



...ercises, if the customer  
...these discussions.  
...products are growing  
...rate and many of the  
...them will be menopausal  
...women, so these will benefit from being  
...placed in a dedicated menopause section  
...on the shelves," says Dr Gardiner. "As  
...wonderful as incontinence pads may  
...be at soaking up fluid and keeping the  
...skin dry, this in itself can cause irritation  
...and inflammation, so it's useful to place  
...products beside them that address this."

**Making referrals**

Dr Tanna says that if a customer is struggling with menopausal symptoms, she should go to her GP for a risk-benefit assessment for HRT first, before considering alternatives. Not all menopause cases are straightforward. Premature menopause can affect women as young as 35 or may be triggered by surgery or cancer treatments – in these cases, women need professional help. Severe symptoms that are causing distress also need to be referred on. Pharmacists can signpost women to places that provide further advice, help and support such as local menopause clinics and self-help groups.

Dr Tanna says pharmacists should be more wary about offering menopause advice to a woman of 35 than to a woman of 60 (as long as there are no red flag symptoms). "Many women worry about the risk of breast cancer if they take HRT, so community pharmacists should be up to date with the latest guidance," she says. "There are lots of alternatives available, such as sage, black cohosh, ginseng (for libido problems and a lack of energy) and St John's Wort (for depression).

"However, community pharmacists need to be trained about when to sell alternative products, as these aren't suitable for all women – black cohosh, for example, shouldn't be taken with anti-hypertensives and can cause liver damage. Women who are considered to be 'high risk',

“ Women are generally comfortable talking to a pharmacist if the consultation is professionally managed ”

*Product Update*

**TRIPLE-ACTION FORMULA**

Bio-Kult Pro-Cyan is a triple action formula scientifically developed with cranberry extract (36mg PACs), two specifically selected bacteria strains and vitamin A that work with your body to help maintain normal levels of bacteria in the gut in order to help maintain a healthy urinary tract, says supplier Probiotics International. Bio-Kult Candéa is a live bacteria supplement with added garlic and grapefruit extract. "Taken daily it can help strengthen the body's natural defences against candida overgrowth and may help to prevent it changing from its yeast-like form to the invasive filamentous fungus form," the company says. **PROBIOTICS INTERNATIONAL 01460 243230**



**PLANT-BASED LUBRICANT**

Sylk Intimate is a plant-based lubricant available on NHS prescription and recommended by health professionals worldwide. Made in New Zealand from kiwi vine gum extract, Sylk is free from hormones and parabens, is pH friendly, water-based and is said to feel like natural vaginal secretions. Providing relief from vaginal dryness, it helps to make sexual intercourse more comfortable. Free samples are available via the website. [www.sylk.co.uk](http://www.sylk.co.uk)



**ORGANIC SOLUTION**

YES VM is a certified organic, long-lasting vaginal moisturiser. The clear gel is hypoallergenic and free from hormones, glycerine, parabens and known skin irritants. Intensely hydrating and lasting up to three days, YES VM provides natural relief from symptoms of vaginal dryness, menopausal vaginal atrophy and painful sex. When used regularly, YES VM is said to restore the natural acidity of the vagina, which provides protection against bacterial and thrush infections. YES VM is available in a 100ml tube (RRP £9.99) and packs of 6 single-use applicators (RRP £11.99). It is also available on prescription. **THE YES YES COMPANY 0800 978 8525**



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\*Soeder S, Tunn R (2012) – Neuromuscular Electrical Stimulation (NMES) OF THE Pelvic Floor Muscles using a None Invasive Surface Device in the Treatment of Stress Urinary Incontinence (SUI).  
\*\*Observational study on the treatment of stress urinary incontinence with Innovotherapy April 2014.