Treating GSM without Estrogens

Lubrication and Vaginal Dilators

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Disclosures/Conflicts of Interest

Hope Haefner, MD has no disclosures or conflicts of interest related to this topic
Deconstructing the Genitourinary Syndrome of Menopause

Sex is Good for You!

Sex, dilators, or vibrators

- Increases vaginal blood flow
- Gently stretches vaginal tissues
- Prevents pelvic floor dysfunction
Reducing Dyspareunia: The Big 3

ACOG Recommendation #1

“Non-hormonal approaches are the first-line choices for managing urogenital symptoms or atrophy-related urinary symptoms experienced by women during or after treatment for breast cancer.”

- Vaginal lubricants
- Vaginal Moisturizers
Reduce friction

Vaginal Lubricants

Best results if used with a vaginal moisturizer
Apply to both partners before AND during

Avoid products with dyes, perfumes, flavors, “warming” or “stimulating” additives

Petroleum-based increase HIV transmission, degrade latex condoms, increase risk of vaginal infections (BV)
Water Based Lubricants: Pros and Cons

**PROS:**
- Inexpensive
- Compatible with condoms
- Safe with latex and silicone

**CONS:**
- Dry out easily, need to reapply
- Feel tacky over time
- Some contain glycerin (increase yeast and UTI?)

Water Based Lubricants

- Astroglide (Liquid, Gel Liquid)
- Good Clean Love
- Jo H2O
- Just Like Me
- K-Y Jelly
- Liquid Assets
- Liquid Silk
- Luvena
- Pre-Seed
- Slippery Stuff
- Sliquid Oceanics
- Sliquid Organics Silk
- Yes
Silicone Based Lubricants: Pros and Cons

**PROS:**
- Never dries out, can be used in water
- Compatible with latex (but not silicone or rubber)
- No glycerin

**CONS:**
- More expensive
- Difficult to wash off
- Impair sperm motility

Silicone Based Lubricants

- Astroglide (Silicone, X)
- I D Millenium
- Jo Premium
- K-Y Intrigue
- ONE Move

- Pink
- Pjur Eros
- Uberlube
- Wet Platinum
Non Hormonal Therapies

**Vaginal moisturizers:**

- Bio-adhesive polymers attach to mucin and epithelial cells on vaginal wall
- Can carry up to 60 times their weight in water
- Intended to replace normal vaginal secretions
- Can be applied externally
- Must be used on a regular basis
Vaginal Moisturizers

May contain glycerin

Help to moisturize vaginal lining

Make vaginal and vulvar tissues more pliable

May improve vaginal pH

One application lasts several days

Can use to moisturize external tissues

Can use to moisturize external tissues

Vaginal Moisturizers

• Emerita Personal Moisturizer
• Feminease
• Hyalo Gyn
• Juvagyn
• K-Y Liquibeads
• K-Y Silk-E
• Luvena
• Me Again
• Moist Again
• Replens
• Silken Secret
• Vitamin E capsules, oil, and suppositories
• Coconut oil
Some Concerns However...

• Some water based gels are hyper-osmolar, causing cellular toxicity and damage in vitro
  • Iso-osmolar and silicone based lubricants don’t have this effect
• Petroleum jelly reported to cause a 2.2-fold increase in BV compared to controls
• Increased colonization with candida species with the use of oils compared to non-users (44.4% vs. 5%, P<0.01)
• Preservatives such as propylene glycol and parabens can be irritants and allergens
• Try a 24 hour external application test before vaginal use

Safer Products

• Iso-osmolar lubricants
  • Good Clean Love
  • PRE Seed
• Propylene glycol-free
  • Sliquid H2O
  • Pjur Woman Bodyglide
  • Slippery Stuff
  • Good Clean Love
  • Jo Premium
Treating vulvovaginal atrophy/genitourinary syndrome of menopause: how important is vaginal lubricant and moisturizer composition?

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<thead>
<tr>
<th>Table 1</th>
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<tbody>
<tr>
<td>Moisturizers</td>
<td>Ingredients</td>
</tr>
<tr>
<td>Caneolintina Intimate Moisturizer</td>
<td>aqua, glycerin, glyceryl polymethacrylate, caprylylglycol, sorbitol, acrylates/C10-30 alkyl acrylate crosspolymer, sodium hyaluronate, sodium benzoate, sodium hydroxide, galactarabian, butylene glycol/Camellia japonica leaf/flower extract, tetratsodium EDTA, p-amin acid, levulinic acid</td>
</tr>
<tr>
<td>Gynemural Vaginal Moisturizing Gel</td>
<td>hop extract (Humulus lupulus), tocopherol acetate (vitamin E), purified water, propylene glycol, denatured ethanol, soya lecithin (E322), carboxomer, methyl 4-hydroxybenzocate (E219), chlor孀l,imidazolidinylurea, triethanolamine, sodium edetate, hyaluron</td>
</tr>
<tr>
<td>Hyalofemme Vaginal Hydrating Gel</td>
<td>hyalur-D (hyaluronid acid derivative), propylene glycol, carboxomer, methyl 4-hydroxybenzocate, propyl 4-hydroxybenzocate, sodium hydroxide, purified water</td>
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Use Water Based Lubricants in Shower

What Are My Other Options?
Local Anesthetic

5% lidocaine ointment: applied before sex

4% aqueous lidocaine: applied before sex, decreased pain with penetration by 90% compared to placebo


Vaginal Steroids
Pelvic Floor Muscles Training to Reduce Symptoms and Signs of Vulvovaginal Atrophy: A Case Study


- Intravaginal trigger point and massage therapy
- Muscle strengthening and relaxation exercises
- Improves the flexibility of paravaginal tissues
- Decreases hypertonicity
- Improves strength

- Biofeedback
- Dilation work
- One-on-one therapy

Significant reduction in dyspareunia, improved sexual function, more pain-free encounters

• Goldfinger et al., 2009
Do You Know Why Eye Doctors Live So Long?
Treat with Dilators
More Thoughts on Drying Racks

Vibrators
Clitoral Suction Cups/Stimulators

UPTODATE

- Smoking cessation
- Alternative and complementary therapies
  - Oral vitamin D and vaginal vitamin E (efficacy data are limited and/or discordant)
  - Oral and vaginal probiotics to alter the vaginal microbiota could be beneficial
    - Comprehensive trials are needed for validation
- Women who use an alternative or complementary treatment should check with the manufacturer regarding whether the product contains estrogen or other hormones
Complementary Alternative Medicine Options (Urogenital Symptoms)

• Phytoestrogens (soy, red clover)
• Black Cohosh
• Vitamins (D and E)
• Oral pilocarpine
• Hyaluronic acid

• Others:
  • Nettle
  • Comfrey root
  • Don quai root
  • Motherwort
  • Wild yam
  • Bryonia
  • Fennel
  • Acidophilus

Treatment of Female Sexual Dysfunction

Sex Therapy

Mindfulness Based Cognitive Behavioral Therapy

• Improved FSFI domains of desire, arousal, lubrication, orgasm, satisfaction, and overall FSFI score
• Reduced sexual distress and increased perceived genital arousal
  • Brotto, LA, et al. 2012
Practice Safe Sex