



Options for Vaginal Dryness

Women of various stages of life can experience vaginal dryness. Vaginal dryness occurs when there is a drop in estrogen levels and can lead to painful intercourse, yeast infections, UTIs, and discomfort throughout the day. Breastfeeding mothers, menopausal women, and women undergoing chemotherapy most commonly experience vaginal dryness.



Compounding a preparation to treat vaginal dryness can offer a variety of options for women. Estradiol (primary form of estrogen) creams and gels are most commonly used, however, can be problematic if not balanced with progesterone or if a woman has had estrogen-dependent cancer. Estriol (the weaker form of estrogen produced during pregnancy) and oxytocin are alternative options for women who are not ideal candidates for estradiol. Our compounding pharmacist will work with a woman and her physician to tailor the dose, dosage form, and active ingredient to best suit the individual patient. Treatment can also be adjusted as a woman's needs change. Compounded vaginal preparations can be made without vaginal irritants and chemicals that may be present in commercially available medications.

A study was conducted to assess the effect of vaginal oxytocin gel in postmenopausal women. 96 postmenopausal women who reported symptoms of vaginal dryness and sexual dysfunction were split into two groups, 48 received oxytocin vaginal gel, and 48 received placebo. At the conclusion of the study, the women receiving oxytocin reported significant improvement in their symptoms.

<https://www.aafp.org/afp/2011/0401/p807.html>

Another treatment option is ultra-low dose estriol vaginal gel. A total of 167 women were included, 114 received estriol, and 53 received placebo. The estriol gel patients showed great improvement in all vaginal signs evaluated. When considering therapies, estriol vaginal gel was shown to be a promising option for treating postmenopausal vaginal dryness.

https://journals.lww.com/menopausejournal/Abstract/2012/10000/The_therapeutic_effect_of_a_new_ultra_low.14.aspx

Our pharmacist can also suggest nutritional supplements that may help with vaginal dryness and enhance lubrication, including:

- Vitamin E
- Vitamin D
- Hyaluronic Acid
- Omega-3 Fatty Acids
- DHEA

Talk to our pharmacist to find out how our compounding pharmacy can create a treatment that is individualized for your stage of life and health history.

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Service of the Month! Ear, Nose, and Throat (ENT) Therapy

ENT is a common medical field that deals with basically anything above the shoulders that is not the eyes, brain, or teeth. ENT is often associated with seasonal allergies. Symptoms include:

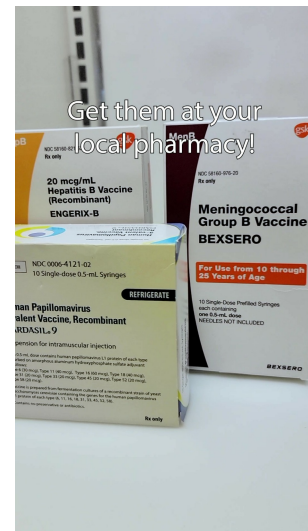
- Snoring
- Sore throat
- Runny nose
- Ear pain
- Difficulty breathing

There are many over-the-counter items that can help with ENT troubles. However, compounding can give you a wider range of solutions to fit your needs.

Learn More

Vaccine Requirements for College?

If you're off to school, you may be required to have up-to-date vaccines. Aside from COVID-19, here are **3 vaccines that schools may require** for on-campus living.

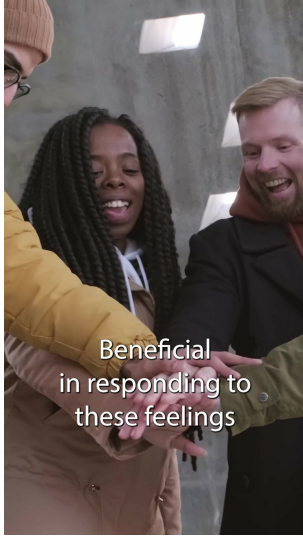


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- Diabetes in the workplace consultation
- Shared experiences from other clients with diabetes

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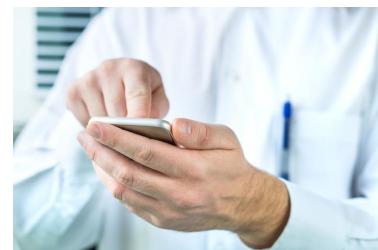
ClearSpring mobileRx app allows you to refill prescriptions on your mobile device at your convenience. You can refill multiple prescriptions on a mobile device by entering your prescription numbers, scanning the barcode on the prescription bottles, or using your Patient Profile.

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We care about our patients and want to provide you with quality information about your health. If you ever have questions or would like more information, please feel free to ask. We look forward to caring for you and your family.