



### Genitourinary Syndrome of Menopause (GSM) | Symptom Checklist

Urogenital problems are very common in menopause and can involve the vagina, vulva and bladder. Over 70% of women may be affected. Left untreated, symptoms can become worse, so seek help early.

NICE guidelines state that declining oestrogen in menopause can cause significant urogenital problems, but these are often under-treated. The guidelines also state that local oestrogen treatments can be:

- Offered and used long term without risk, including by women who may be unable to consider systemic HRT
- Used alongside systemic HRT without risk
- Used alongside vaginal lubricants and moisturisers

Symptoms may include:

Symptoms	Yes	No	Details
Abnormal vaginal bleeding			
Bladder infection			
Bleeding after sex			
Burning sensations to the vulva or vagina			
Changes to vaginal discharge			
Dryness of the vulva or vagina			
Itching of the vulva or vagina			
Irritation of the vulva or vagina			
Loss of vaginal lubrication			
Painful sex			
Painful smear tests			
Physical changes to the vulva, labia or clitoris			
Prolapse of pelvic organs			
Skin irritation - soreness, splitting, thinning			
Stress incontinence			
Unexplained pelvic pain			
Urge incontinence			
Urinary Tract Infections (UTIs)			
Urinary Frequency			
Urinary urgency			

#### Useful Links

BMS | Summary NICE guidelines | [www.thebms.org.uk](http://www.thebms.org.uk)

Women's Health Concern Factsheet | Urogenital problems | [www.womens-health-concern.org](http://www.womens-health-concern.org)

Women's Health Concern Factsheet | Vaginal dryness | [www.womens-health-concern.org](http://www.womens-health-concern.org)