



Vaginal Estrogen Conversation Card™

Use these questions to understand whether local vaginal estrogen may be appropriate for your symptoms.



Local vaginal estrogen is prescribed in low doses for genitourinary symptoms of menopause. Your health history, symptoms and preferences belong in the decision.

1

Clarify the Goal



- ☐ Which of my symptoms may improve?
- ☐ Could it help vaginal dryness or painful sex?
- ☐ Could it help urinary symptoms or repeated UTIs?
- ☐ How will we know whether it is working?

2

Compare the Forms



- ☐ What are the differences between cream, tablet, insert and ring?
- ☐ Which form may be easiest for me to use?
- ☐ Does placement or applicator use matter?
- ☐ What would this option cost?

3

Understand How to Use It



- ☐ How often would I use it at the beginning?
- ☐ What is the maintenance schedule?
- ☐ What should I do if I miss a dose?
- ☐ How long might treatment continue?

4

Review Safety



- ☐ What side effects should I watch for?
- ☐ How much is absorbed into the bloodstream?
- ☐ Do I need progesterone with this dose?
- ☐ Are follow-up exams or tests needed?

5

Discuss My Health History



- ☐ Does my personal or family history change the decision?
- ☐ Does a history of breast or uterine cancer require specialist input?
- ☐ Could this interact with my current treatment?
- ☐ Who should be included in shared decision-making?

6

Plan for Follow-Up



- ☐ When should I expect to notice improvement?
- ☐ What if symptoms do not improve?
- ☐ Which symptoms should I report promptly?
- ☐ When should we review the plan?



My Notes for the Visit

My most bothersome symptom: _____
 What I have already tried: _____
 My biggest concern or question: _____

Helpful to Bring



Medication and supplement list



Cancer and gynecologic history



Recent symptom notes



List of products already tried



Local vaginal estrogen is different from systemic hormone therapy used throughout the body. Ask how the expected absorption, benefits and risks compare.



Gentle Reminder

This card supports an informed conversation. It cannot determine whether a prescription treatment is appropriate for you.



Martine's Midlife Wellness Tip

Lead with the symptom affecting daily life most. A specific example often makes the treatment goal easier to discuss.



Report any postmenopausal bleeding promptly. Seek care for blood in urine, severe pelvic pain, a new breast change or another concerning symptom.