

# WOMEN'S MIDLIFE SPECIALIST



Women's Midlife Specialist  
Dr. Karen Leggett

## DRY DOWN THERE? FEEL LIKE YOURSELF AGAIN.

### The Happy Hoo Hoo Guide

Everything about  
Happy Hoo Hoo!

**ReBuilding. ReStoring.**  
100% Natural Organic Non-GMO



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I'm a board-certified physician in family medicine and geriatrics. And I have absolutely no problem telling you that for over 30 years, I could easily claim the title of "driest vagina in the world." It was so bad that I nearly alienated myself from my husband because of the pain.

I refused to accept that this problem was part of getting older, or something that I'd just have to "deal" with. So, I did something about it. I hope that what I have to share with you today will demonstrate that there's a solution for you, and that you don't have to suffer any longer.

## **I'M NOT JUST A DOCTOR, I'M ALSO A HAPPY HOO HOO CUSTOMER**

I've spent the last 17 years helping and supporting midlife women in balancing their sex hormones, stress hormones, thyroid hormones, and gut hormones to restore the youth and vitality to their quality of life. My personal suffering, while excruciating at the time, led me to my passion in life-- helping you find permanent relief and ultimately, reignite sexual intimacy with your partner.

## **Because you and I know that you can't even think about being intimate when you're in pain.**

And you're caught in a vicious cycle between feeling guilty and relief every time you get out of having sex. Even though you love your partner and would gladly make love to him if you felt better.

I want you to know that you're not alone.

There are A LOT of women going through this. In fact, most women never even tell their doctor they're having issues. They assume it's part of getting older and try to deal with it.

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## **Have you ever felt that way?**

Have you been spending months or years in pain and avoiding sex based on the assumption that there wasn't anything you could do about this?

## **I'VE BEEN EXACTLY WHERE YOU ARE NOW...**

My husband is amazing. He's the man I didn't deserve but God gave me anyway. There has never been a more patient man on this earth than my David. And I've certainly tested his patience over the years. When I was in my early thirties, my condition developed making intimacy a problem. Sex felt like "the Sahara Desert down there" and I couldn't get through it without sobbing.

I was desperate for a solution. I tried several products on the market, but they never worked for me long-term. **I even stifled my embarrassment and went to a sex shop because it was the only place I could find certain lubricant brands that weren't available anywhere else.**

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Nothing gave me lasting relief. It was either a temporary fix, or it was so messy and required a lot of preparation that it ruined any kind of spontaneity that David and I had.

Most of them were lubricants and not an actual healing treatment for my vaginal dryness. David remained understanding and patient. My reaction was less pleasant. I grew frustrated, angry, and full of resentment. Why was this happening to me?

**I was too young to experience these symptoms in my life. We'd had a healthy and exciting sex life up until that point. Why did that have to change?**

As each new product I tried failed, I gave up. I tried to accept that this was my life-- our life-- now and threw myself into my work. I didn't actually tell David that I had given up, probably because I knew he wasn't to that point yet.

But I was emotionally and physically exhausted worrying about it. I threw myself into my work full force. I stayed late to avoid coming home and putting myself in a situation where I knew that David might want to try again. He never pushed me. He never guilted me into it, but every touch on my shoulder or kiss on my neck let me know it was on his mind.

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**I remember thinking, “please don’t give me that look... I know what that means, and I just can’t do it.”** He would sense my drifting away from him, read my body language and get the hint. When he would go away, I felt guilty for hours afterward. But I also felt relief. And that just made me feel worse. Occasionally, he would subtly test the waters, checking in to see if my answer was still a “no.”

**It was when he stopped checking in that I realized things were shifting. He was starting to give up. That scared me.**

What if I’ve rejected him for so long that he’s now lost interest? What if I’ve driven him to consider going outside of our marriage? It’s not a pleasant thought but if we as women are honest, it’s something we do think about. Of course, it’s not our fault and we wouldn’t be to blame if our husband did have an affair. But we also hear so much from society about driving men into the arms of other women.

# Are You Avoiding Intimacy?



**No Woman Should Have to Suffer from Vaginal Dryness**

Many women with Vaginal Atrophy suffer in silence, avoiding intercourse. Some women even avoid seeing their doctors for fear of pain associated with a physical exam. In fact, less than 25% of women with Vaginal Atrophy will talk to their doctors about this problem.

I knew that this had to stop. This wasn't the quality of life I wanted for either of us. He didn't deserve it. And neither did I. So, I turned to my experience and expertise for the answer. I spent months formulating the perfect healing treatment that was vegan and organic-friendly to the body.

I wanted something that wouldn't be messy during application and that I could apply either in the morning or evening and last me all day. I also wanted something that wouldn't put a damper on the "mood," so I figured out the best time of the day to administer the treatment and still maintain the spontaneity in our sex life. After several trials, I came up with Happy Hoo ... **BUT to understand how Happy Hoo Hoo can treat Vaginal Dryness, let's explore what is Vaginal Atrophy and what causes it?**





## What is Vaginal Atrophy?

Vaginal atrophy, simply put, is the thinning of the walls inside the vagina. It occurs with aging in up to 75% of all women, becoming more common as we age and enter menopause. However, Vaginal Atrophy can also start early, when a woman is in her 30's, because it is caused by the progressive decline of sex hormones. Because it is a slow and progressive condition, many women may not pay close attention to what is occurring until they are silently suffering with painful symptoms.



## Symptoms of Vaginal Atrophy include:

- External and internal vaginal pain and irritation
- Achiness in the vagina and vulva
- Vaginal dryness, itching, and/or burning
- Lack of normal healthy discharge
- Urinary leakage
- Painful intercourse (also called dyspareunia)
- No Interest in Sexual Intimacy





## What Causes Vaginal Dryness?

Despite the high number of women experiencing problems related to vaginal dryness only a quarter of women with these problems actually seek treatment. It is still a "SILENT PROBLEM" that many women feel embarrassed to talk about to partners, friends and even their doctors.

Women spend a third of their lives in a post menopausal state and they need to make sure they maintain the QUALITY OF LIFE that they had before menopause. Vaginal dryness does not need to be treated as an inevitable part of growing older – something can be done about it! While the decrease in Estrogen levels during menopause causes vaginal dryness, here are 4 other reasons that can occur at any other stage of life;

## 5 Things that can Cause Vaginal Dryness

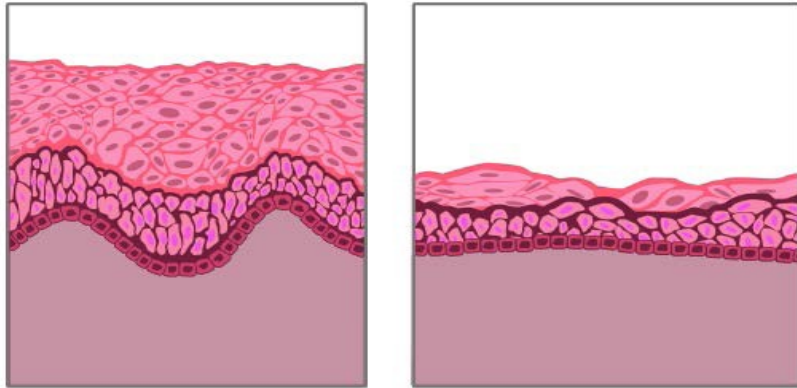
1. **Changes in Hormones** - Decrease of Estrogen levels during menopause.
2. **Stress** - Psychological and emotional factors like stress and anxiety can also interfere with sexual desire and lead to vaginal dryness when normal vaginal lubrication does not occur.
3. **Pregnancy and Childbirth** - While a woman is pregnant and after she gives birth, she can experience fluctuating hormonal levels. Pregnancy and childbirth create imbalances in hormones.
4. **Medications** – antihistamines effectively “dry” a person out, reducing all secretions. As a side effect will indiscriminately dry out other parts of the body, including the vaginal walls.
5. **Diabetes** - Women with diabetes actually have a 33% increased incidence of vaginal dryness due to functional vascular changes and medications.



## Vaginal Health

When you use **the Happy Hoo Hoo**, the elasticity of your vaginal tissues are restored and stretch as they should. And when your vagina gets dry, the clitoris shrinks. This decreases the physical feeling of an orgasm **SIGNIFICANTLY**.

This also contributes to a low libido. However, when you use **Happy Hoo Hoo** to heal your vagina, your libido improves, too. These small suppositories are quickly absorbed into the vaginal walls, where they are needed to help restore the moisture and elasticity to the tissue, and do not leak out causing a mess.



When your vagina gets dry, your inside vaginal tissues lose their ability to stretch to accommodate your partner comfortably, even when using lubrication.

Happy Hoo Hoo melts and moistens both the inside of your vagina and the vulva area (outside of the vagina), bathing the clitoris which helps stimulate the return of feeling to the clitoris.

**So it's pretty simple, right?**

And Happy Hoo Hoo has been proven in research to strengthen the muscles of the vagina, so the intensity of your orgasms increases. Not only that, as a woman ages, she can experience urinary leakage. With the increased strength of the vaginal tissues, urinary leakage is reduced.

# Why Happy Hoo Hoo?

The **Happy Hoo Hoo** is an amazing all-natural suppository - no mess, low cost, and no prescription needed.

# FEEL LIKE YOURSELF AGAIN.

## ReBuilding. ReStoring.



Happy Hoo Hoo

Restore Dry Vaginal Tissue



The **Happy Hoo Hoo** is also made in a CGMP facility here in the United States. CGMP refers to the Current Good Manufacturing Practice regulations enforced by the US Food and Drug Administration (FDA). Facilities who are licensed CGMP facilities must follow strict regulations that help assure proper design, monitoring, and control of manufacturing processes and facilities in the United States.





**Prevention and treatment** are imperative to keep a healthy functioning “Hoo Hoo” and sex life. Every day that you aren’t treating vaginal atrophy is an opportunity for infection to develop.

- What if you no longer had to worry about constant dryness, itchiness, and repeated trips to the doctor?
- What if you completely eliminated the feeling of guilt because you were happy and eager to have sex with him because you *wanted* to and knew you could now enjoy every minute?
- What if you felt SO GOOD that YOU were the one initiating sex because you felt twenty years younger?
- What if your overall quality of life exploded and you just felt better more often?
- What if instead of waking up sore and defeated, you were ready for whatever the day brought with it?

Remember, you have the solution at your fingertips. There is absolutely nothing to lose going with Happy Hoo Hoo. You’ll get immediate relief from the symptoms of vaginal atrophy which can start to reverse the frustration in your relationship. Feeling better certainly makes it easier to reconnect with your partner, right?

**The faster you get started on your treatment, the faster you can start healing and the sooner you and your husband can come together again.**



# **THIS IS EXACTLY HOW HAPPY HOO HOO CAN CHANGE YOUR QUALITY OF LIFE ALMOST IMMEDIATELY.**

So ask yourself ... What's going to happen if your situation doesn't change? What's going to happen if you don't heal? What's going to happen to your relationship if you continue to battle with vaginal atrophy?

It's not a pleasant thought and I don't want to be the one to bring it up, but there are several things to consider here. First, is your health. How much longer are you going to "settle" for this quality of life? It isn't just about him or your relationship. **It starts with taking care of yourself.**



# Ready for self care?

The **Happy Hoo Hoo** Vaginal Suppositories help restore dry vaginal tissues to their healthy, youthful state, helping to relieve painful internal and external dryness, irritation, and painful intercourse. Continued use can help rebuild the vaginal muscles, decrease urinary leakage, improve sex drive, and heighten the intensity of orgasms.

Formulated to include the finest bioidentical hormones available. Most hormones introduced inside the vagina will not be absorbed into the blood stream (thank you Mother Nature!) so **Happy Hoo Hoo** will mostly stay in the vaginal tissue where it does the most good.





## There are 2 Formulations both meet these quality standards ...

The Quality of the Ingredients Makes the Difference! Because the quality of the ingredients isn't just important, it's everything! Our customers agree! They are made bioidentical to human hormones from non-GMO, organic sources, then blended into a soft, moisturizing vaginal suppository which is also made from all natural Saturated Fatty Acids. There are NO unwanted ingredients in Happy Hoo Hoo, just bioidentical hormones and natural fatty acids!





## Happy Hoo Hoo Pregnenolone and Progesterone ~ A ReBuilding Formulation

Each intravaginal suppository contains Pregnenolone 15mg USP plus Progesterone 5mg USP in the original healthy Fatty Acid Base. Both of which are bioidentical, USP, Non-GMO and yam-sourced (not from soy). An excellent addition to hormone replacement therapy.

Pregnenolone is a “parent” hormone of the sex hormones estrogen, progesterone, and testosterone. **Taking pregnenolone** raises levels of those sex hormones.

**Note:** This product does not contain Estrogen, Testosterone or DHEA.



## Happy Hoo Hoo Estriol and Progesterone ~ A ReStoring Formulation

Each intravaginal suppository contains Estriol 1mg USP plus Progesterone 10mg USP in the original healthy Fatty Acid Base. Both of which are bioidentical, USP, Non-GMO and yam-sourced (not from soy). An excellent addition to hormone replacement therapy.

**Estradiol** is a form of estrogen, a female sex hormone that regulates many processes in the **body**. Estriol reduces symptoms of menopause, such as hot flashes and vaginal dryness, but with a better safety profile compared with more potent estrogens. This makes estriol a better choice for bioidentical hormone-replacement treatment regimes.

Estriol has benefits that also include bone density health, heart health and postmenopausal urinary tract health.



## HOW TO CHOOSE the Right HAPPY HOO HOO?

Choosing a Happy Hoo Hoo is EASY!

### Ask Yourself:

#### 1. *Did my doctor recommend a Vaginal Estrogen treatment?*

**YES...** CHOICE IS EASY: Choose ReStoring Formulation with ESTRIOL and Progesterone

**NO...** Move to the next question:

#### 2. *Do my partner and I have spontaneous intimate times together - like "spur of the moment" (instead of a pretty much "planned event" or commonly KNOWN time)?*

**YES...** we are spontaneous and we don't know when we'll be in the mood! CHOICE is EASY! Choose ReBuilding Formulation with PREGNENOLONE and Progesterone

**NO...** my partner and I are RARELY spontaneous (who has time for that!) and we pretty much know it's going to be on Sundays... or Fridays... or whenever. We generally know.

### **CHOICES ARE EASY! EITHER Happy Hoo Hoo is GREAT!**

ESTRIOL with Progesterone - ReStoring Formulation OR PREGNENOLONE with Progesterone – ReBuilding Formulation

**Why?** Because the ONLY thing you need to think about is... Would you want ANY Estrogen touching your man? I personally recommend waiting 8 hours after using any vaginal ESTROGEN before having intercourse ... JUST TO KEEP OUR MEN safe!

Now... to be COMPLETELY FAIR...

Never in the use of vaginal Estrogens has there been a single case of a man's estrogen levels reportedly altered from the use of his partner's vaginal estrogen.

I'm just a little obsessive... and I recognize this. But at the same time I have always been very aware that there are many things we don't fully understand in medicine - and I practice carefully and methodically to protect patients from the unknown. Some of my practices may be over protective. But some have come to be the RIGHT way - through time - when the PRACTICE of medicine finally catches up with the RESEARCH of medicine.

This is why I LOVE the Pregnenolone with Progesterone choice for all you women out there who are still "foot loose and fancy free".

Basically, THAT's IT!



Happy Hoo Hoo

# FREQUENTLY ASKED QUESTIONS

## **How soon will it start to work?**

Many women prefer to stay on 3-4 suppositories per week because they notice an “almost immediate” improvement of how they feel “down there.” Going from dry to mildly moist feels great and you will want to feel this all day long! Other women feel they need only 2-3 suppositories per week. You will find the perfect frequency for You by following this guideline. Be patient with yourself. If dryness returns, increase back to the previous amount per week.

## **What is vaginal atrophy?**

Vaginal atrophy, simply put, is the thinning of the walls inside the vagina. It occurs with aging in up to 75% of all women, becoming more common as we age and enter menopause. However, Vaginal Atrophy can also start early, when a woman is in her 30's, because it is caused by the progressive decline of sex hormones. Because it is a slow and progressive condition, many women may not pay close attention to what is occurring until they are silently suffering with painful symptoms.



### **What are symptoms of vaginal atrophy?**

External and internal vaginal pain and irritation, achiness in the vagina and vulva, vaginal dryness, itching, and/or burning, lack of normal healthy discharge, urinary leakage, painful intercourse (also called dyspareunia) and little to no interest in sexual intimacy.

### **Is vaginal dryness common?**

Many women with Vaginal Atrophy suffer in silence, avoiding intercourse. Some women even avoid seeing their doctors for fear of pain associated with a physical exam. In fact, less than 25% of women with Vaginal Atrophy will talk to their doctors about this problem.

### **What does cGMP mean?**

The Happy Hoo Hoo is also made in a cGMP facility here in the United States. cGMP refers to the Current Good Manufacturing Practice regulations enforced by the US Food and Drug Administration (FDA). Facilities who are licensed cGMP facilities must follow strict regulations that help assure proper design, monitoring, and control of manufacturing processes and facilities in the United States.

### **When should I use Happy Hoo Hoo?**

You can insert a Happy Hoo Hoo suppository before bed; however, if you forget, you can still insert a Happy Hoo Hoo in the morning, without any concern for excessive leakage during the day. Though I do try to remember mine before bed, there are many mornings that I have used the Happy Hoo Hoo in the morning, without noticing anything other than the resolution of dryness.



### **How often should I use Happy Hoo Hoo?**

When you first start using Happy Hoo Hoo, you should plan to use one suppository 4 times a week. Monday, Tuesday, Thursday and Friday are great days to plan to use your Happy Hoo Hoo. Another easy-to-remember schedule is Monday, Wednesday, Friday and Sunday. Any days of the week are fine. The important thing is to **BE CONSISTENT**.

One of the key points to understand when it comes to frequency of Vaginal suppository usage is to understand that each woman has a different “degree” of Vaginal Dryness. The longer you wait to restore your Vaginal Tissues, the longer it takes to be **FREE** of vaginal dryness. The good news is that it is “fixable” **AND** you will notice improvement all along the way! Now is the best time to start!



### **How long will one package of Happy Hoo Hoo last me?**

One package of Happy Hoo Hoo has 16 suppositories. Therefore, one package will last one month when you are using four suppositories per week. This is the appropriate amount to use when you are first starting out and initially healing your vaginal tissues.

### **Can I still use a lubricant?**

Yes, lubricant use is permitted.

### **Is it messy?**

No. When you first start using it, your body will absorb all of it. If you notice that you begin to have too much moisture, back off on the dosage so your body can adjust to the new dosage.







**Is it normal to have moisture down there?**

Yes, totally normal.

**Are Happy Hoo Hoo and Young Hormones meant to be used concurrently or is it either or?**

Happy Hoo Hoo suppositories and all of our topical Young Hormone cream formulations are for simultaneous use for women who need both.



**What Happy Hoo Hoo Customers are Saying ...**

*“I have been using this product for every other day for one week so far. I was curious if sex was going to be painful like it has been for years. I am 58 yrs. old. I am happy to report that I was pleasantly surprised! I know that with continued use, that it should continue to work even better. My libido is much better too.”*

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*“5 out of 5 stars.....Finally! My Hoo Hoo Isn't Feeling Like It's Being Vacuum Dried. PAIN GONE!”*

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*“I'm post-menopausal and bought this after another UTI. After the antibiotics, I still had pain. It felt like my vagina was shrinking up and drying! It was so painful I couldn't leave my home, and as a long time celibate Widow, my only reason for Happy Hoo Hoo was to feel decent again.”*

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*“After 4 suppositories, I forgot my pain existed. I'm on my second batch now and am reducing the use per week according to how I feel. It's remarkable how this really helps with the pain, and would highly recommend you try this. I started with two packages to save money.”*

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*“I have struggled with vaginal dryness for over 6 years. I am in my early 40's and feel like this is just too soon be struggling so much. The dryness had become so severe that it was inhibiting my sex life with my partner (and we have a very active sex life for a couple in their early 40's). It was also to the point where I would need to apply lubricant to my vulva just to be able to function comfortably each day.”*

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*“I have tried many things to alleviate the dryness (mostly home remedies like coconut oil suppositories, etc.) with no lasting relief. I stumbled onto Young Hormones via Instagram. I watched several of the videos from Dr. Leggett's library and read many articles on her blog. I was honestly floored! So many of my symptoms can likely be tied directly to a hormone imbalance. To be sure, I have ordered a saliva test kit and plan to test to identify where I require supplementation, but the biggest and most severe symptom has been the vaginal dryness and bouts of chronic BV.”*



*“Another unexpected benefit - the symptoms of BV seem to have subsided as well. I do take an oral probiotic specifically formulated for women's vaginal health daily. But sometimes I would still get that "fishy" smell after intercourse. Since I began using the Happy Hoo Hoo, I have not had a single instance of "fishy" smell. It's amazing! And I have struggled with BV since I was in my early 20's. I am a very, very happy woman and my partner is also extremely happy. I feel more sensual and less self-conscious which has renewed our satisfaction during intimacy greatly.”*

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*“I wanted to write to tell you about my incredible experience using the Hoo Hoo. This is all very personal, but I'm very grateful, and I really wanted to thank you. I'll be short, as this was a 6-year problem with many steps and baffled doctors involved. Long story short, I had a lesion that developed when I first entered perimenopause.*

*I was tested for every STI and infection my doctor could think of, and she had no idea what the problem was. I took antibiotics, had a biopsy, a minor surgery, and a full-blown surgery that removed the whole area. It immediately came back. I saw 3 other doctors, and each said they had never seen or heard of this before. My original doctor prescribed estrogen during this time as well, but it didn't help at all. After 6 years and so many doctor's appointments and procedures, I decided to try using progesterone cream. It helped my symptoms of perimenopause, but the lesion remained. Then I ordered Happy Hoo Hoo.*

*I used it every other night. The lesion remained, but it did get smaller by about half which was the first hopeful sign I had seen in 6 years. Then I started cutting up one suppository and using a fourth of one right on the spot every morning as well... and the lesion went away completely. It's been gone for about three months now. I have no pain, and everything feels normal for the first time in so long. My doctor does not much care for my "plan"; she would rather I just use estrogen, but my body feels so much better. I can't believe the lesion is gone; I honestly thought I'd have it for the rest of my life.*

*I have to thank you for creating this product and making it available to women everywhere. I'm convinced that if it weren't for the Hoo Hoo, I'd still have a lesion and all the discomfort and other negative things that came with it. I buy it by the 3-pack now, and I'm so grateful. I have also written with a couple of questions about progesterone cream usage, and your nurse who answered (which I think is so generous) was very helpful and informative. I know you aren't my doctor, and your nurses aren't my nurses, but you and your staff have done more to help me than anyone I've seen in person. I can't thank you enough.”*



*“I have been using the Happy Hoo Hoo suppositories for two weeks. I use them at bedtime and I have used 8 of the suppositories now. Let me just say - WOW! I can't believe the difference already. It's truly remarkable. I am no longer applying silicone lubricant to my vulva to combat extremely uncomfortable dryness. Intercourse is enjoyable again without having to scramble for lubricant. I still use lubricant occasionally, but it is not needed just to get things started anymore which is wonderful! I just placed an order for more of the Happy Hoo Hoo suppositories as I will NOT be without them, ever!”*

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*“Great product, improve my sex life tremendous, no more bleeding after intercourse and the pain have also improved significantly.”*

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*“Love this product! Amazing that someone even thought about coming up with this much needed product amongst menopausal women and it works wonders - has even helped with skin and hair as a bonus. And just 3 ingredients, which is how I like my products. I even like the estrogen biest cream they make. This company makes excellent products for menopausal women and great quality ingredients. Love how the capsules are wrapped in foil. Keep up the good work Dr.Leggett! Much appreciate you.”*

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*“These have saved my life and I highly recommend them to all those women who need a product like this. I even showed them to my PCP, and when he was done laughing at the name, he agreed it was a good product as it was alleviating my symptoms. Thank you.”*

*“Definitely does what it says! Makes for a very happy hooha as far as no more dryness, tearing, etc. things are much more comfortable! No smell, easy to use, not messy. I recommend using it before you go to sleep and letting it work its magic overnight.”*

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*“Amazing!! Really works. I was having pain with intercourse. The doctor prescribed Premarin. When I saw how the horses were tortured I was horrified. Researched another method that was cruelty free and worked. I looked into estrogen-based products but there were too many side effects. I tried Happy Hoo Hoo and BAM!!! Safe and effective. When I had a question the Dr. herself emailed me. I will continue to use this product.”*

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*“I’m surprised this product is even in stock and not sold out; it is EXCELLENT. Changed my Hoo Hoo dramatically, no more dryness and my hair feels and looks thicker too! This is a product I will never stop buying. Thank you!!!”*





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