**Swiss Navy Raises Awareness of World Menopause Month**

**Press Release**

POMPANO BEACH, Florida – October 26, 2021—October is World Menopause Month, which serves as an annual opportunity to discuss the realities of female health and menopause management options.

Menopause is a natural part of women’s lives when their hormone levels decline and menstruation ceases. And while there are several typical symptoms that surround menopause, such as hot flushes and night sweats, a common condition that many menopausal females experience is vaginal dryness.

Vaginal dryness can have tremendous effects on interpersonal relationships. According to clinical [research](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4819835/), vaginal dryness in menopausal women can have a negative impact on quality of life and sexual relationships. This same research found personal lubricants to be effective treatment for intimate dryness.

“After menopause, reduced levels of the hormone estrogen can result in less natural lubrication,” said Dr. Sunny Rodgers, M.D. Science Lab’s Intimate Health Advisor. “This can result in uncomfortable sexual experiences. That’s why using good quality lubricants can be a gamechanger for so many menopausal women.”

The Mayo Clinic [recommends](https://www.mayoclinic.org/diseases-conditions/menopause/expert-answers/vaginal-dryness/faq-20115086) using personal lubricant to remedy vaginal dryness and painful intercourse associated with menopause.

“The part of my position that I find most fulfilling is being able to help consumers better enjoy their lives by using our products,” said Briana Watkins, Vice President of Sales and Marketing for M.D. Science Lab. “Menopause may seem specific, but it’s one of many conditions that our team focus their research on, so we can find better ingredients and formulas to provide personal solutions. Technology is helping us create new products that will better help consumers in particular segments. Let me share that 2022 will have some exciting new product launches for us!”

To learn more about World Menopause Month, please visit the International Menopause Society at [imsociety.org](https://www.imsociety.org/).

To place your lubricant order and to be the first to know about new product releases, please contact your Swiss Navy account representative.

**About M.D. Science Lab**

Since 1998, M.D. Science Lab has continually created award-winning products dedicated to helping consumers live healthier lives. With a focus on intimate wellness and nutritional good health, M.D. Science Lab continues to create products at the forefront of the wellness market that are offered worldwide. For more information, please contact [Briana@Swissnavy.com](about:blank) or visit [www.swissnavy.com](about:blank).