



Estrogen cream is a medication to treat **atrophy** (thinning) of the vagina. This thinning can be caused by shifting hormones and the aging process. Vaginal creams can also be used to treat dryness, itching and burning in and around the vagina. It has the added benefit of preventing bladder infections and decreasing pain with sexual intercourse.

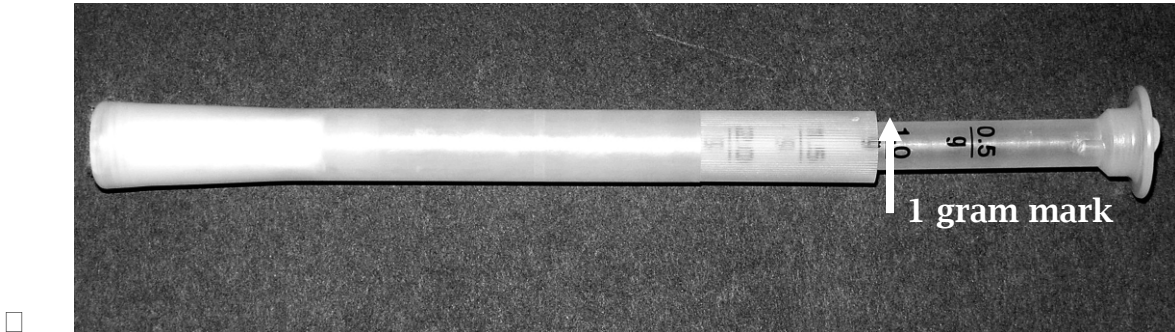
Unlike Estrogen pills, Estrogen cream has not been known to cause cervical or breast cancer. In fact, very little Estrogen cream is absorbed by the body. However, if you have a history of cervical or breast cancer, please make your gynecologist and oncologist aware of your Estrogen cream use.

The normal dose of Estrogen cream is 0.625mg/1 Gram. It is inserted in the vagina every other day of twice a week usually before going to bed.

## **Instructions for Use of Gentle Measure<sup>®</sup> Applicator**

1. Remove cap from tube.
2. Screw nozzle end of applicator onto tube.
3. **Gently** squeeze tube from the **bottom** to force enough cream into the barrel to provide the correct dose.
4. Unscrew applicator from tube.
5. Lie on back with knees drawn up, gently insert applicator into vagina and press plunger downward to its original position.

To Clean: Pull plunger to remove it from barrel. Wash with mild soap and warm water.



Use \_\_\_\_\_  Every night  
 Every other night  
 Twice a week For: \_\_\_\_\_

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