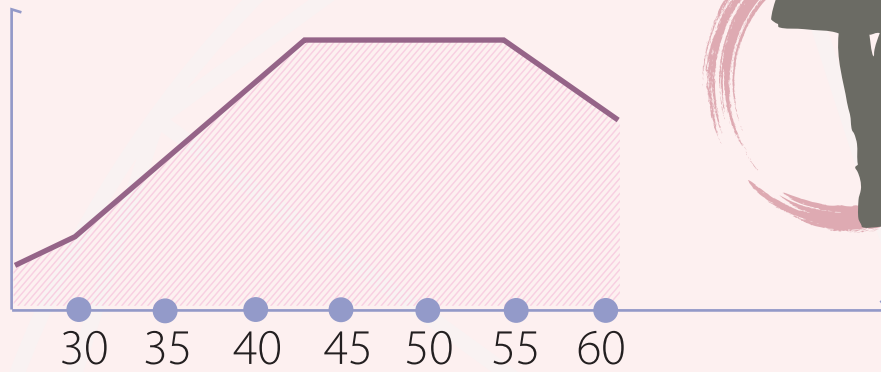


Menopause

Most women go into menopause between the ages of 40 and 50. The symptoms might appear as early as 30, and sometimes not until after 60. Few people realize that the first signs of menopause appear about 5 years earlier.



THE 5 SIGNS OF MENOPAUSE

- 1.
 - 2.
 - 3.
 - 4.
 - 5.
1. Irregular menstrual cycles
 2. Hot flashes
 3. Vaginal dryness
 4. Painful sexual intercourse
 5. Broken sleep

WHAT SHOULD I DO?

- 1.
 - 2.
 - 3.
 - 4.
1. Don't be ashamed – ask your doctor for advice
 2. Regular gynecological check-ups
 3. Regular exercise
 4. Good diet

What can I do about
• VAGINAL •
Atrophy?

Vaginal atrophy can cause dryness, irritation, burning sensations and pain during sexual intercourse, affecting up to about 40% of postmenopausal women. To counter these, as well as to improve elasticity and trophic supply to the skin, one option is to use the latest laser techniques such as CO₂ laser