

## **Premarin**

Premarin cream offers a variety of benefits on the urogenital tract and the vaginal walls. Vaginal atrophy is due to changes postmenopausally causing thinning of the walls, stiffness, and pale discoloration. The walls have lack of elasticity and lubrication, which can cause vaginal narrowing and/or shortenings and a recessed urethra. Women who have vaginal atrophy often can have increased risks of urinary tract infections, urinary urgency and incontinence, as well as vaginal dryness and dyspareunia.

Estrogen topically provides support to the surface epithelium and can reduce the atrophic changes as well as relieve the symptoms of vaginal atrophy.

Topical estrogen is very safe as it is minimally absorbed since there are so many Estrogen receptors on the surface of the vaginal epithelium that it usually does not get into the bloodstream.

I recommend Premarin cream 0.625mg/g 1/2 applicator full 3 x weekly initially and sometimes require more often depending on how severe the symptoms and appearance of the tissues are.

\*For best results use after getting into bed, place applicator in a cup on bedside table and wait to clean until the next morning

## **Estrace**

Estrace cream offers a variety of benefits on the urogenital tract and the vaginal walls. Vaginal atrophy is due to changes postmenopausally causing thinning of the walls, stiffness, and pale discoloration. The walls have lack of elasticity and lubrication, which can cause vaginal narrowing and/or shortenings and a recessed urethra. Women who have vaginal atrophy often can have increased risks of urinary tract infections, urinary urgency and incontinence, as well as vaginal dryness and dyspareunia.

Estrogen topically provides support to the surface epithelium and can reduce the atrophic changes as well as relieve the symptoms of vaginal atrophy.

Topical estrogen is very safe as it is minimally absorbed since there are so many Estrogen receptors on the surface of the vaginal epithelium that it usually does not get into the bloodstream.

I recommend Estrace cream 1/4 applicator full 3 x weekly initially and sometimes require more often depending on how severe the symptoms and appearance of the tissues are.

\*For best results use after getting into bed, place applicator in a cup on bedside table and wait to clean until the next morning