

Mayo Clinic Minute: Managing menopause and your sexual health

Hot flashes and night sweats are the symptoms people most often associate with menopause. But how does menopause affect sexual health?

Experts say menopause can put women at increased risk for a condition that can lead to pain during sexual intercourse. Mayo Clinic's Dr. Juliana Kling explains why and says there are safe and effective treatments.

Video	Audio
	As reproductive years come to an end, menopause leads to big changes in a woman's body, and that includes changes that can affect sexual health.
Juliana Kling, M.D. Women's Health Center Arizona Mayo Clinic	(SOT) 15:38- "And I can't tell you how many women I see that just think pain with intercourse is a normal part of aging. And I'm here to tell you that is not the case."
	Dr. Juliana Kling is with Mayo Clinic's Women's Health Center in Arizona.
	(SOT) 15:13-15:36 "Postmenopausal women are at risk for developing something called genitourinary syndrome, which is where there are changes to the vagina and the vulva that cause dryness that can increase your risk of urinary urgency, as well as a risk of urinary tract infections. That dryness can then translate to pain with intercourse."
	The good news, according to Dr. Kling, there are safe and effective treatments.
	(SOT) 15:53-16:10 "The low-dose vaginal estrogens can be used if you're just having vaginal symptoms, like dryness and urgency. And those are safe, won't increase your risk of heart attack, stroke, blood clot or breast cancer."
	Dr. Kling recommends talking to your clinician about which treatment is best for you. For the Mayo Clinic News Network, I'm Marty Velasco Hames.