



## Vaginal Dryness

Astroglide is a personal lubricant for the genital area. It is formulated to simulate the body's own lubricating secretions. Consider the benefits of using *Astroglide*® – it is:

- Odourless
- Tasteless
- Water Soluble
- Does not alter vaginal acidity
- Hormone free
- Compatible with condoms and diaphragms and tampons
- Economical in use

Vaginal moisturisation is a very personal subject that many women find difficult, even embarrassing, to discuss. Many of these women do not realise that there are several, non-hormonal products available that are both vaginal lubricants and moisturisers.

## Who needs help?

Many women may need to use a vaginal lubricant during their lives, regardless of their age. Although most may need one during or after the menopause, over a third of women between the ages of 18 and 29 may also choose a moisturiser after childbirth and during the period they are breastfeeding.

To summarise:

**Astroglide**® is particularly useful for adding moisture to the vagina and vulva at the following times:

- During and after the Menopause
- Whilst using Oral Contraceptives
- After Childbirth and during Breastfeeding
- During Strenuous Exercise
- Whilst using condoms and/or diaphragms

**Astroglide**® can be used in conjunction with various therapies. It aids in vaginal lubrication without interfering with the therapy. It can take up to two years for some procedures to make a noticeable difference to vaginal dryness.

## Astroglide® - what is it?

The bodily secretion that provides moisture, lubrication, and protection from infection in the vagina is called MUCIN. It owes its action to a polymer



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produced by the body. When this polymer is dissolved in water it results in a clear slightly viscous gel. This gel coats the vaginal walls where it produces a moisturising and lubricating action. It has a slightly acid P.H. and this is important in controlling the growth of harmful micro-organisms and yeasts in the vagina and on the vulva. Astroglide® was formulated with these points in mind. It is non-staining, long lasting and free of scents, flavours or chemical additives that might irritate sensitive genital tissues. A man-made polymer (polyquaternium #5) gives Astroglide® its gel characteristic.

It is non-toxic and non-sensitising, and has a slightly acid P.H. It will not dry out in the vagina or become gummy or gritty and it washes away easily with water.

A small amount of propylene glycol is utilised as a solvent for the preservative system that is based on methyl- and propyl-parabens. These ingredients have a long history of the use in cosmetics and pharmaceuticals and are known for their lack of tissue irritation while providing optimal asepsis.

### **Condom Compatibility and Astroglide®**

The use of latex condoms is becoming increasingly popular in today's society. They are helpful in preventing pregnancy as well as reducing the risk of contracting a disease.

The proper use of a personal lubricant on both sides of the condom will protect against abrasion of the delicate tissues and enhance the pleasure of both partners. Astroglide® is completely compatible with plastic, metal and rubber devices, including diaphragms, rectal thermometers, and douche and enema nozzles. It is widely used in the examination rooms of health care providers for routine pelvic and rectal examinations.

Astroglide® is preferable and superior in use to petroleum based products such as mineral oil, petroleum jelly, edible oils etc. These can adhere to the vaginal walls where they mask infections, and provide a place where harmful organisms can multiply, safe from attack by medications. If you are using a condom or diaphragm, there is a high risk of the latex being damaged by these materials. Neither do they wash away easily in water.

### **Economical in use**

Please note that Astroglide® had very high lubricating properties and that you only need a very small amount for normal usage.

Don't be surprised if Astroglide® lasts a lot longer.



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## **Vaginal Lubricants**

When someone needs vaginal lubricants, you want something that's water-soluble and non-bacteriostatic. The latter is particularly important because the woman with a dry vagina spends her entire life fighting to keep normal bacteria in her vagina. Many products used in vaginal lubricants inhibit the growth of normal bacteria. Astroglide®, which is more of a gel than a cream, has a natural texture more similar in nature to that of natural vaginal fluids, and it has a pH that's neutral. So the use does not alter the vaginal pH.