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Dear patients,

As you know, sex provides an important time-out from the pressures of our daily lives and allows us to experience a quality level of closeness, vulnerability and sharing with our partners. But for many menopausal women, decreasing estrogen levels can result in a condition called vulvovaginal atrophy which makes sex painful. Now the good news--this month's e-news discusses the simple and effective treatment options to relieve your discomfort and revive your sexual intimacy. Also this month, we share information about a new *in vitro* fertilization (IVF) technique that has shown promising results reducing the risk of a rare IVF complication called ovarian hyper-stimulation syndrome.

As summer ends and we ease into fall, it seems schedules get more hectic and the weather isn't as accommodating to outdoor activities. But please don't let that stop you from taking time to exercise, eat right and enjoy some "me" time. Remember...you're worth it!

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### **New hormone offers promising results for couples trying to conceive**

British researchers reported that a naturally occurring hormone called Kisspeptin could be used to stimulate egg maturation in women requiring *in vitro* fertilization (IVF). The modified IVF treatment on trial, which is hoped to be safer than standard IVF, has led to 12 healthy babies being born from 53 women undergoing a single IVF treatment. [Read more.](#)

### **It's time to improve awareness about vulvovaginal atrophy treatments**

Vulvovaginal atrophy (VVA) is a common medical condition in which the vaginal walls thin and become dry due to decreasing estrogen levels usually associated with menopause. One of the chief complaints associated with this condition is painful intercourse. But despite the fact that VVA affects 45 percent of postmenopausal women, many women do not know that several very effective treatments are widely available. These include a daily pill and localized estrogen therapy. All such treatments are highly effective with few risks. [Read more.](#)

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