

Managing Vaginal Dryness in GSM: *When Standard Therapy Isn't Enough*

Vaginal Dryness Is Often GSM

Vaginal dryness in midlife and postmenopausal women is frequently part of **genitourinary syndrome of menopause (GSM)**—a chronic condition driven by declining sex steroid activity in vulvovaginal tissues.

Common symptoms include:

- Dryness, burning, irritation
- Dyspareunia
- Dysuria or urinary urgency
- Recurrent “UTI-like” symptoms

Without treatment, symptoms typically persist or worsen.¹

When to Suspect GSM

Consider GSM when patients present with:

- Postmenopausal status
- Persistent dryness despite OTC use
- Pain with intercourse or avoidance of intimacy
- Urinary symptoms without clear infection

GSM remains underdiagnosed and undertreated in clinical practice.¹

Treatment Approach

First-line (mild symptoms):

- Vaginal moisturizers
- Lubricants

Prescription options (moderate–severe):

- Low-dose vaginal estrogen
- SERMs
- Other local hormonal therapies

Treatment should be individualized based on symptom severity, patient preference, and clinical context.¹

When Standard Therapy Is Not Tolerated

While many patients respond well to commercially available therapies, some may:

- Experience local irritation or sensitivity to excipients
- Have difficulty tolerating the commercial base
- Require a lower or adjusted dose
- Discontinue therapy due to tolerability concerns

These patients may need an alternative approach to maintain adherence and symptom relief.

Massey Drugs Compounding Option

Compound	Designed for Patients Who	Features
DHEA (Dehydroepiandrosterone) 14.5 mg/g Anhydrous Vaginal Ointment (\$2/gram)	<ul style="list-style-type: none">• Do not tolerate standard formulations• Require a customized dosage• Need an alternative base	<ul style="list-style-type: none">• Anhydrous base (no water-based excipients)• Customized strength and formulation• Prepared based on prescriber specifications

The FDA does not review any compounded medication for safety or efficacy.

To Prescribe:

- **Access:** Practitioner Portal
- **Select:** Women’s Numbing, Pain & Dryness Blank
- **Questions?** 833.540.3500

References

1. The North American Menopause Society (NAMS). 2020 GSM Position Statement
2. American Urological Association (AUA), SUFU, AUGS. GSM Guideline

Some patients may not tolerate the base or dosage form of commercially available vaginal inserts, creating a need for alternative formulations in select GSM cases.

