



UH Sussex Menopause Cafe

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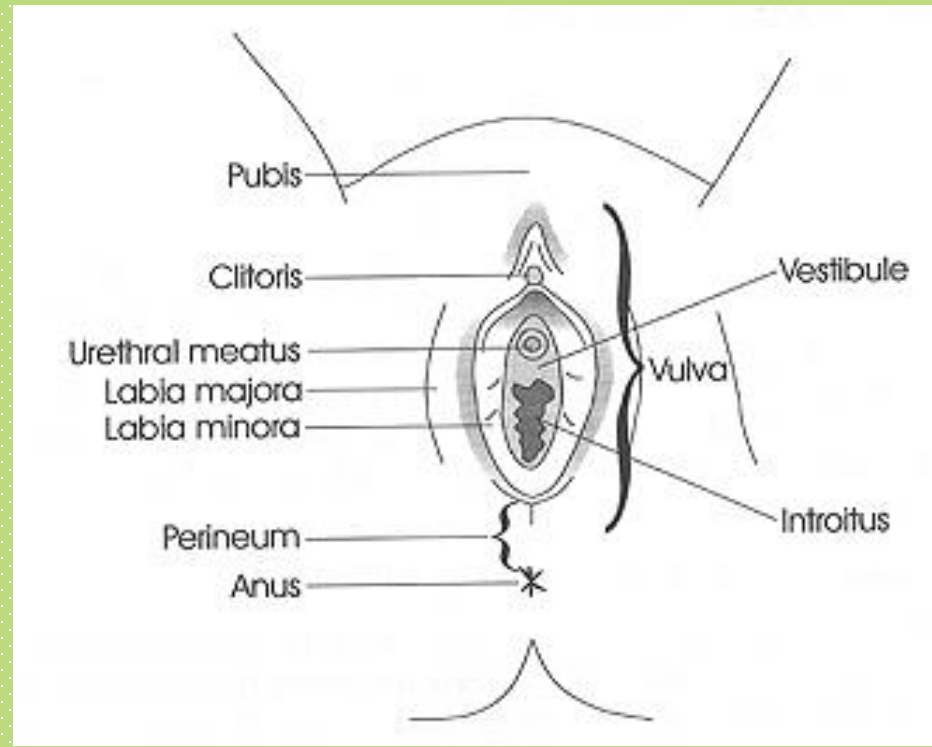
GP and Menopause Specialist

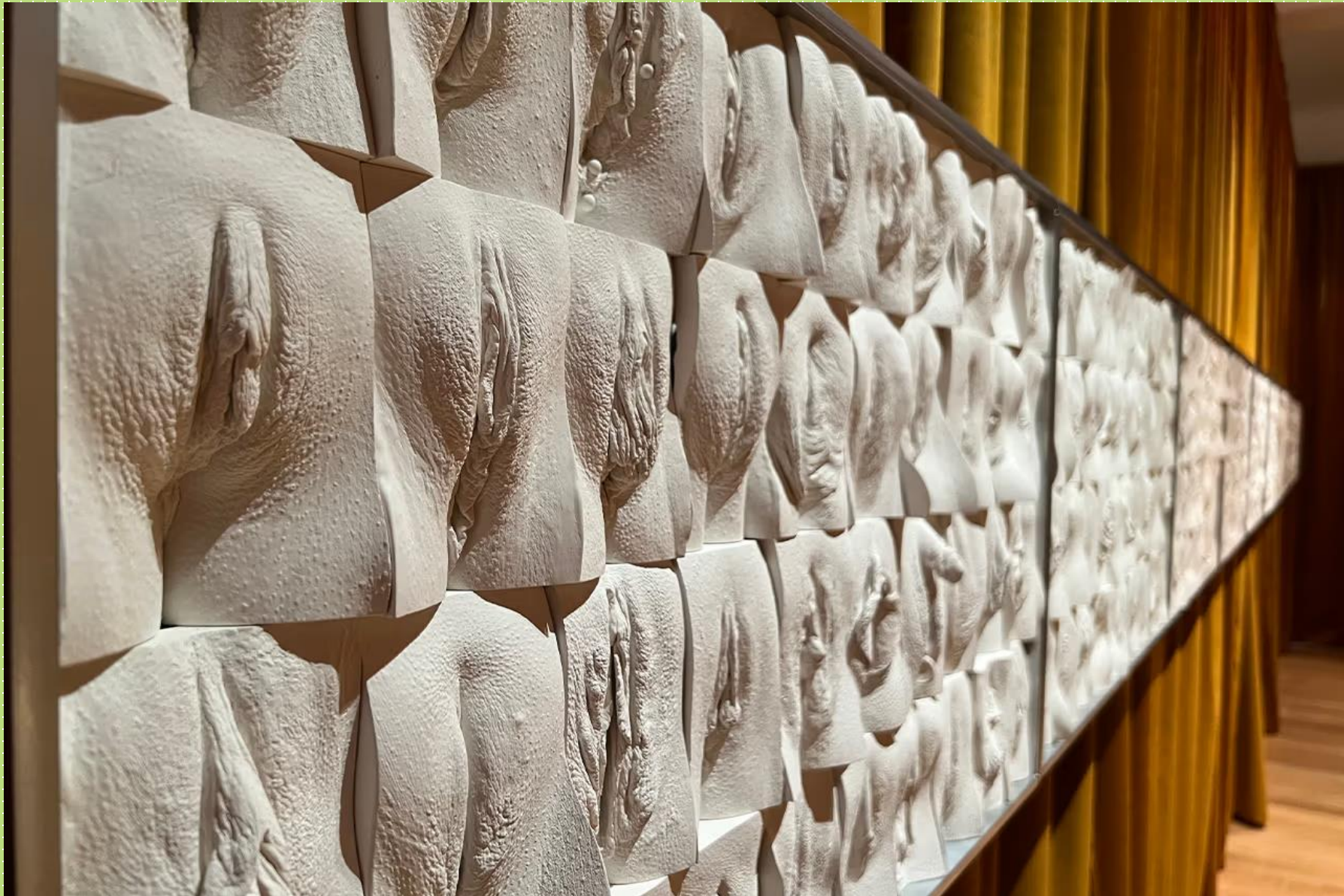
Langley House Surgery & Clinic51

The Genitourinary System in Menopause

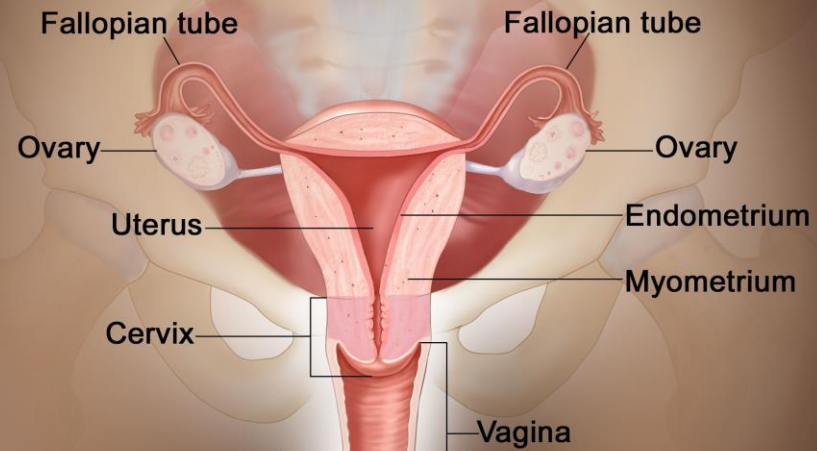
- Anatomy
- General Care
- Common problems
 - Genitourinary syndrome of the menopause (GUSM)
 - Incontinence
 - Prolapse
 - Urinary tract infections
 - Other skin problems

Anatomy



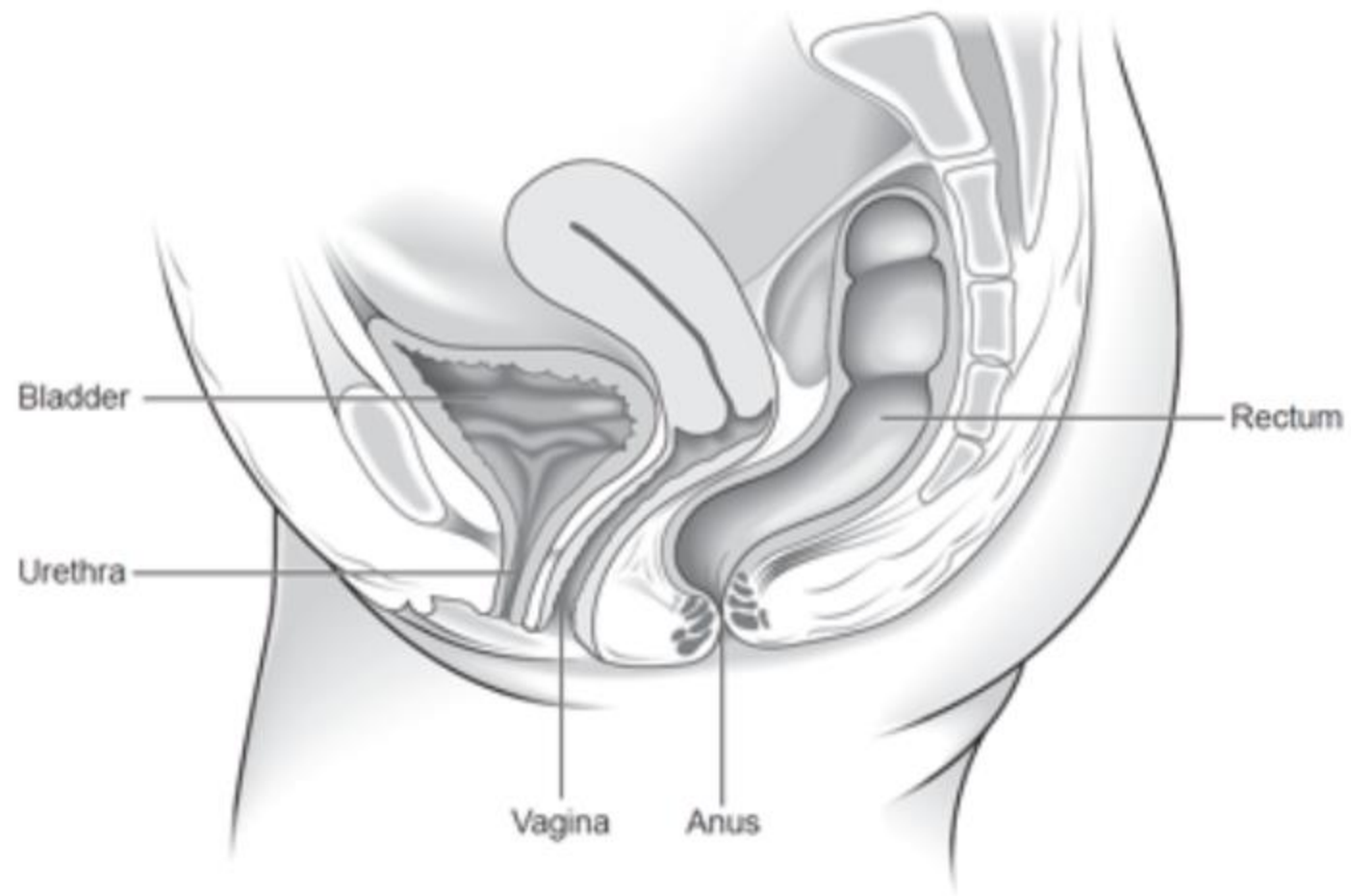


Female Reproductive System

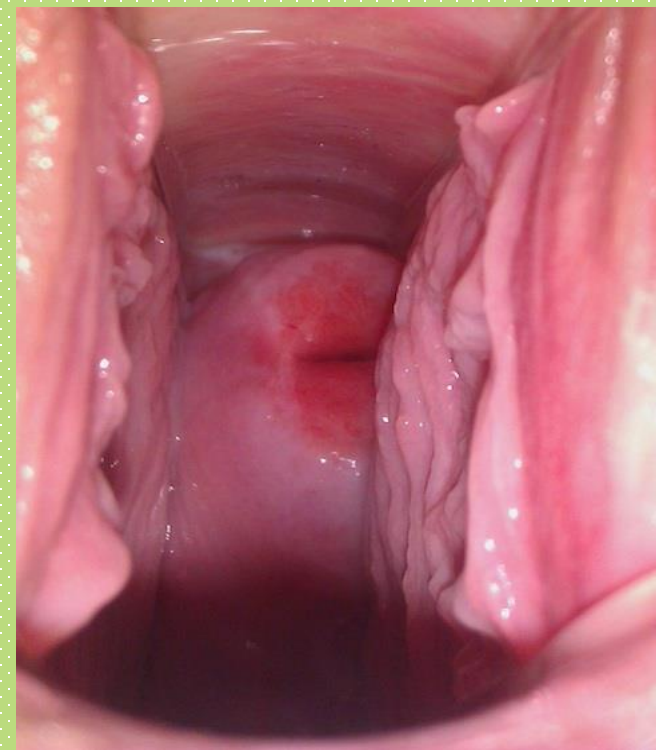
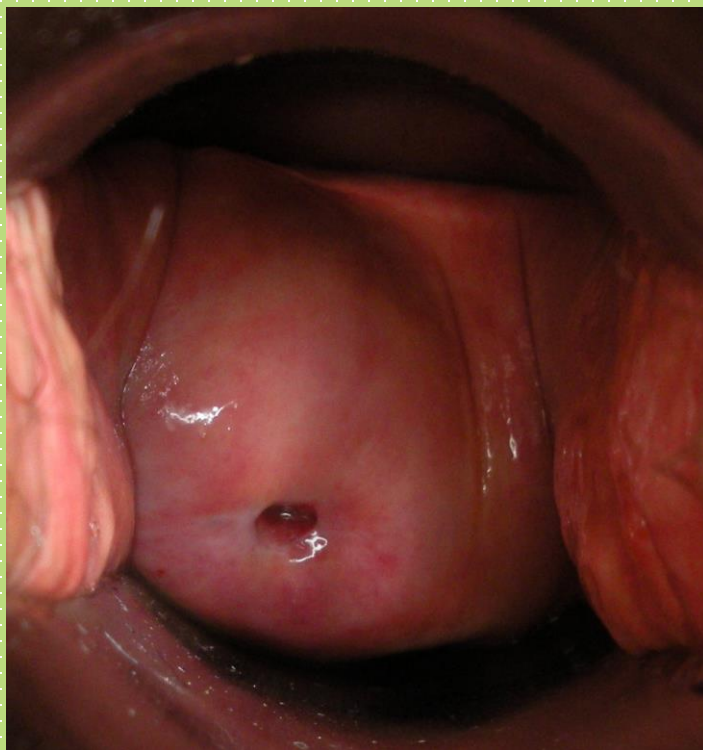


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Normal female pelvis



The Genitourinary System in Menopause

- Anatomy
- General Care
- **Common problems**
 - Genitourinary syndrome of the menopause (GUSM)
 - Incontinence
 - Prolapse
 - Other skin problems

GUSM

- Common problem (up to 84% of postmenopausal women)
- Under reported
- Can worsen with age

GUSM

- Numerous symptoms
 - Genital dryness
 - Decreased lubrication during sexual activity
 - Discomfort or pain during sexual activity
 - Post-coital bleeding
 - Decreased arousal, orgasm, desire
 - Irritation, burning, or itching of the vulva or vagina
 - Urinary frequency and urgency

GUSM Treatments

- Vaginal moisturisers (YES range, coconut oil)
- Vaginal lubricants (YES range, coconut oil)
- Vagina oestrogen
 - Pessary
 - Cream
 - Gel
 - Ring
- Systemic HRT



Incontinence

- Incontinence
 - Urge
 - Stress
 - Mixed
- Overflow
- Total incontinence

Stress

- Reduce bladder pressure
- Containment products i.e. pads
- Pelvic floor exercises
 - Multiple times a day for 3 months
 - Get help
 - Online
 - App (Squeezy)
 - Gaming!
 - NHS or private physio referral



Stress

- GP assessment, including examination of the genitourinary system
- Referral to urology for consideration of surgical treatments

Urge

- Usually due to bladder over-activity
- Avoid bladder irritants – caffeine, alcohol
- Complete a bladder diary
- See GP
 - Bladder retraining
 - Medication to reduce irritability

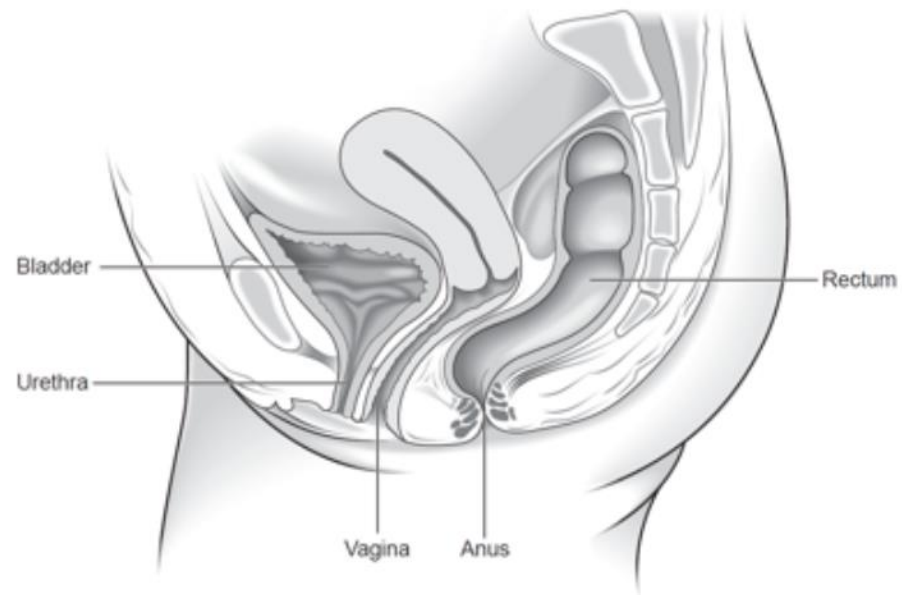
Bladder Diary

Date Name Jane Jones

Day 1 DoB ...20/09/57

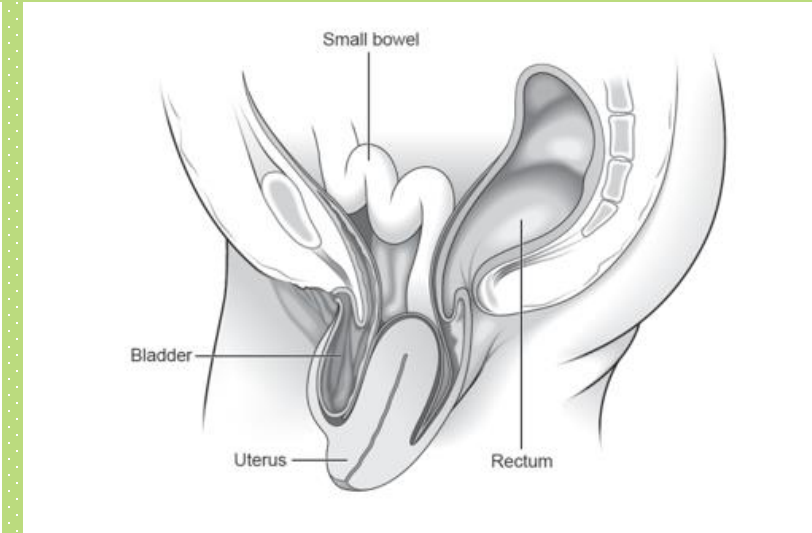
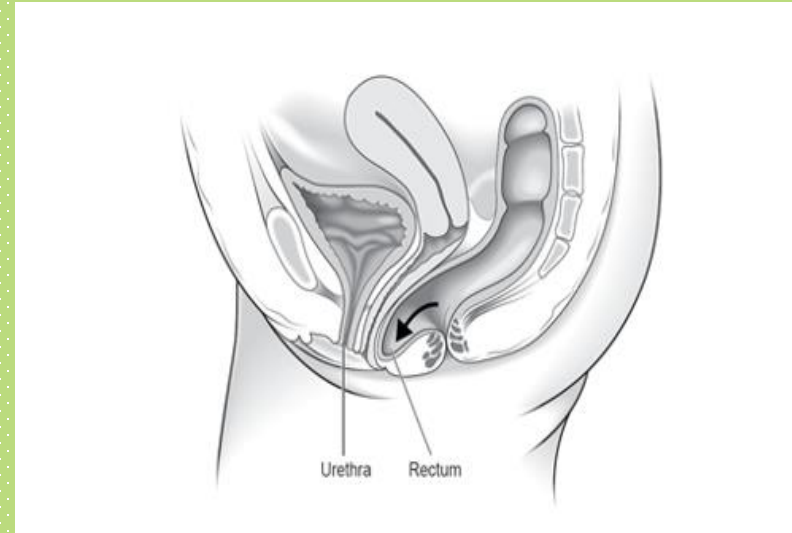
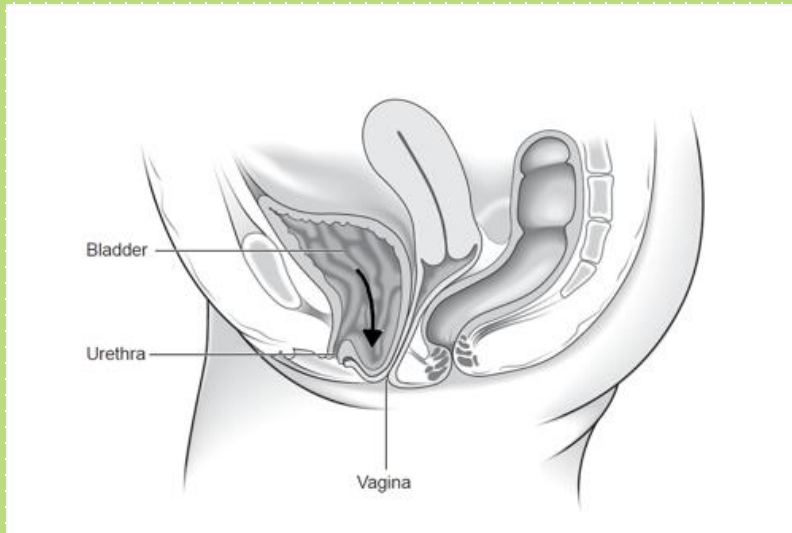
Fluid in			Urine out		Comments		
Time	Type of drink	Amount of drink (ml)	Time	Amount in ml	How urgent 1-3 3 = most urgent	Activity at the time e.g. reaching front door	Leakage damp / wet / soaked
			02.30	370	2	Woke to use toilet	None
			05.30	200	3	Woke to use toilet	Wet
07.30	Orange juice	150	07.45	150	2	Brushing teeth	Damp
	Coffee	300					
08.00	Coffee	230	08.20	110	3	Waited too long	Wet
09.00	Water	100					
	Diet	330					

Prolapse



Normal female pelvis

<https://www.rcog.org.uk/for-the-public/browse-our-patient-information/pelvic-organ-prolapse/>



Prolapse

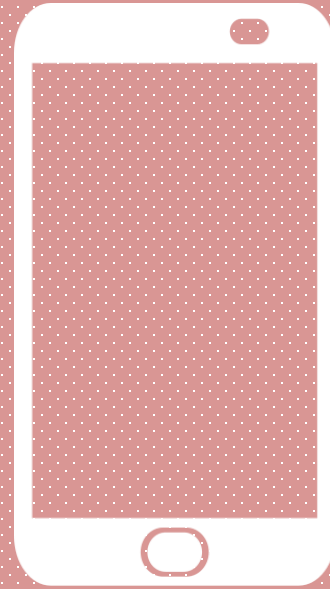
- Reduce pressure on the pelvic floor
- Pelvic floor exercises
- Support devices i.e. ring pessary or contrelle device
- Referral for surgery

Urinary Tract Infections

- General Care – adequate fluid intake, empty bladder regularly, wipe front to back, empty bladder after sex
- Consider genitourinary syndrome of the menopause as a cause
 - Trial vaginal oestrogen
- Cranberry products and D-mannose can help by changing the environment for bacteria
- See GP and send a urine sample to the lab

Top Tips

- Learn what your vulva looks like and how to describe it
- Drink well, empty your bowels and bladder regularly
- Wash with appropriate products
- Regular pelvic floor exercises
- Avoid/limit caffeine and alcohol
- Pass urine before and after sex
- Use vaginal lubricants and moisturisers for comfort



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Clinic51 offer an NHS/public sector 10% discount

Clinic 51 is fundraising for The Menopause Charity (<https://www.justgiving.com/fundraising/clinic51>)