

START TALKING VA



ESTROGEN AND YOUR VAGINA

The changes due to **Estrogen Deficiency** are a normal part of aging, but they can lead to uncomfortable symptoms. Those symptoms include:

- Burning (while urinating or not)
- Itching
- Dryness
- Vaginal irritation
- Painful intercourse
- Light bleeding after sex
- A clear or watery discharge
- Urgency with urination
- Urinary incontinence (leaking)
- Frequent urinary tract infections

PRINT, CHECK OFF YOUR SYMPTOMS & BRING
TO YOUR NEXT DOCTOR'S APPOINTMENT