

## Genitourinary Syndrome of Menopause (GSM)

### What is GSM?

**Genitourinary Syndrome of Menopause (GSM)** is a common condition that happens when oestrogen levels drop during menopause.

Oestrogen keeps the tissues of the: Vagina, vulva, bladder and urethra healthy, elastic and well lubricated.

When oestrogen decreases, these tissues become thinner, drier and more sensitive. This can cause uncomfortable urinary and vaginal symptoms.

GSM is very common and affects up to 50-70% of women after menopause — but many women don't talk about it. The good news is: help is available and symptoms can improve a lot with treatment.



### Common symptoms

You may notice:

#### Vaginal symptoms

- Dryness
- Burning or irritation
- Itching
- Pain during intercourse
- Tightness
- Light bleeding after intercourse
- Recurrent vaginal infections

#### Urinary symptoms

- Urinary urgency or frequency
- Leaking urine
- Pain with urination
- Recurrent UTIs
- Feeling of incomplete emptying

#### Pelvic symptoms

- Pelvic pressure or heaviness
- Discomfort with sitting or walking
- Reduced sexual comfort or pleasure

### Why does this happen?

Low oestrogen can cause:

- Thinner vaginal lining
- Less natural lubrication
- Reduced blood flow
- Weaker pelvic floor muscles
- Increased tissue sensitivity
- Reduced bladder support

This can lead to pain, leakage, and loss of confidence.

### How can pelvic physiotherapy help?

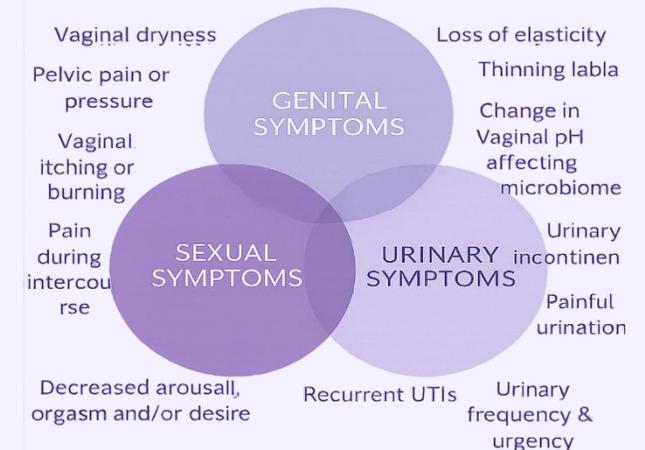
Pelvic physiotherapy is a safe, non-surgical, drug-free treatment option that helps restore comfort and function.

A specially trained pelvic physiotherapist assesses:

- Pelvic floor muscle strength
- Muscle tightness or spasm
- Bladder habits
- Pain triggers
- Posture and breathing
- Sexual pain patterns

Treatment is gentle, respectful and always explained first.

## GENITOURINARY SYNDROME OF MENOPAUSE



### Treatments may include:

- **Pelvic floor muscle training**  
**Improves bladder control**  
**Reduces leakage**  
**Improves support of pelvic organs**  
**Enhances sexual function**
- **Relaxation & pain relief techniques**  
**For tight or painful muscles**  
**Reduces burning and discomfort**  
**Improves comfort with intercourse**
- **Manual therapy (if needed)**  
**Gentle internal or external techniques**  
**Releases muscle spasm and scar tissue**  
**Improves blood flow**
- **Vaginal health education**  
**Moisturiser and lubricant advice**  
**Toilet habits**  
**Fluid management**  
**Bladder training**
- **Dilator therapy (when indicated)**  
**Gradual desensitisation**  
**Helps with pain and tightness**  
**Improves comfort during intercourse or exams**
- **Lifestyle guidance**  
**Exercise**  
**Bowel health**  
**Weight management**  
**Sexual positioning advice**

### Benefits of pelvic physiotherapy

Many women experience:

- ✓ **Less vaginal dryness and pain**
- ✓ **Reduced urinary urgency and frequency**
- ✓ **Better bladder control**
- ✓ **Fewer UTIs**
- ✓ **More comfortable intercourse**
- ✓ **Improved confidence**
- ✓ **Better quality of life**

### Is it safe?

**Yes. Pelvic physiotherapy is:**  
**Evidence-based, non-invasive,**  
**individualised, done at**  
**your pace and it is private and**  
**respectful**  
**You are always in control and can**  
**stop at any time.**

### Consider seeing a pelvic physiotherapist if you have:

- **Ongoing vaginal dryness or pain**
  - **Pain with intercourse**
  - **Urinary leakage or urgency**
  - **Recurrent UTIs**
  - **Pelvic discomfort or heaviness**
  - **Symptoms affecting daily life or intimacy**
- You do not need to “just live with it.”**

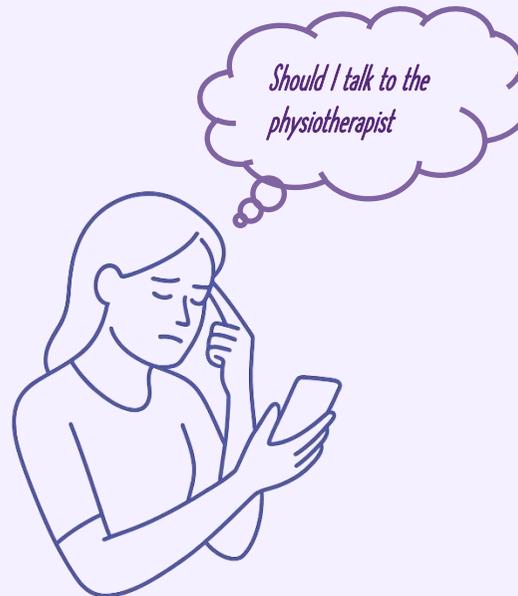
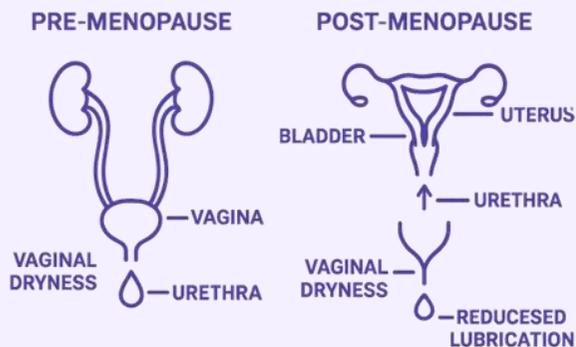
### ✦ Remember

**GSM is common.**

**It is treatable.**

**You deserve comfort and confidence.**

**If you would like support, speak to your**  
**healthcare provider or book a pelvic**  
**physiotherapy assessment.**



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