

VAGINAL ESTROGEN SAFETY

WHAT IS VAGINAL ESTROGEN FOR?

Vaginal estrogen therapy is a commonly used treatment for women experiencing symptoms of vaginal dryness, itching, irritation, urinary symptoms, and pain during intercourse. These symptoms result from decreased estrogen levels, which lead to changes in your vaginal microbiome, thinning, and inflammation of the vaginal tissues. By delivering estrogen directly to the affected area, it helps to restore the health and function of your vaginal tissues, providing significant relief!

WHEN YOU HAVE A HISTORY OF BREAST CANCER

For women with breast cancer or a history of the disease, managing these symptoms can be more complex due to concerns about hormone exposure. Many women with breast cancer, particularly those undergoing treatments like aromatase inhibitors, experience severe vaginal symptoms that do not respond to non-hormonal treatments. Recent studies, including those highlighted by BreastCancer.org and the North American Menopause Society (NAMS), suggest that low-dose vaginal estrogen therapy may be safe for women with breast cancer. **These studies have shown that low-dose vaginal estrogen does not significantly increase systemic estrogen levels**, which is a critical consideration for women with hormone receptor-positive breast cancer. The therapy should be used under the guidance of our clinic, as we give careful consideration to your individual cancer journey and current therapies. We will ensure you receive regular monitoring that is essential to ensure the therapy's safety and effectiveness.

How is Vaginal Estrogen Used?

Vaginal estrogen is available in several forms, each designed to deliver estrogen directly to your vaginal tissues:

- Creams: Applied directly to the vaginal area.
- Rings: Inserted into the vagina, releasing a consistent dose of estrogen over time.
- Tablets: Placed in the vagina, delivering estrogen where it is needed.

These forms of therapy are designed to minimize systemic absorption, focusing the treatment on the vaginal tissues to reduce the risk of side effects. This is a decision we can make together, and I would love to discuss the safety of this regimen with you further!