



When Vaginal Symptoms Need Medical Care™

Use the symptom and timing, not guesswork, to choose an appropriate next step.



Dryness and irritation can occur around menopause, but new, persistent or changing symptoms deserve attention because menopause is not the only possible cause.

Choose the Level That Fits



1 MAKE A ROUTINE APPOINTMENT

Arrange a nonurgent visit when you notice:

- Dryness, burning, itching or tenderness that continues
- Pain with sexual activity or a pelvic exam
- Urinary urgency, frequency or repeated UTIs
- Symptoms that do not improve with gentle self-care
- A concern affecting comfort, sleep, intimacy or daily life



Track when symptoms occur and what you have already tried.



2 CONTACT A HEALTHCARE PROFESSIONAL PROMPTLY

Ask for timely guidance if you notice:

- Any bleeding or spotting after menopause
- Bleeding after sexual activity
- Blood in urine
- A new sore, blister, lump, ulcer or persistent skin change
- Unusual discharge, strong odor or worsening pelvic pain
- Burning with urination, especially with fever or back pain



Do not wait for the symptom to become severe before calling.



3 SEEK URGENT CARE NOW

Seek urgent evaluation for:

- Severe or rapidly worsening pelvic or abdominal pain
- Heavy bleeding, fainting, marked weakness or dizziness
- Fever with shaking chills, vomiting or severe urinary symptoms
- Inability to pass urine
- Severe swelling, spreading redness or signs of a serious reaction



Call 911 for severe bleeding, fainting, trouble breathing or another medical emergency.

What to Note Before You Call

Where is the symptom? _____

When did it begin? _____

Is it constant or occasional? _____

Any bleeding, discharge or urinary changes? _____

What makes it better or worse? _____

What products or treatments have you tried? _____

Avoid starting several new creams, washes or remedies before an evaluation.
They may irritate tissues or make the pattern harder to interpret.



Gentle Reminder

You do not need to identify the cause before seeking care. Your job is to describe what you notice; evaluation belongs with the appropriate healthcare professional.



Martine's Midlife Wellness Tip

Use direct words when you call: where the symptom is, how long it has lasted and whether bleeding, fever or urinary symptoms are present.