



changes to your
pelvic floor
during perimenopause

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If you're in your late 30s / early 40s, you need to know that things might change *down there* as you approach menopause.

Here are some common pelvic floor changes that occur during the 8-10 years before menopause (i.e. the day that marks 12 months without a period) AND what you can do about them...

VULVAR CHANGES.

Dryness, itchiness, stinging, burning, and UTI-like symptoms can occur due to the drop in estrogen.

Try out a vulvar moisturizer with hyaluronic acid (like Femme Sense by [@pelvichealthhub](#) or Feel Amazing by [@menopausechicks](#)).

If you have a multi-step skincare routine for your face, there is no reason you can't moisturise your vulva if she starts feeling a bit parched.

LEEKS.

Our muscle mass decreases with age and our pelvic floor is not spared.

Our bladder can have less support + the muscles that help close the urethral sphincter might not be as strong as they once were, and we may experience leaks as a result.

Check in with your friendly pelvic floor physio to see if your muscles could use some love.

LESS PELVIC ORGAN SUPPORT.

Our pelvic organs (bladder, rectum, uterus) are supported by muscles and by connective tissue. As we approach menopause, both of these support systems can be less effective, and we may feel heaviness down there.

Again, checking in with a pelvic floor physio to see how your support system is doing can be a great first step.

On top of that, avoiding straining or bearing down, having soft + smooth poops, and strengthening the muscles of your hips + core can help!

PAINFUL SEX.

Our perimenopausal bodies will produce less lubrication than we might be used to which can make penetration uncomfortable.

Lube helps things slip around much better, so don't be afraid to use it!

Anything you find that doesn't sparkle, smell, or taste like berries (i.e. the most natural possible) will work just fine.