Introduction to Vaginal Dryness and Painful Sex

Hi, I'm Dr. Susan Sklar and I want to talk to you about a topic that may be difficult for some women to bring up with their doctors. As a gynecologist I've had many years of experience taking care of women for this problem.

It's uncomfortable to talked about and it's worse when it happens. And what am I talking about? Vaginal dryness and painful sex.

Why Low Estrogen Causes Discomfort

The kind that happens when you don't have enough estrogen and the vaginal linings become thin, they lose elasticity, blood supply, and sex becomes painful, sometimes excruciatingly painful.

Sometimes it feels like sandpaper. Rest assured, there's a lot that can be done to alleviate this problem, but you have to talk to your doctor about it so you can get help.

The first thing I recommend is to use a lubricant. If you're having a small amount of dryness and slight discomfort with sexual relations, always use the lubricants.

Using Lubricants for Mild Symptoms

One that's a water-based product that does not have a lot of additives and chemicals in it. Secondly, you want to used an estrogen product. Something in a cream form or a vaginal suppository that will help to recondition those linings at the vaginopening.

restore the blood supply and the elasticity and moisture so that you can have sex comfortably.

Estrogen Treatments to Restore Vaginal Tissue

I recommend using Estriol Cream that is in a compounded bioidentical form or an estriole and estradiol combination cream. If you're not working with a doctor who uses a Compounding Pharmacy, you could use one of the estridiol creams that's on the market.

and or a suppository that also contains estradiol. Estrogen is important for the health of the tissues around the vaginal opening and it's essential to having good sexual function and pleasure in life.

Reassurance and Encouragement to Seek Help

This is a reversible condition, so don't be discouraged, get help.