

MiddlesexMD

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MiddlesexMD.com Gives Midlife Women Information and Products for Enjoying Sex after Menopause

Unique new website helps guide women through sexual intimacy issues related to menopause.

HOLLAND, Mich. – April 20, 2010 – As women go through menopause, hormonal changes can wreak havoc with their sex life, causing vaginal dryness, decreased genital sensitivity, low libido, lack of orgasm and more. MiddlesexMD.com is a new sexual health website that helps midlife women understand how these issues alter their experience of sex and offers products that can keep sex enjoyable after menopause.

The site is the brainchild of Dr. Barb DePree, an OB/GYN for 20 years and a menopause care specialist since 2006. What's unique about MiddlesexMD is its medical perspective, practical advice and targeted selection of [intimacy aids](#) to help midlife women have the sexual life they want.

“At midlife, many women need to do more to maintain their sex life. I like to use the reading glasses analogy,” explains Dr. DePree. “When you reach 40, it's not so easy to read the fine print, but you don't stop reading. Instead you get a pair of reading glasses. The same is true with the physical changes that come with menopause. You don't have to give up on sex. You can compensate by taking more time, energy and attention to reawaken your sensations. I launched MiddlesexMD to give midlife women a comfortable, private place to learn about and purchase what their bodies need to maintain a fulfilling sex life as they age.”

MiddlesexMD is organized around five “recipe” elements – Knowledge, [Vaginal Comfort](#), [Genital Sensation](#), Pelvic Tone and Emotional Intimacy – that are essential to sexual well-being. The site provides a factual guide on how they contribute to a healthy sex life, how they change with menopause, and how to use different techniques and products to make up for those changes. The information is current, respectful and clear. And the products are tasteful and selected specifically for midlife women who may be new to sexual aids.

“My patients and I are from a generation of women who have redefined female sexuality and are now redefining menopause. As pioneers, we all had a lot to learn, and still do. My goal for MiddlesexMD is to share practice-tested, clinically sound information with women my age,” says Dr. DePree, “and to offer [vaginal lubricants](#) and moisturizers, [vibrators](#), [Kegel exercise tools](#) and other products that help us gracefully accommodate the physiological changes we're experiencing.”

MiddlesexMD is funded by private investors, many of whom are women over 40. Its team of medical professionals, businesswomen, writers and researchers are dedicated to the idea of sexuality for life.

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Note: Dr. Barb DePree is available for interview. Please contact Beth Parenteau at 847-425-9812 or b.parenteau@comcast.net to make arrangements.