

## PATIENT INFORMATION

# Vaginal Health

The logo for the Breast Care Unit features a stylized, light blue outline of a breast. The text "Breast Care Unit" is written in a grey, sans-serif font, centered within the outline of the breast.

Breast  
Care  
Unit

- Vaginal atrophy is very common as women age
- It is much more common if you are taking an Aromatase Inhibitor
- 80% of women taking an Aromatase Inhibitor (Anastrozole, Letrozole, Exemestane) experience vaginal discomfort
- the key is to manage early before it becomes a problem
- The longer it is left before managing – the harder it is to get on top of symptoms

## **Washing**

Avoid using perfumed washes and soaps in and around your vagina.

Use a soap substitute such as Dermol or hydramol.

Wash only once a day – over cleaning aggravates symptoms.

Apply emollient to moisturise.

**Emollients** - (Hydramol, Epaderm, Diprobase, Dermol, Aveeno)

It is recommended to moisturise your vulval skin 4-5 times a day as this will protect the skin and prevent flare ups even if you do not have symptoms.

Find an emollient that suits you – you may need to try a few.

If the skin is irritated – keep the emollient in the fridge and dab on to cool and soothe the skin as and when needed.

## **Clothing**

Wear loose fitting cotton underwear

Symptoms of burning can be relieved by applying an ice pack or frozen gel pack wrapped in a towel to the skin. Do not apply the pack directly to the skin.

Itch – treat with antihistamines.

Use non biological washing powder

## **Avoid – as can irritate:**

- Over the counter creams – tea tree/ aloe vera/ antiseptic
- Creams or lotions with petroleum jelly inside your vagina
- Wearing sanitary pads on a regular basis

A stepwise approach:

1. Moisturise – use emollients
2. YES moisturiser or Hylafemme
3. Lubricate for intercourse – YES lubricants

If symptoms persist, please talk to your breast care nurse. Vaginal oestrogen could be considered.

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For further assistance or to receive this information in a different format, please contact the department which created this leaflet.