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YOUR MIDLIFE & MENOPAUSE SPECIALIST

# SEXUAL HEALTH

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**Q: Help me unpack what sexual health even means?**

A woman's sexual health is about more than just "not having problems" – it involves your physical comfort, your feelings and emotions, your relationships, and how you feel about yourself throughout your life.

A conversation about sexual health might involve talking about and treating issues like:

- Pain during sex
- Vaginal dryness
- Trouble with desire, arousal, or orgasm

Sometimes, dealing with more complex sexual health issues means bringing in other experts. Specialists who can offer different kinds of help may include:

- Gynecologists
- Urologists
- Endocrinologists
- Mental health professionals (therapists, psychologists, psychiatrists)
- Pelvic floor physical therapists, and
- Sex therapists

Providing good care for your sexual health means looking at the whole picture – your body, your mind, and your relationships. It takes understanding, skill, and open communication.

