

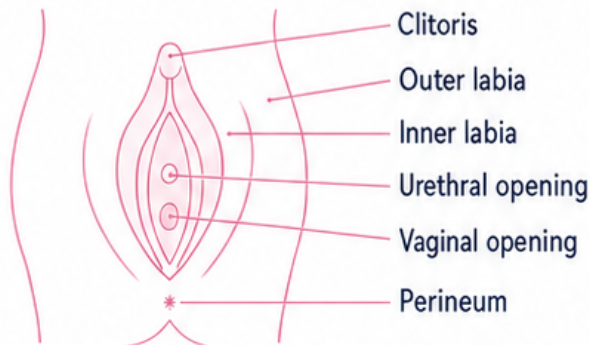
Know Your Vulva, Vagina & Bladder™

A simple, respectful guide to where common midlife symptoms may be felt.



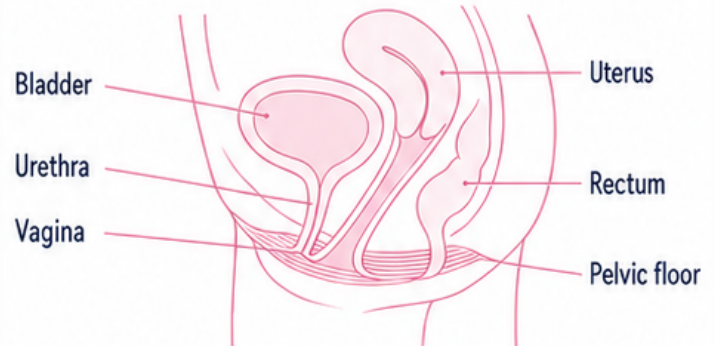
Knowing the correct words can make it easier to describe a symptom, ask questions and receive appropriate care.

1. The External Area: The Vulva



The vulva is the external genital area. Dryness, burning, itching, tenderness or skin changes may be felt here.

2. The Internal Connections



The vagina is the internal canal. The urethra carries urine from the bladder. These tissues sit close together, which is why symptoms can sometimes overlap.

3. Where Do You Feel It?



Outside

Burning, itching, tenderness, skin changes or discomfort with wiping.



Inside the Vagina

Dryness, tightness, pain with penetration or discomfort during an exam.



Near the Bladder or Urethra

Urgency, frequency, pressure, burning with urination or repeated UTIs.



Deeper in the Pelvis

Pressure, heaviness, pain, bulging or trouble emptying the bladder or bowel.

4. Words I Can Use

Circle or note the area, then describe what you feel.

Location: _____ Sensation: _____ When it happens: _____



Gentle Reminder

You do not need to know exactly what is causing a symptom before asking for help. A clear location and description are a useful beginning.



Martine's Midlife Wellness Tip

Use everyday words first, then point to the body map if needed. Clear communication matters more than perfect terminology.



Seek medical care for a new sore, lump, skin change, unusual discharge or odor, persistent pain, blood in urine or any postmenopausal bleeding.