



VAIL HEALTHSPAN



YOUR PELVIC HEALTH
MATTERS

THRIVING THROUGH MENOPAUSE

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Pelvic health can have a meaningful impact on daily comfort, confidence, movement, and quality of life. The information below highlights common concerns during and after menopause, along with practical strategies that can support vaginal, urinary, bowel, and pelvic floor health.

Supporting Vaginal & Vulvar Health

Simple everyday habits can help support the natural balance of the vulvar and vaginal area.

- Wash the external vulva gently with water or a mild, unscented cleanser. Do not douche or clean inside the vagina.
- Avoid scented wipes, sprays, powders, deodorants, and fragranced bath products.
- Wear breathable underwear (cotton is best!) and change promptly after swimming or exercise.
- Use a water-based lubricant during intercourse.
- Support overall metabolic health and manage elevated blood sugar when present.

Understanding Vaginal Changes After Menopause; Vaginal Estrogen

Low-dose vaginal estrogen delivers a small amount of estrogen directly to the vaginal and urinary tissues. It is different from systemic hormone therapy used for menopause because very little estrogen enters the bloodstream.

Potential Benefits

Vaginal estrogen may:

- Reduce vaginal dryness, burning, and irritation
- Make intercourse more comfortable
- Improve urinary urgency and frequency
- Reduce the risk of UTIs after menopause

Vaginal estrogen is available as a:

- Cream
- Vaginal tablet or softgel insert
- Vaginal ring

Improvement may begin within several weeks, but full benefits can take 2-3 months because tissue healing takes time. Symptoms return if treatment is discontinued.



SUPPORTING REGULAR BOWEL MOVEMENTS

Pelvic health and bowel health are closely connected. Regular bowel movements and avoiding constipation can help support overall pelvic floor function.

- Gradually work toward approximately 25-30 grams of fiber daily, unless advised otherwise.
- Include vegetables, fruit, beans, lentils, whole grains, nuts, seeds, chia, and ground flax.
- Drink enough fluid to keep urine pale yellow, unless you have been given a fluid restriction.
- Move your body regularly; even walking can support bowel function.

EASY WAYS TO ADD MORE FIBER

Food	Amount	Approx. Fiber
Add chickpeas to your salad	¼ cup	~3 g
Mix chia seeds into yogurt or oatmeal	1 tablespoon	~5 g
Add ground flaxseed to a smoothie	1 tablespoon	~2 g
Top yogurt with raspberries	½ cup	~4 g
Add beans or lentils to soup, bowls or tacos	½ cup	~7 - 8 g
Add avocado to toast, salads or bowls	½ avocado	~5 g

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SUPPORT BLADDER & PELVIC HEALTH



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FOR INCONTINENCE:

- Kegels 3-5 sets of 10 x 10 second holds per day

Make sure to relax the pelvic muscles afterwards

ESTABLISHING A BOWEL ROUTINE:

Colons love consistency. It may take a couple of weeks for you to see results.

- Hot drink
 - Start your routine with a warm or hot drink.
- Belly breaths & spine rotation
 - Use relaxed belly breathing and gentle spine rotation to help encourage movement
- "ILU" abdominal massage
 - Incorporate an "ILU" abdominal massage as part of your routine.
- Squatty Potty
 - Use a footstool or Squatty Potty position to help support a more natural posture for bowel movements.

MOBILITY & RELAXATION

For these exercises, keep your pelvic floor relaxed.

CAT/COW EXERCISE

A simple movement to encourage mobility through the spine and pelvis.



PEC STRETCH ON A FOAM ROLLER OR WITH A ROLLED TOWEL

A gentle chest-opening stretch that can be incorporated into your mobility routine.



KEY TAKEAWAYS

Pelvic health is an important part of overall health through menopause and beyond. Small, consistent habits—from caring for the vulvar area and supporting vaginal health to staying active, maintaining regular bowel movements, and paying attention to urinary symptoms—can make a meaningful difference.

If you are experiencing persistent dryness, irritation, pain, urinary symptoms, bowel concerns, or incontinence, talk with your healthcare provider about your symptoms and treatment options.

TALKING WITH YOUR HEALTHCARE PROVIDER

Start by naming your symptoms.

Describe any:

- Vaginal dryness, itching, or burning
- Urinary urgency or leaking
- Pain with urination
- Pain with intercourse