

Starting the conversation about painful intercourse.

It's not always easy bringing up an intimate health issue, but it is important. Vaginal atrophy is a common medical condition after menopause, and there is nothing to be embarrassed about. Your doctor is there to help you, but she or he won't know you are having pain during intercourse unless you say something. **Below are a few thoughts that may make starting the conversation easier:**

"I'm not really comfortable discussing this, but I have a question about some symptoms that have been bothering me."

"Doctor, I've been having some pain lately when my partner and I are intimate."

"Is it normal for me to experience dryness and pain while being intimate with my partner?"

QUESTIONS ABOUT WHAT'S HAPPENING TO YOUR BODY

- Is this something most women my age experience?
- Is the pain I'm feeling just a temporary symptom?
- Could it get worse over time?

QUESTIONS ABOUT TREATMENT OPTIONS

- If I do have vaginal atrophy, would a prescription treatment be right for me?
- How is it different than over-the-counter lubricants?
- How long would I need to use a prescription treatment?
- How often would I need to use it?
- When can I expect to feel relief?

Be sure to print this Doctor Discussion Guide and take it with you to your **next doctor's appointment.**