

QUESTION OF THE WEEK



**Rex
Stubbs, M.D.**

SPECIAL TO THE NEWS-PRESS

Sex after menopause

Q: I experienced menopause three years ago and have developed vaginal dryness and sex is painful. Is there any connection?

A: Unfortunately this experience is common after menopause and subsequent to treatment of breast cancer. The lowering of estrogen levels in both of these circumstances often results in vaginal dryness, painful intercourse and urinary

See Sex, Page 8D

Sex

Continued from Page 1D

symptoms. Lubricants often diminish symptoms initially but become ineffective as the changes progress. Treatment traditionally has been the use of vaginal creams or tablets that contain estrogen. Vaginal estrogens are moderately effective in treating this problem but have safety concerns with prolonged use and typically are not used if a personal history of breast cancer exists.

Fortunately, a new option exists that has recently been FDA approved. MonaLisa Touch is a type of laser

therapy developed and widely used in Europe for several years with very promising results. This treatment is painless, brief and performed in the office. Results include restoration of a premenopausal vaginal lining and lubrication that eliminates painful intercourse. Although improvement is almost immediate, three treatments over 12 weeks are required to achieve long lasting results. This procedure is now available in Southwest Florida through Physicians' Primary Care.

Dr. Rex Stubbs is an obstetrician/gynecologist with Physicians' Primary Care of Southwest Florida in the Fort Myers office at 9021 Park Royal Drive (239-432-5858) www.ppcswfl.com.
