

Sexuality is part of our health, self-image, and relationships. Now, when we have more time to rediscover intimacy, the changes of menopause can disrupt our sex lives. We're not in the mood. Or it takes forever to get aroused. Sometimes sex is more painful than pleasurable. And often it takes longer to reach orgasm than it used to. Don't give up. With help from MiddlesexMD.com, you can overcome these obstacles and make sex more pleasurable and satisfying again.

Why Bother?

Sex is still good for both our mental and physical health. Like all exercise, it burns calories and may protect us against heart attack and stroke. The hormones it releases may decrease the risk of breast and prostate cancer. Sex reduces stress, protects against depression, and increases self-esteem. It bolsters the immune system and relieves chronic pain, including migraines. And finally, sex is part of the intimate relationships that make our lives whole.

Our Recipe for Sexual Health

We know how hard it is to get understandable information about women's sexuality after menopause. We've seen how sad women can be when they believe they've outlived their sexuality, and how happy they are to find that's not true. Make the time to learn this five-ingredient recipe and you'll understand the changes you're likely to face and your options for enjoying sexuality for life:

Knowledge



When you know the physiology of menopause, you'll understand what's happening when it happens. While your experiences are unique to you, you are not alone. When you understand what's changing and why, you'll have less to fear, and also know when it's important to get advice.

Pelvic Tone



The same muscles that keep your organs in place and prevent incontinence also affect the strength of orgasms. That gives you lots of incentive to maintain pelvic floor muscles, which can be as simple as regular exercise.

Vaginal Comfort



Lower estrogen levels often mean your vagina is drier. By caring for your vulvo-vaginal tissues, just as you'd care for dry skin on your face, you can help sex remain—or return to being—comfortable.

Emotional Intimacy



For every woman at every age, for sex to be good, it needs to be intimate. Sex can help you create and reinforce a real connection with your partner, even while your body is changing.

Genital Sensation



It's natural to have less blood flow and less sensitivity in genital tissues as we age. Sex can still be enjoyable—especially when you take more time. You can compensate with more preparation and more stimulation.

That's it!

The not-so-basic recipe for continued sexuality. Visit MiddlesexMD.com to explore issues you might be having, conditions that could be causing them, and steps you can take to regain the sexuality you'd like.

MiddlesexMD was founded to complement your practitioner's care by Dr. Barb DePree, MD, an OB/GYN for more than 20 years and a NAMS-certified menopause care specialist. Contact us at info@MiddlesexMD.com or 888-398-6763.

MiddlesexMD.com is a tasteful, comfortable place to explore clinically sound sexual health information. We offer advice, actions you can take on your own or with a partner, and products to help you maintain a fulfilling sexual relationship.

Our site gives you the privacy you need. Your transactions are secure, and your purchases are delivered in plain packages with a neutral return address. For more information, visit MiddlesexMD.com.