“Genitourinary syndrome” describes lower urogenital tract signs and symptoms associated with low-estrogen levels. Genitourinary syndrome affects the majority of postmenopausal women and, despite common belief, these symptoms are not part of the normal aging process. 

Successful treatment is possible.

**Common symptoms:** vaginal dryness, irritation, decreased lubrication and pain with intercourse, pain with urination and increased leaking of urine

**What can I do about it?**
- Try white cotton underwear, avoid fragrance-containing products.
- Try vaginal lubricants and moisturizers.

**Ask your doctor about prescription treatments.**
- Vaginal estrogen is the gold standard treatment.
- Breast cancer survivor? Discuss with your oncologist.

HRT: hormone replacement therapy or systemic estrogen