

## Lubricants & moisturizers

Comfortable vaginal intercourse requires lubrication. In menopause, and at times before menopause, many women don't naturally produce enough lubrication when they need it. Vaginal dryness is a very common complaint, and for some women, it is constant, causing itching, burning, and soreness not only during sex, but throughout the day as vaginal tissues become dry enough to chafe, tear, or crack.

Vaginal dryness treatment can include moisturizers, creams or suppositories applied to the vagina by hand or with an applicator, supplementing or replacing natural vaginal moisturizers. Regular treatment is recommended—moist tissues are strong tissues.

Lubricants can be used to augment healthy vaginal tissues and make vaginal penetration—better.

# Lubricants & moisturizers an introduction

## The difference

Moisturizers and lubricants work very differently. Vaginal moisturizers are used regularly, not just for sex. They work to moisturize and strengthen vaginal tissues around the clock. Think of them more as prevention. Lubricants are a temporary replacement for vaginal wetness during intercourse, working to reduce friction for a short time only.

## How to use a moisturizer

Simply follow the application instructions included in the packaging.

If your vaginal tissues have been dry for some time, expect some discharge when you start using a moisturizer. It should clear up fairly quickly. If it doesn't or it gets worse, discontinue use and consult your doctor.

## How to use a lubricant

Using a lube is easy and allows for some sexy playfulness, once you get the hang of it.

With most lubes, about a quarter-sized dollop is needed for nice, slippery penetration, but check the instructions that come with the lube you choose. Some go further than others.

To avoid a cold shock, squirt the lube onto your hands first. Rub them together, and then apply to your body or your partner's, or to your toy. You can warm your lube in a mug of hot water (not in the microwave—too easy to burn yourself).

## Types of lubricants

Oils and oil-based lubes should not be used as a vaginal lubricant because they will change the pH of the vagina, encouraging bacterial growth. Oils will also break down latex condoms.

A water-based lube is always a healthy choice. Water-based lubes have a natural feel, are non-greasy and non-staining, and are safe to use with silicone intimacy objects.

Silicone-based lubes are long-lasting and work well under water. Silicone lubes never dry out; you will need warm water and soap to remove them from your skin. It can take some time for your vagina to eliminate silicone. Never use silicone-based lubes with silicone toys because they will ruin the toy's surface.

Hybrid lubes offer the benefits of both water and silicone lubes. They are non-tacky like water-based lubes, with a hint of silicone to make them long-lasting. They are easier to clean than a 100-percent silicone lube.

## Where can I buy mine?

Lubricants and moisturizers can be discreetly purchased at [MiddlesexMD.com](http://MiddlesexMD.com) or by calling 888-398-6763. You can also place your order by emailing [Orders@MiddlesexMD.com](mailto:Orders@MiddlesexMD.com).

MiddlesexMD is a safe, comfortable guide to the changes that come with menopause and how those changes can alter the way you experience sex. The site offers advice and products to help you maintain your sexuality for life.

Prices range from \$6 to \$28; see [MiddlesexMD.com](http://MiddlesexMD.com) for details

### Emerita

Moisturizer with vitamin E, aloe vera, chamomile, and calendula.



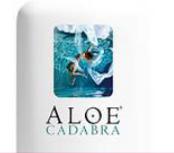
### YesVM

A long-lasting, natural vaginal moisturizing gel.



### Aloe Cadabra

95% aloe, water-based lubricant.



### Almost Naked

Water-based lubricant infused with a touch of lemon and vanilla.



### Pink Silicone

Fragrance-free, silicone-based lubricant with aloe and Vitamin E.



### Uberlube

Versatile, silicone-based lubricant and moisturizer.



### Sliquid Organics Silk

A hybrid lubricant infused with natural ingredients.



### Can't decide?

Our Personal Lubricant Selection Kit contains samples of our seven favorites.

