



The Fall Women's Wellness Series at Swedish

The Women's Wellness Series promotes our vision of the Women's Wellness and Gyn Specialty Services. An extension of Swedish, we will provide comprehensive care for women at every stage of life, including primary care and behavioral health, wellness and prevention, and specialty and surgical care. This last September, we were grateful to Drs. Dunsmoor-Su, Fuller, and Austin for a candid and insightful discussion on menopause. Please find below their contact information and key highlights from the discussion. And to watch the video or register for upcoming webinars, please visit www.swedishfoundation.org/VE/womenswellness.

Rebecca Dunsmoor-Su, M.D.

Located at Swedish First Hill, Dr. Dunsmoor-Su's focus is on gynecology, specifically on vulva vaginal specialties and menopause.

To schedule an appointment:
206-215-6300

Ashley Fuller, M.D.

Located at Swedish First Hill, Dr. Fuller's focus is on gynecology, specifically sexual pain and libido, vulva vaginal disease, and menopause.

To schedule an appointment:
206-215-6300

Kristen Austin, M.D.

Located at the Swedish Issaquah campus, Dr. Austin's focus is on gynecology, specifically urogynecology.

To schedule an appointment:
425-313-7080

Key Highlights:

What do I do about hot flashes?

There are medical and non-medical options to treat hot flashes. Hormonal treatment or prescription medication, such as anti-depressants or blood pressure medication, can help relieve symptoms of hot flashes. Non-medical options include cooling pillows or wrist bands, or lifestyle changes related to diet and alcohol intake.

Since menopause, sex is painful. What do I do?

Painful sex and changes in libido are correlated to changes in hormones, specifically of estrogen. Changes in estrogen levels can make some women's vaginas dryer and tighter, which may make sex painful. Hormone treatment, dilators, or pelvic floor physical therapy are treatment options for women.

Hormones - how do I know what to take?

As women age and enter menopause their ovaries release less estrogen and progesterone. If you are experiencing symptoms such as mood swings, libido changes, or pain during sex, check-in with your doctor about your options for hormone treatment. There are various FDA approved options that come in the form of pills, patches, or gels. Your physician will work with you to decide what the best option for you is.

Can I take hormones?

Each woman is different and has a unique medical history to take into consideration. Factors to discuss with your physician include: cholesterol level, cardiovascular health, and your history of breast cancer, blood clots, or smoking. If you cannot take hormones, natural remedies such as coconut oil can act as a lubricant or maintain skin health.



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