

# WHAT IS VAGINAL ESTROGEN CREAM?

Vaginal estrogen cream is a low-dose, locally applied hormone treatment. It delivers estrogen directly to vaginal tissues to improve tissue health and relieve symptoms.

It is different from systemic hormone therapy (such as pills or patches).

## Benefits of Vaginal Estrogen Cream

- Restore vaginal moisture
- Improve tissue thickness and elasticity
- Reduce dryness, burning, and irritation
- Improve comfort with daily activities and sexual intercourse
- Support long-term vaginal and vulvar health

## KEY MESSAGE

Vaginal symptoms related to menopause are common and treatable. Vaginal estrogen cream is a safe and effective option to improve comfort, tissue health, and quality of life.