

## Item Descriptions

- ① Footer containing main navigation links and User Login
- ② User Login and Password location
- ③ Side navigation for main content pages
- ④ Location for promotional material
- ⑤ Main Content area containing information
- ⑥ Location for artical highlight feature
- ⑦ Link to Perimenopause Page
- ⑧ Footer containing links
- ☒ Images

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**You Are Not Alone**

Does Ellen's story sound familiar to you? If so, you are not alone. You may be one of millions of women experiencing symptoms of perimenopause, also known as perimenopause. Perimenopause is the stage right before menopause. It usually starts when a woman is in her 40s and can last 6 years or more.

Perimenopause is characterized by irregular periods, hot flashes, vaginal dryness, sleep disturbances, mood swings, and short-term memory changes. If you have one or more of these symptoms, talk to your healthcare provider. He or she may be able to recommend some lifestyle changes that could help.

**What Is Vaginal Atrophy?**

Once you've gone a year without getting your period, you've officially reached menopause. If you're still getting uncomfortable symptoms at this point, like pain during intercourse or when you urinate, you may be dealing with atrophic vaginitis, also known as vaginal atrophy. This is a common chronic condition that affects the vagina and surrounding tissues. It's also treatable.

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- How do I know when I've reached menopause?
- What is vaginal atrophy?

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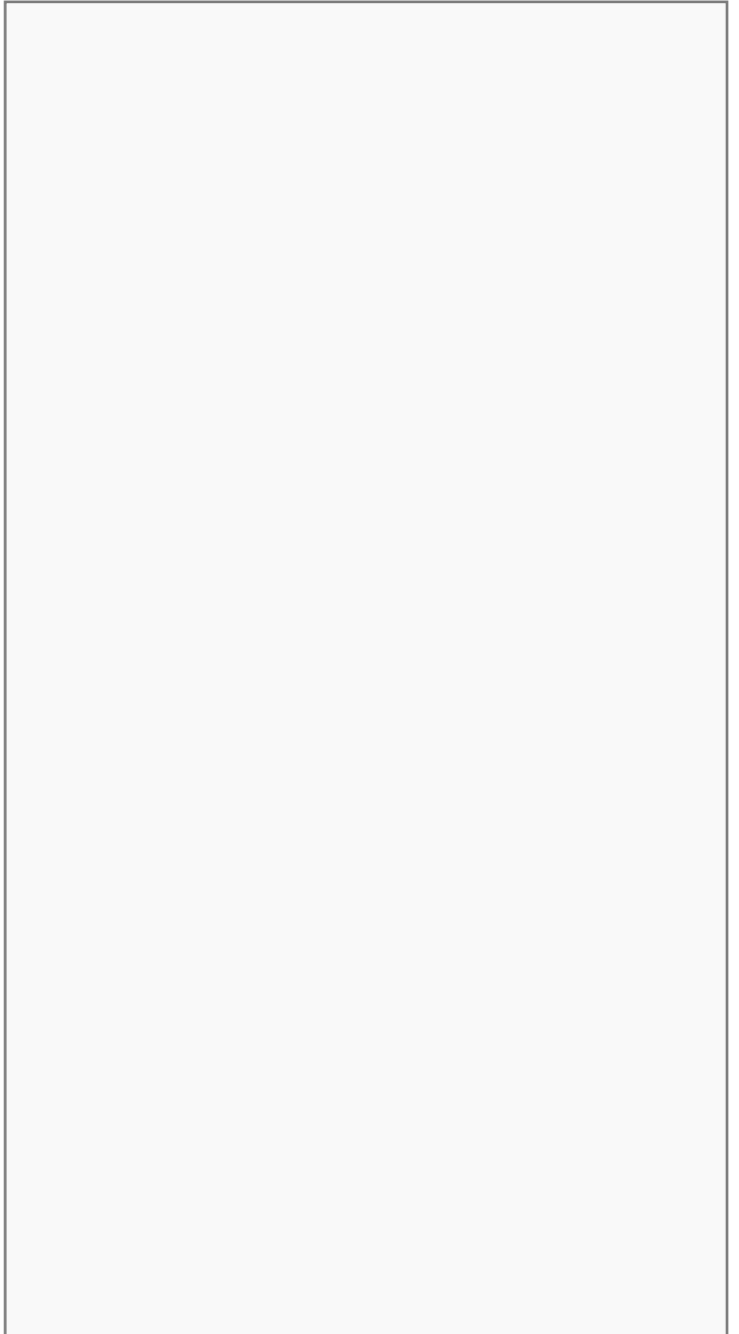
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Some of the symptoms of vaginal atrophy are:

- Vaginal dryness
- Pain and bleeding during intercourse
- Vaginal irritation
- Vaginal soreness
- Itching in and around the vagina
- Painful urination

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Discussing your symptoms may not be easy, but it is important. And the better prepared you are for your visit, the more at ease you may feel. [Get some tips for having that discussion.](#)

**Talk to Your Healthcare Provider**

Your healthcare provider can diagnose internal and external signs of vaginal atrophy with a pelvic examination. If he or she confirms this diagnosis, ask about Vagifem® 10 mcg, a local vaginal estrogen therapy that replaces estrogen lost within the vaginal tissue during menopause.

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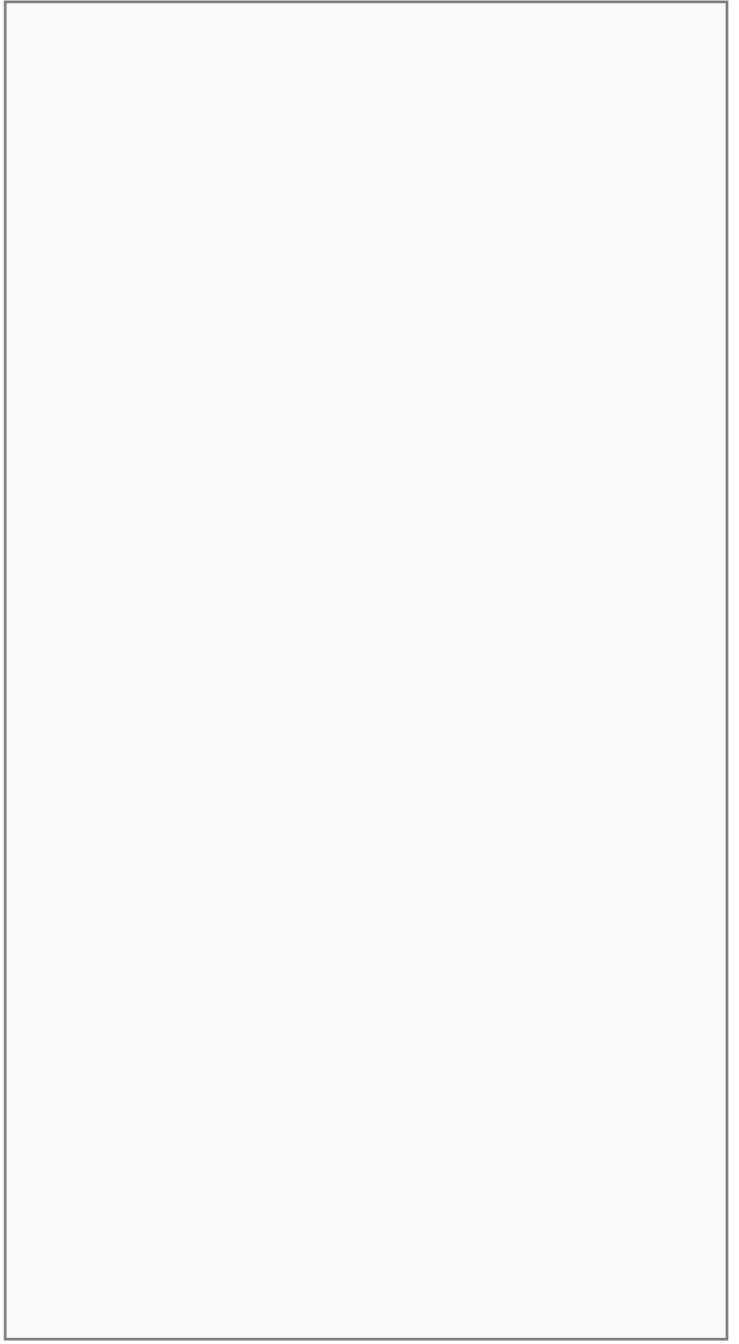
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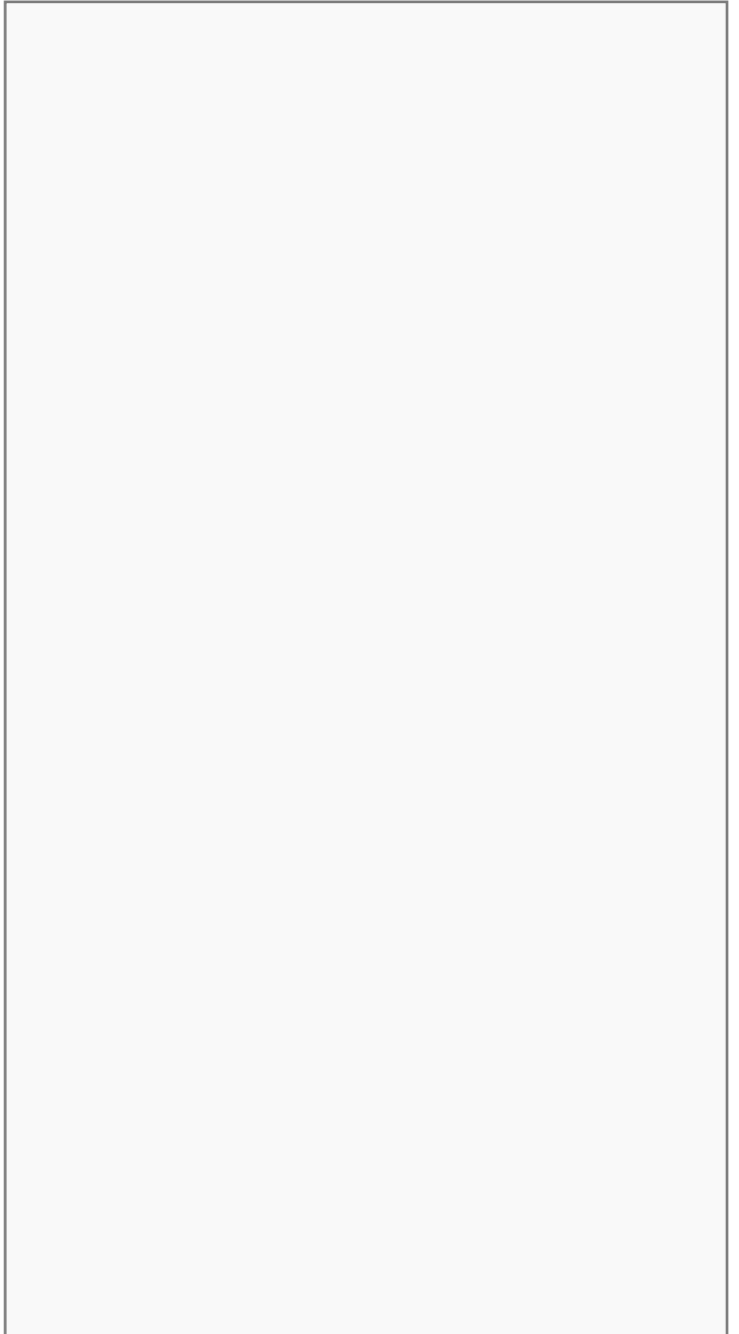
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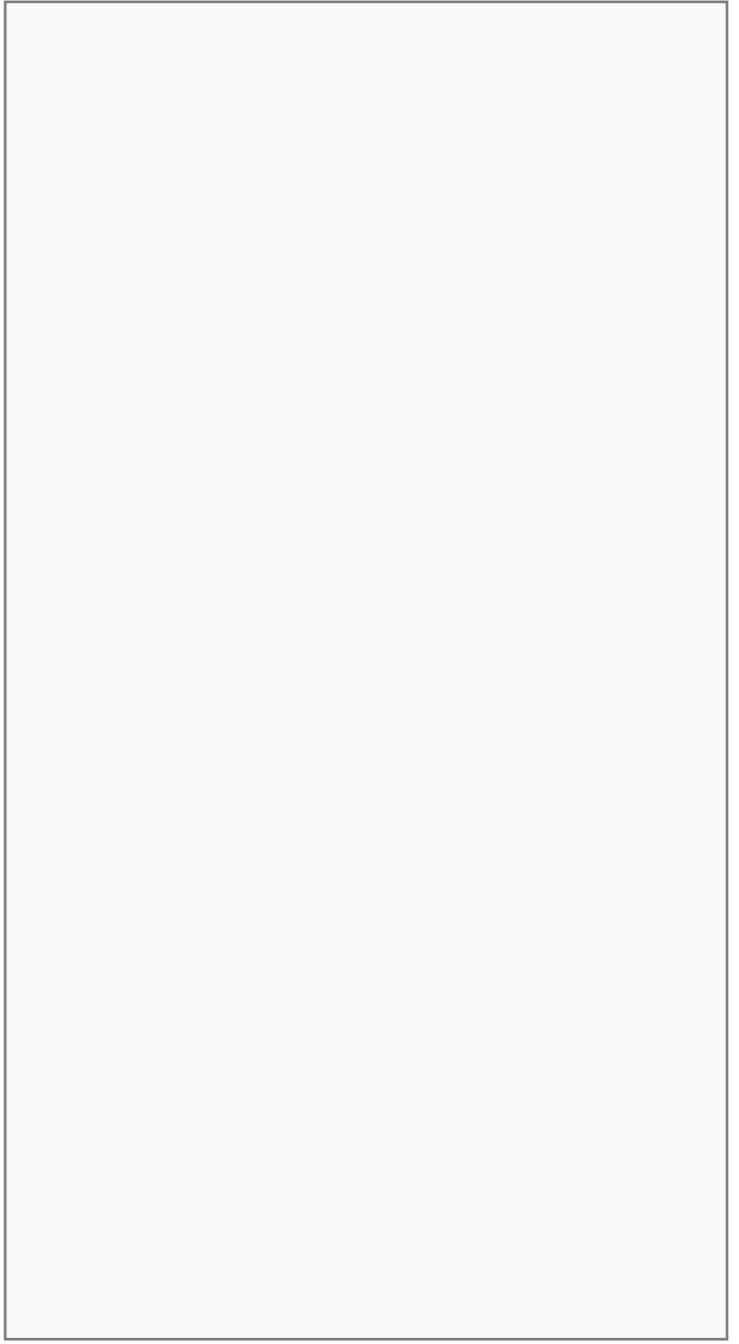
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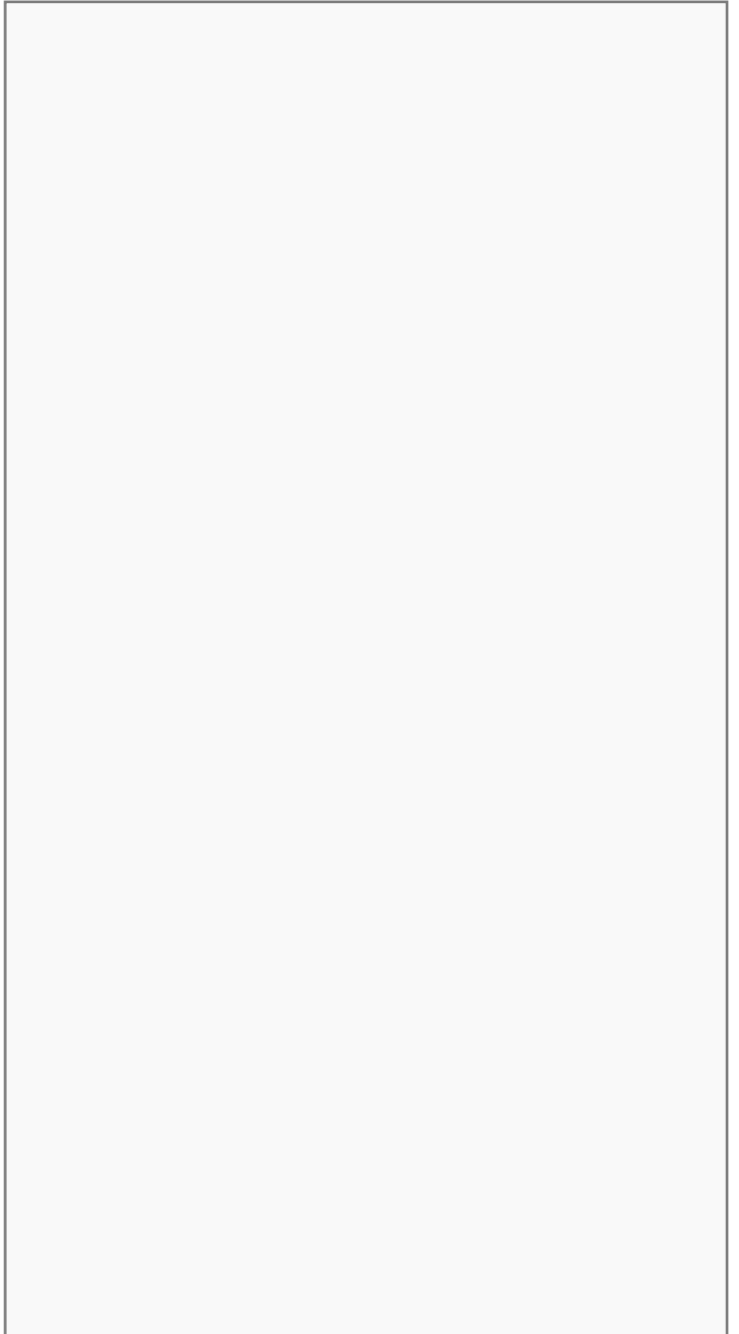
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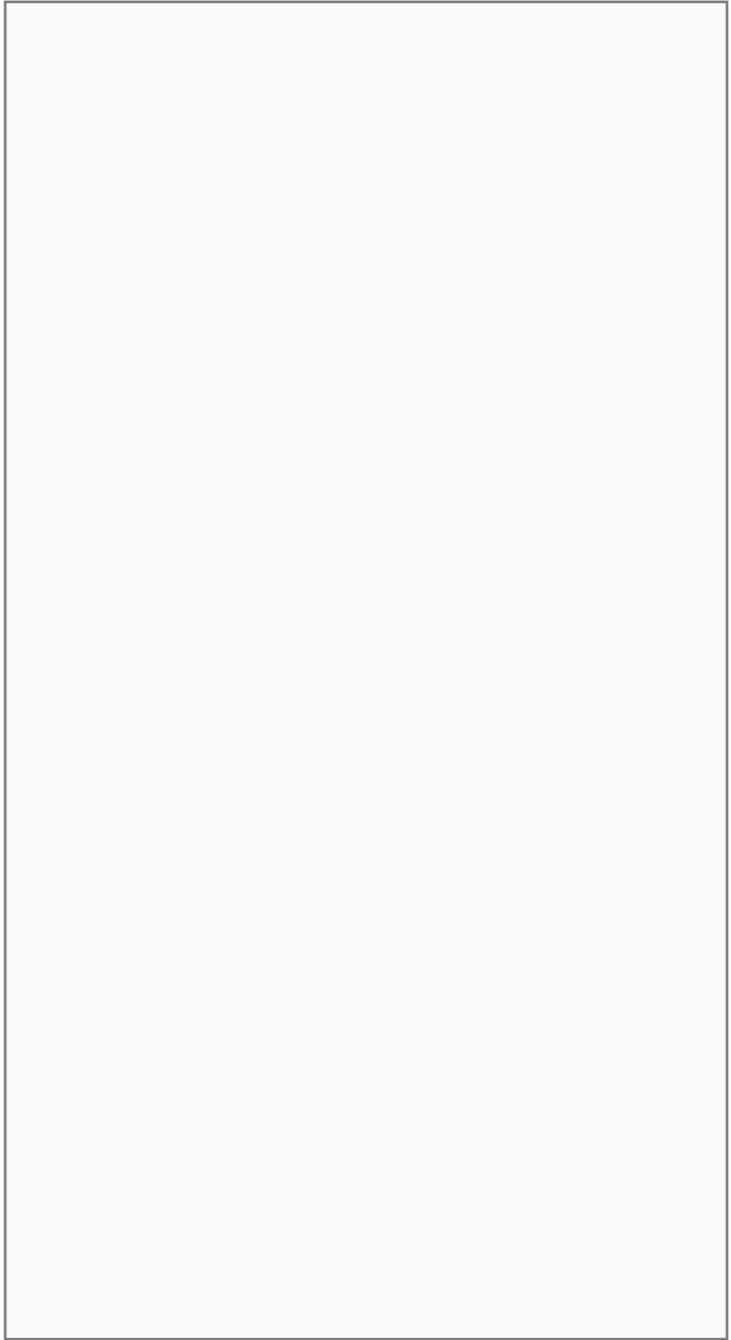
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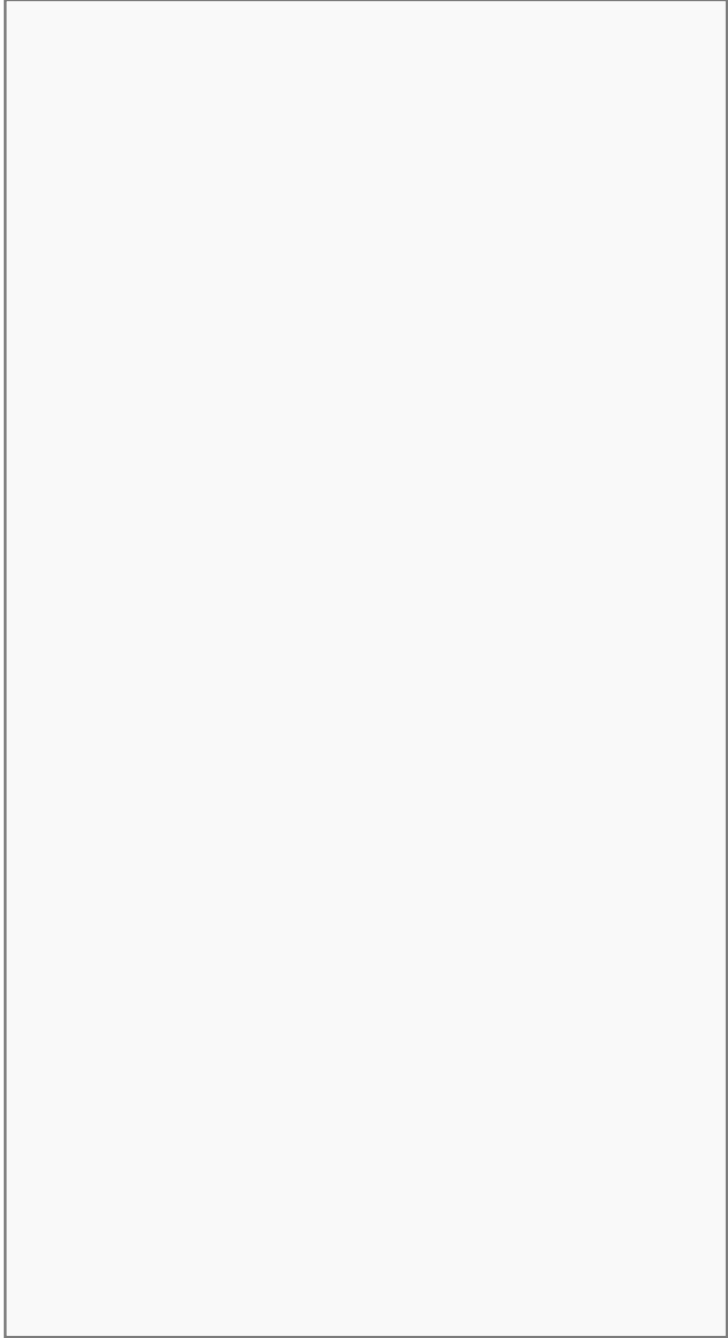
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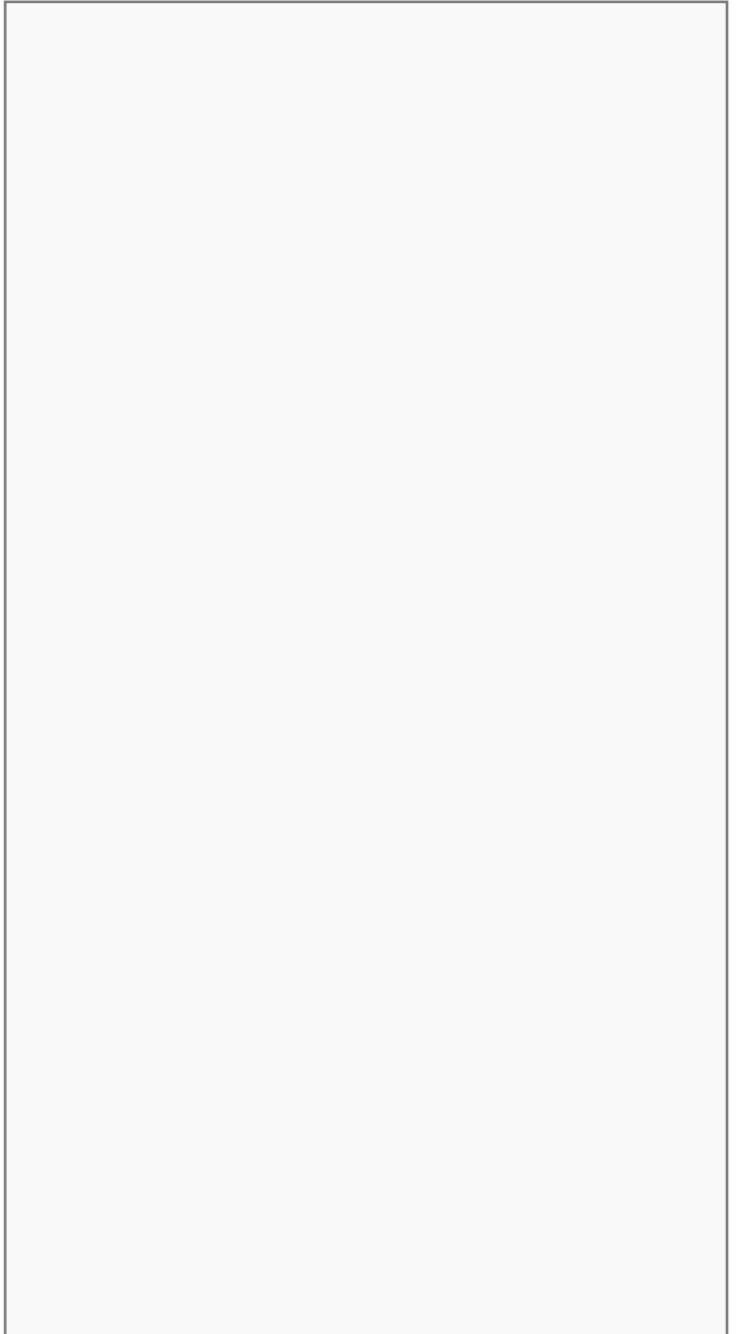
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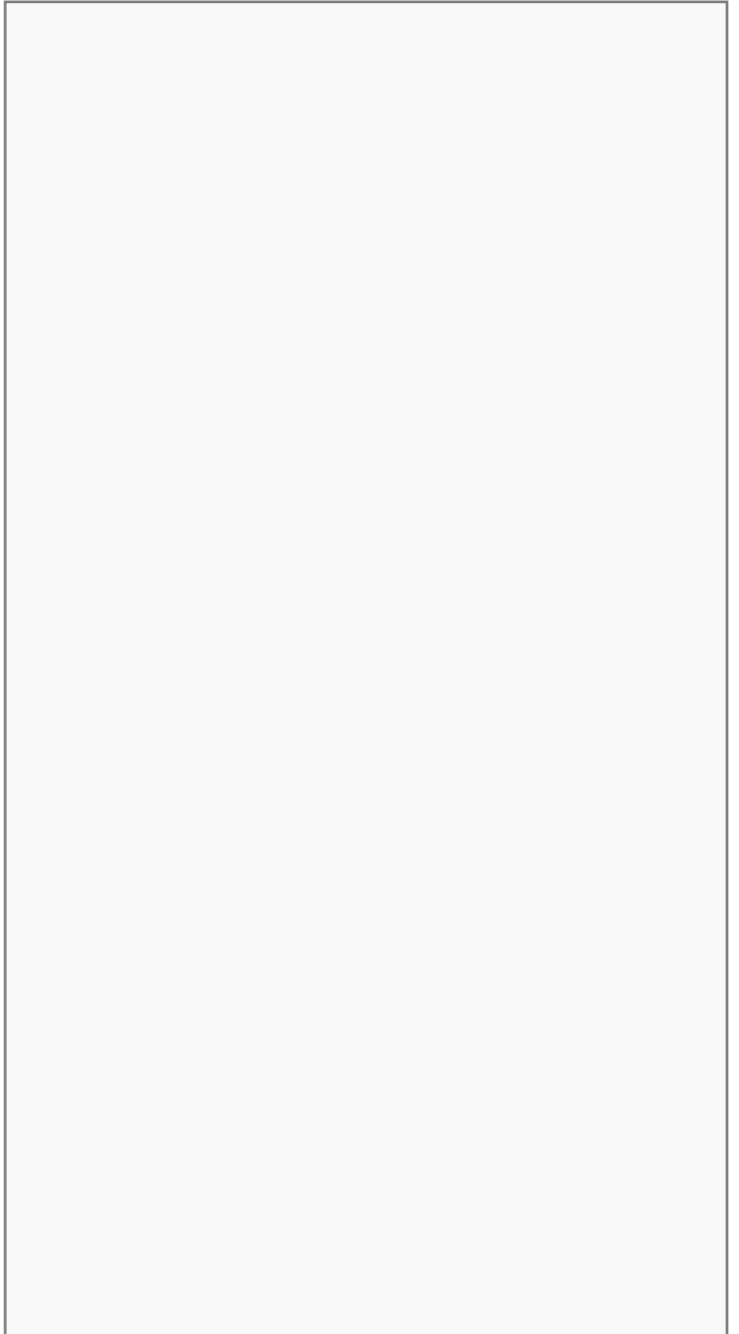
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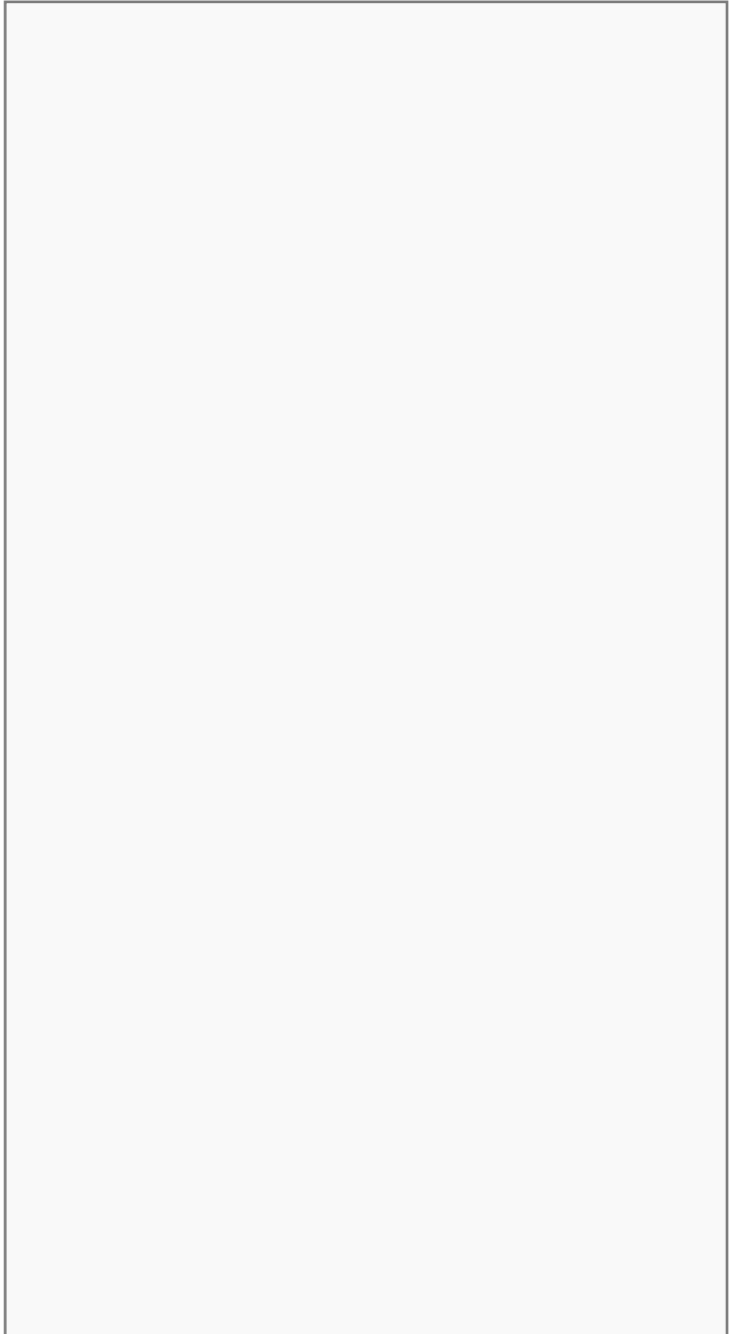
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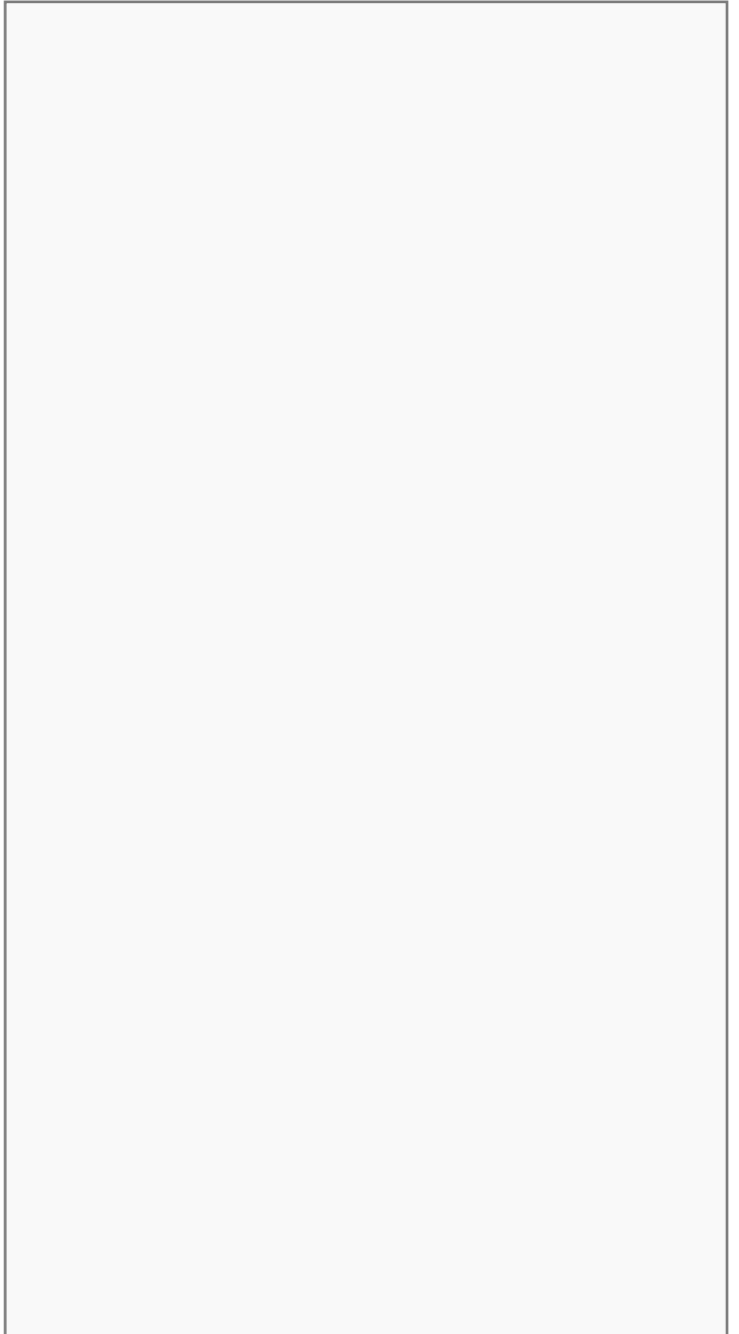
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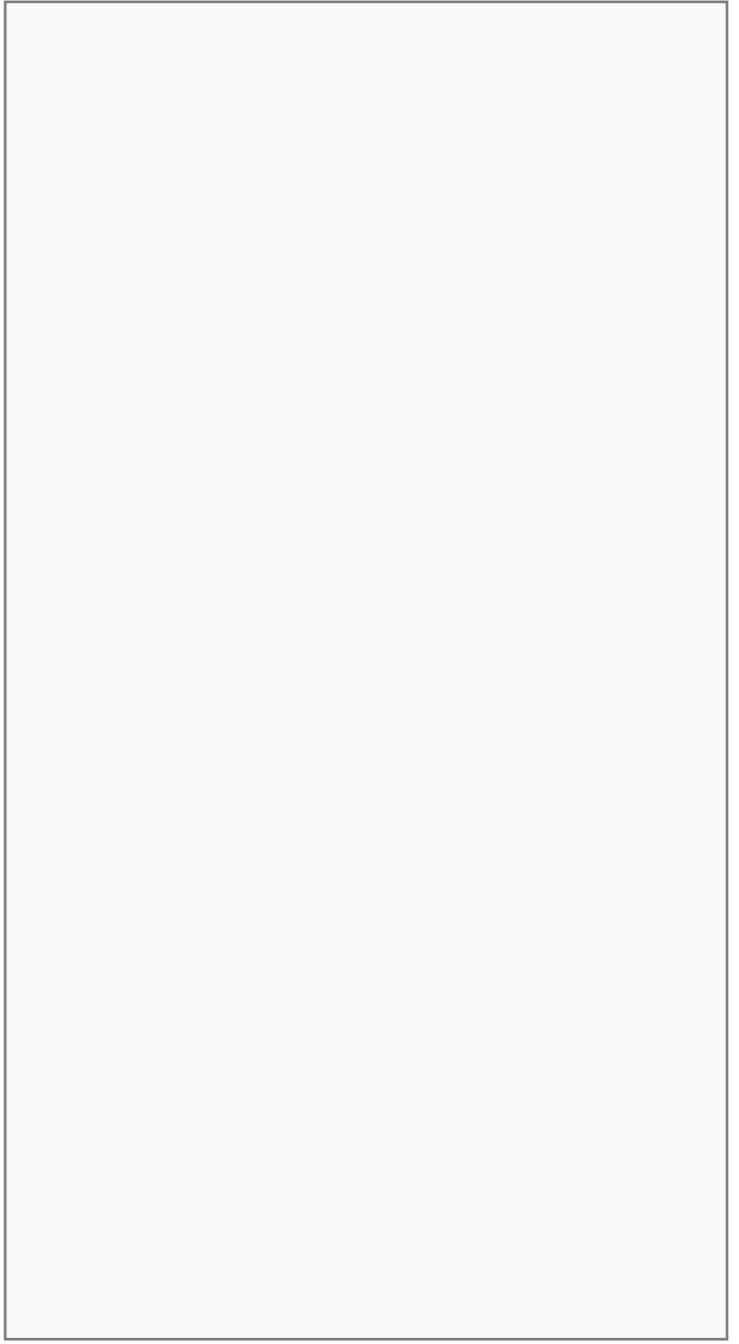
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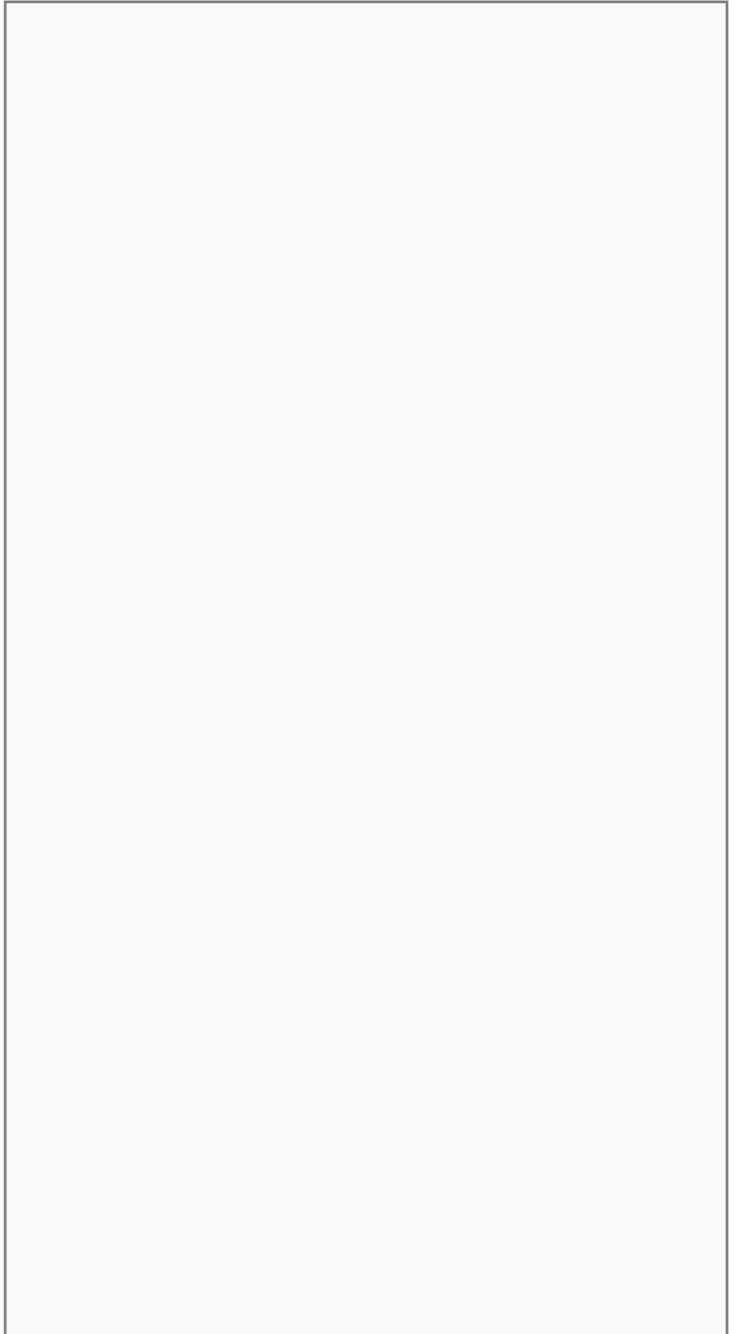
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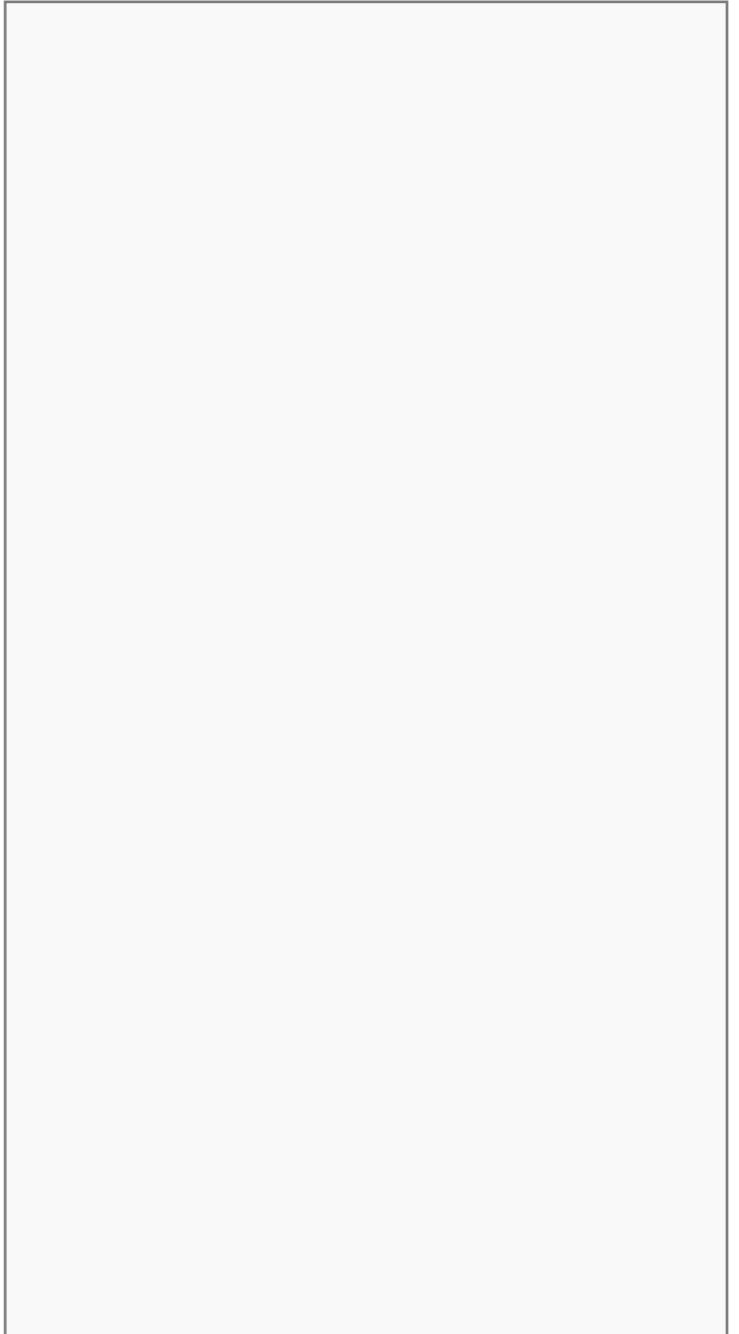
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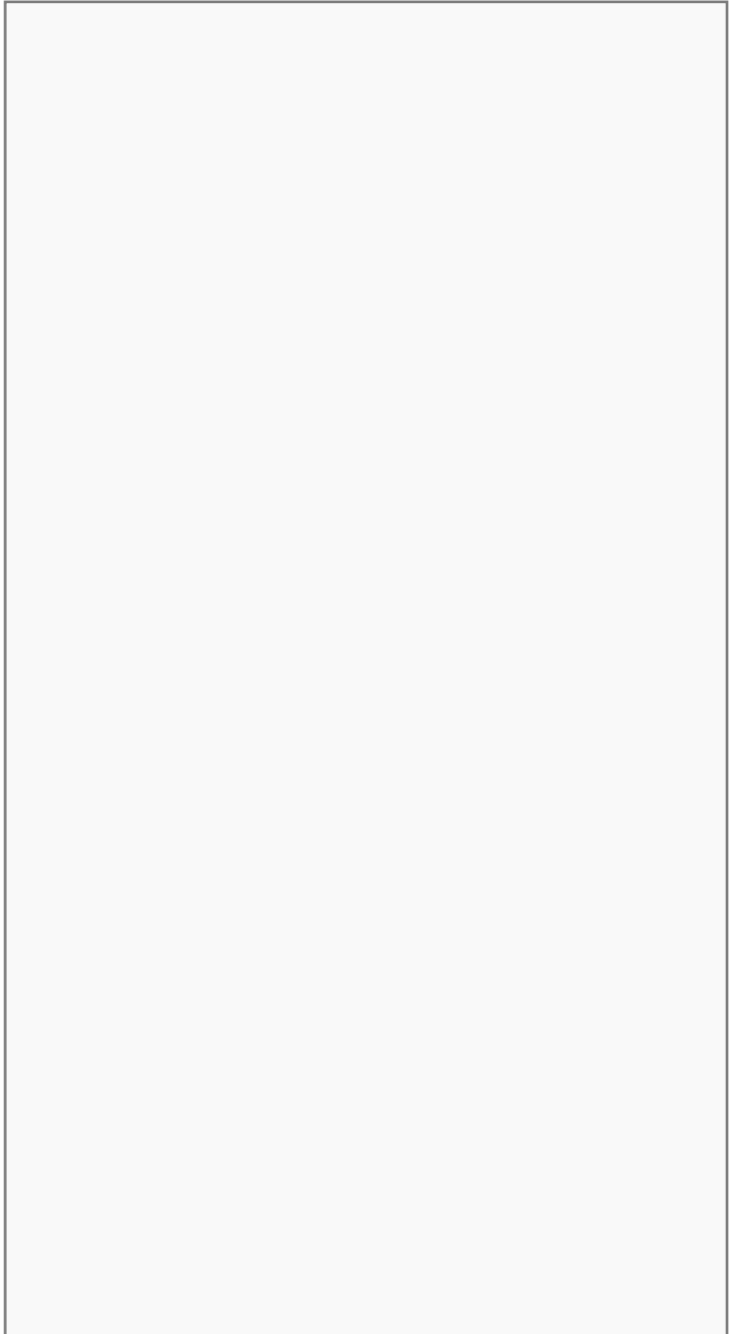
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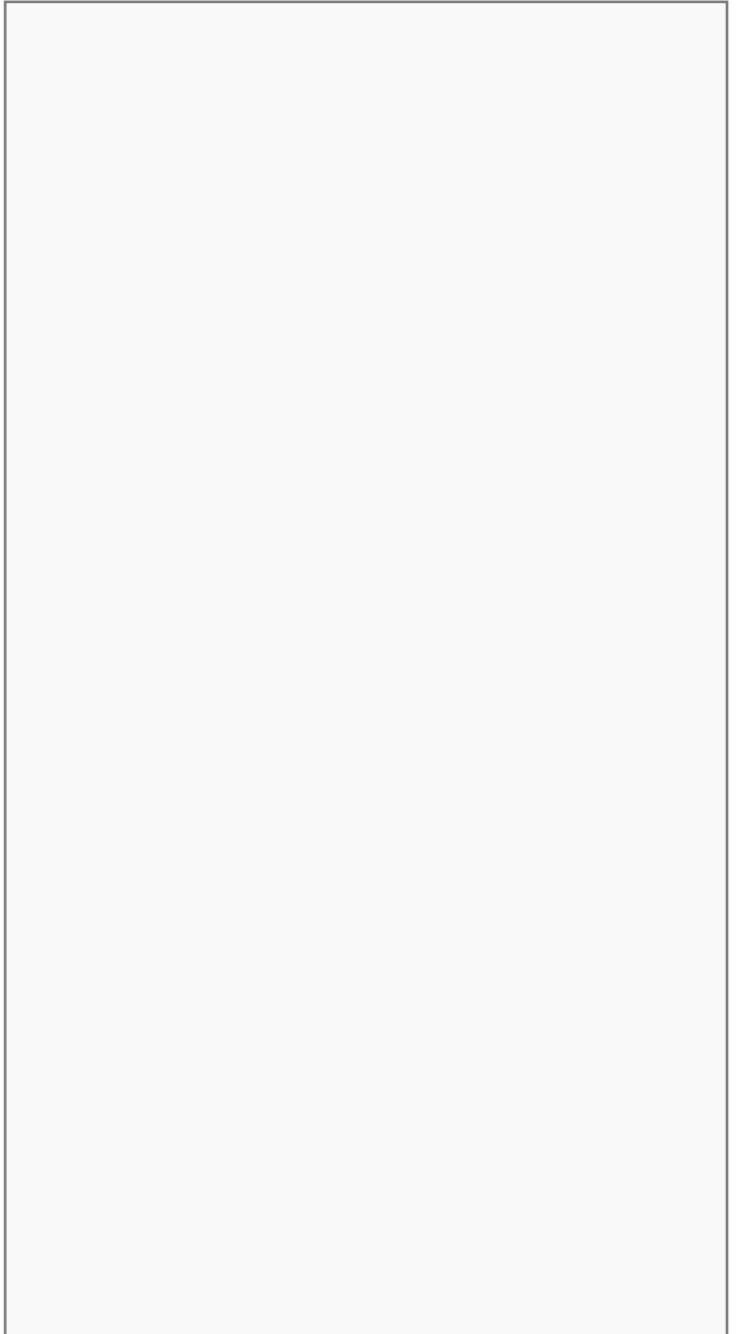
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**Want Some Quick Answers?**

- What is perimenopause?
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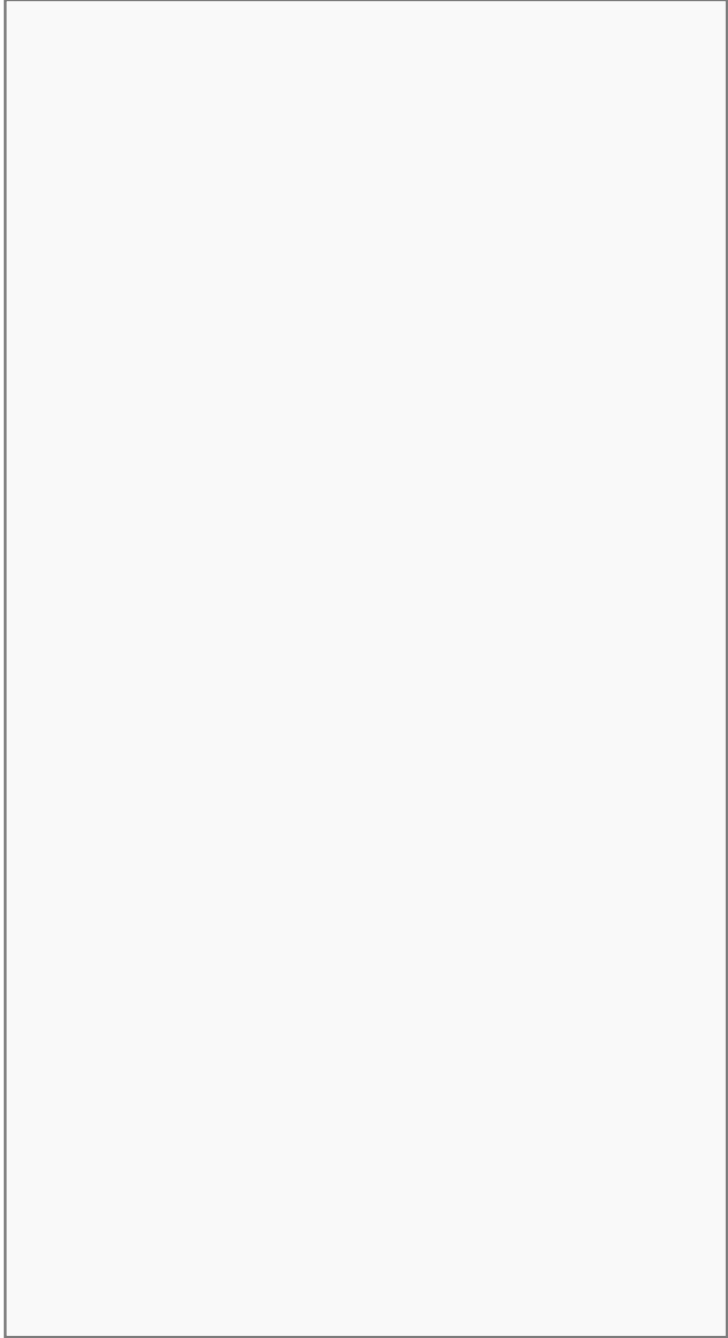
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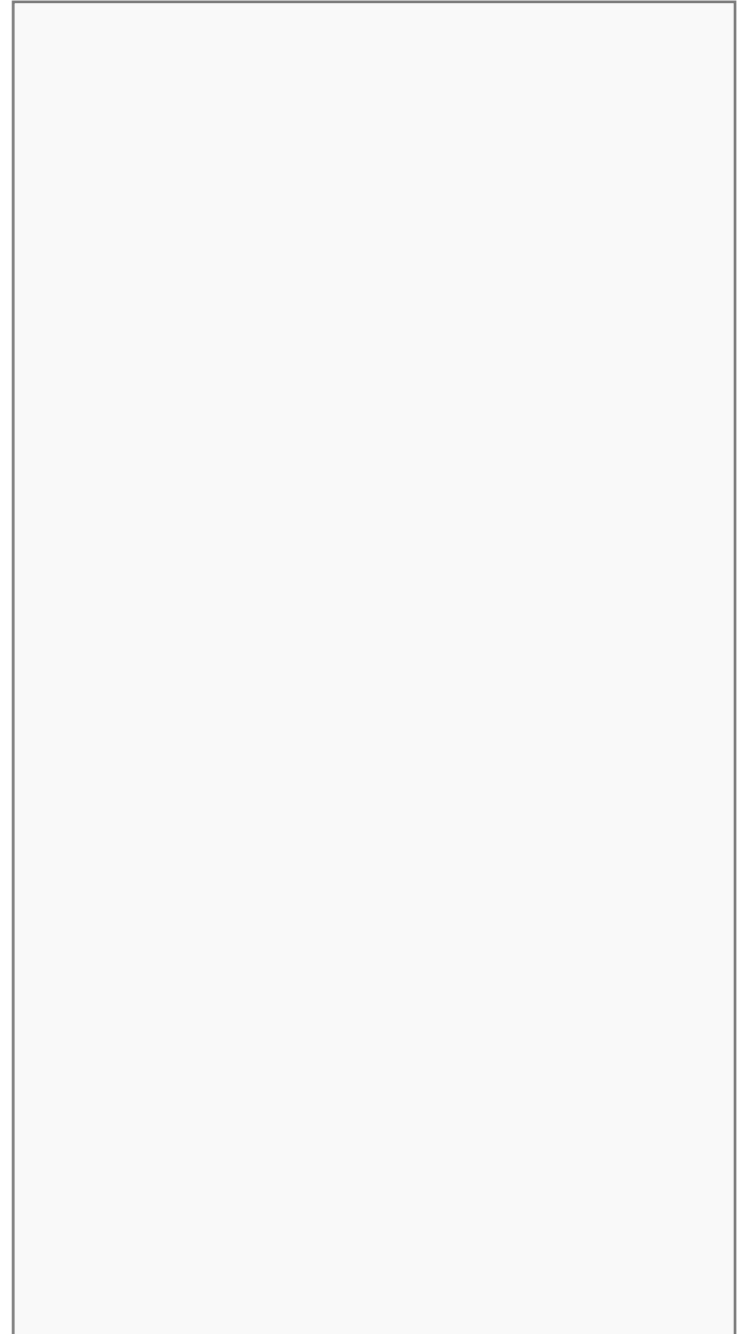
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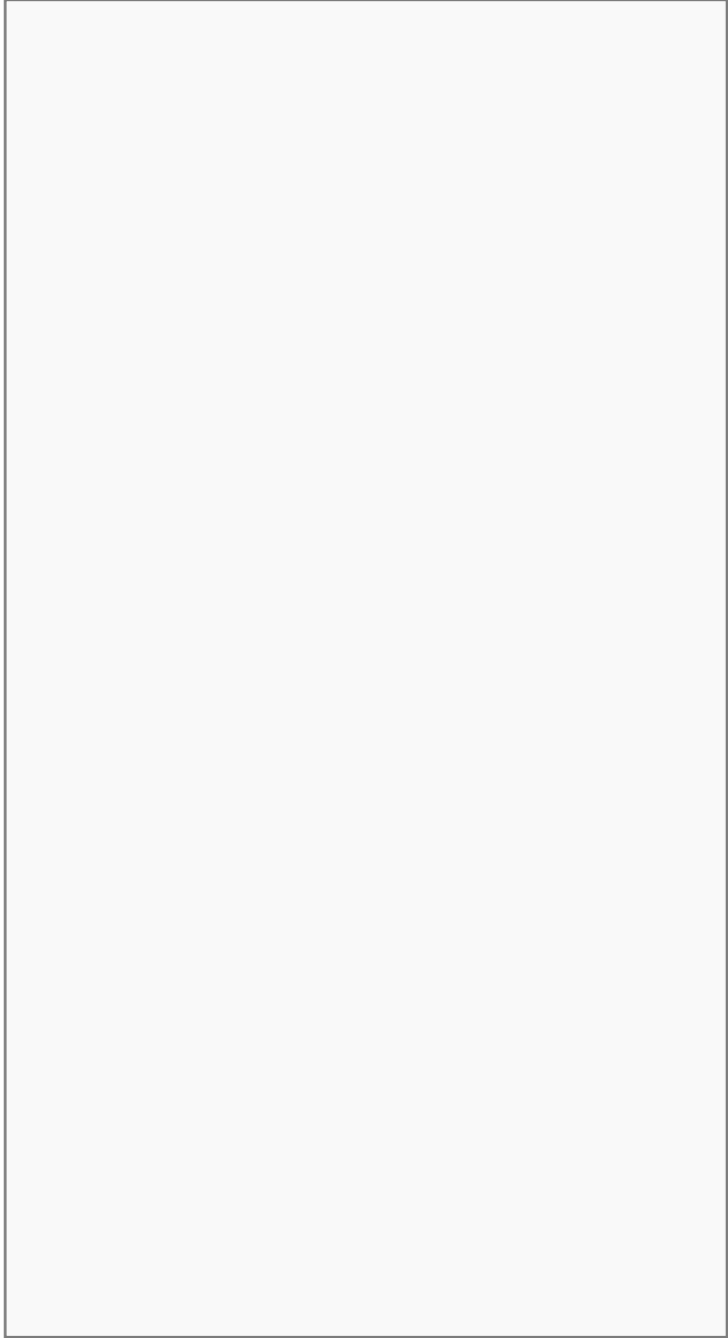
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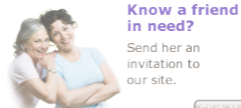


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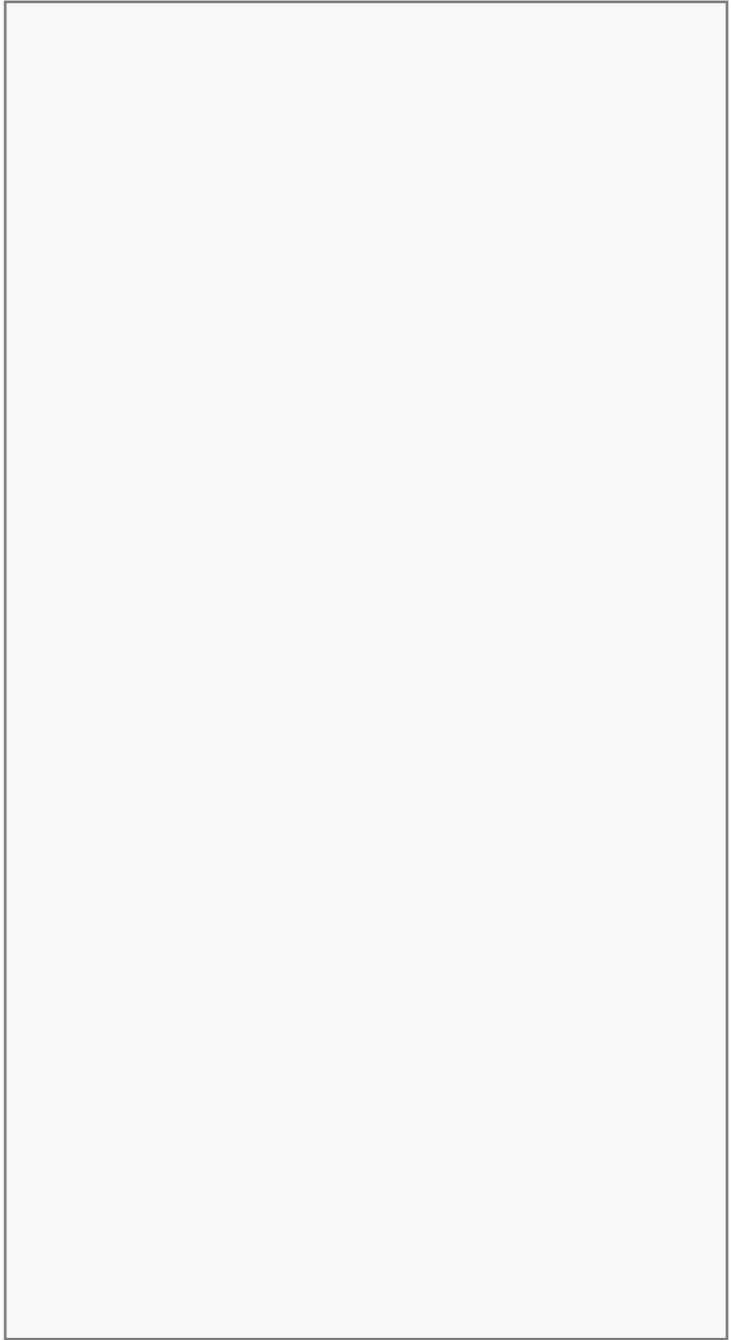
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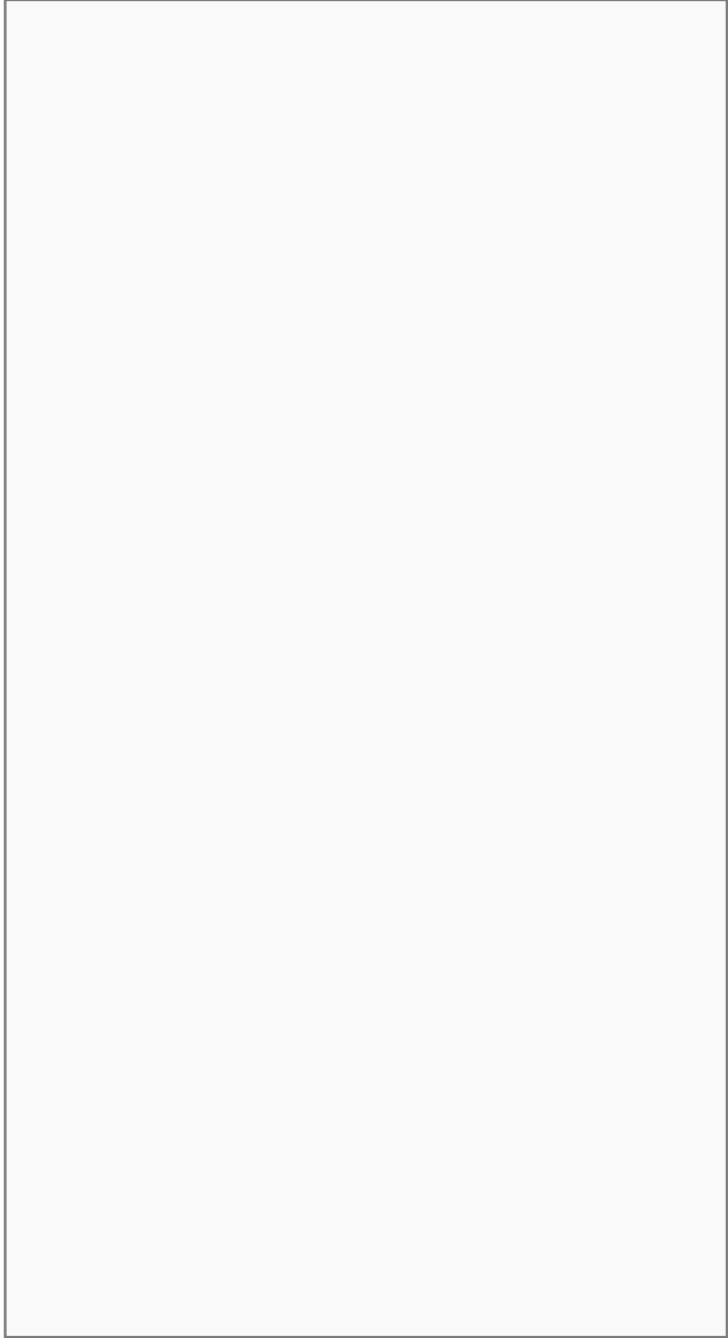
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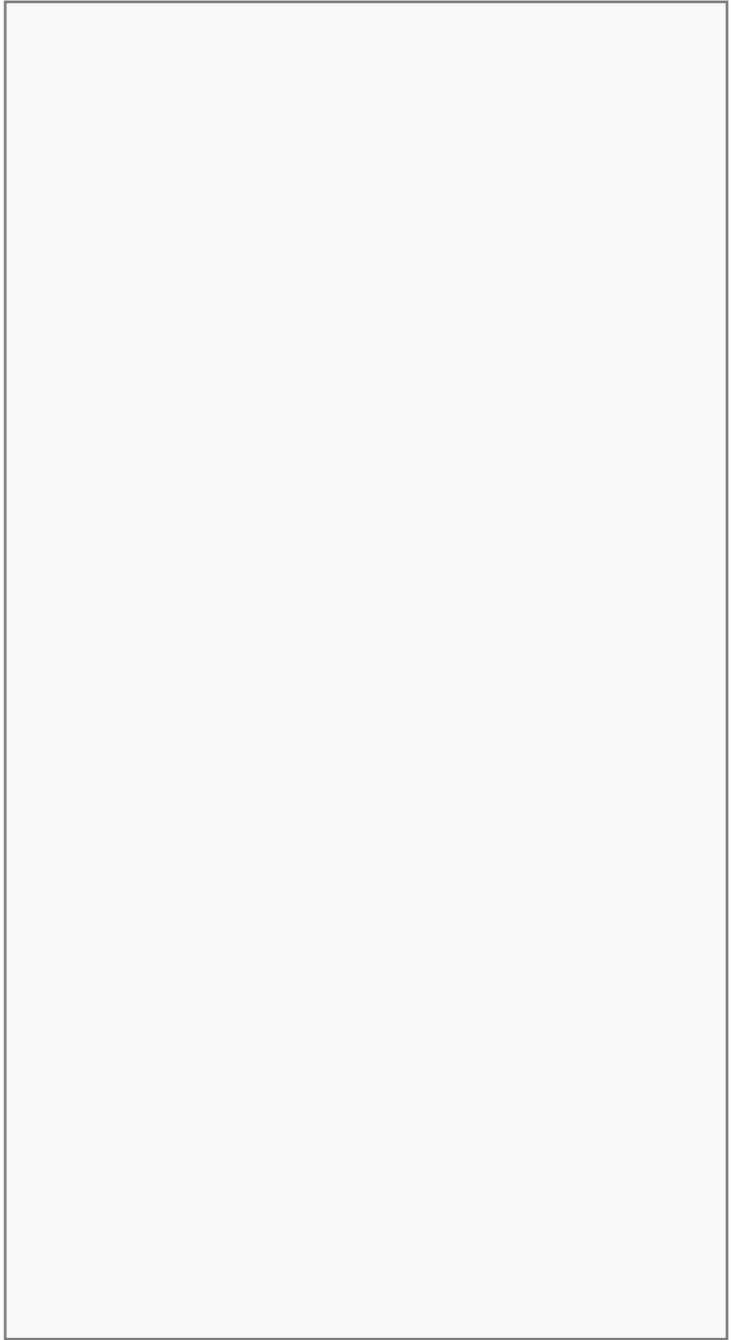
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What symptoms of vaginal atrophy does Vagifem® 10 mcg treat?

How does Vagifem® 10 mcg work?

Is the estrogen used in Vagifem® 10 mcg the same as my body makes?

How can Vagifem® 10 mcg help?

Studies show that Vagifem® 10 mcg can reduce the most bothersome symptoms of vaginal atrophy at 12 weeks of treatment. These include vaginal dryness, pain and bleeding during intercourse, irritation, soreness, and itching in and around the vagina, and painful urination.

Vagifem® 10 mcg has shown to achieve this symptom reduction at 12 weeks by improving the vaginal pH score and vaginal maturation index—a measure of which types of cells are found in the vaginal lining. Learn more about why Vagifem® 10 mcg may be a good choice for you. And find out more, including [how you take it](#).

Wondering About Estrogen Therapy?

If you're concerned about taking an estrogen product like Vagifem® 10 mcg, you may be interested to know that **Vagifem® 10 mcg is the lowest dose of vaginal estrogen available.**

- The estrogen used in Vagifem® 10 mcg is called "estradiol." This is the same estrogen your body makes.
- The average levels of estradiol in the blood of patients taking Vagifem® 10 mcg remain low and don't accumulate with treatment.

What Can I Do?

Make an appointment to see your healthcare provider and find out if Vagifem® 10 mcg is right for you. If he or she recommends Vagifem® 10 mcg, remember to come back for [valuable money-saving offers](#).

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Want Some Quick Answers?

Is it unusual to experience vaginal atrophy after menopause?  
What is estradiol?

Vaginal Atrophy FAQ

If you still have questions about vaginal atrophy, you may find the answers below:

Q. How common is vaginal dryness and painful intercourse associated with menopause?

A. Vaginal atrophy is very common in women experiencing menopause. If you experience vaginal atrophy, you may notice symptoms such as vaginal dryness, painful intercourse, irritation, soreness, itching, or burning during urination.

Q. Why am I experiencing vaginal dryness?

A. Before a woman reaches menopause, her ovaries produce estrogen. One of the effects of estrogen is to maintain the thickness of the vaginal lining and stimulate vaginal secretions. At menopause the ovaries stop making estrogen. A decrease in estrogen levels results in a thinning of the walls of the vagina and a decrease in vaginal lubrication. These changes cause the symptoms of vaginal atrophy.

Q. What is estrogen?

A. Estrogen is the family of hormones responsible for the development of the female reproductive system. Estradiol is the main estrogen found in women's bodies.

Q. How do I know if I should see my healthcare provider?

A. Make an appointment to talk to your healthcare provider if you notice any uncomfortable or unusual symptoms, even if you're not sure if it's vaginal atrophy.

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