discussed with the physician to determine if they are urogenital atrophy issues or some other underlying medical issue.

Treatment is available that can correct or improve the symptoms. Estrogen replacement can come in different forms and your physician can help decide which form is best for you and your life style. The estrogen replacement treatments are only available by prescription.

Types of estrogen replacement:

- Creams that are placed directly to the vagina.
- Vaginal ring insertion by a physician
- Oral medications
- Patches

It is very important for each patient to discuss with their physician their medical care because not all women can be treated the same with estrogen. Each woman's type of care for estrogen replacement is also determined by other medical problems they may be treating. Estrogen replacement is not something to be used during pregnancy.