



SexHealthMatters.org is brought to you by the Sexual Medicine Society of North America, Inc.

Women's Sexual Health on SHM.org

Women, are you looking for sexual health information? You've come to the right place!

Below you can find links to our articles on a number of female sex health topics, including pregnancy, aging, diabetes, cancer, pain, and low desire.

Don't see the topic you're looking for? We have many ideas in development, but welcome your suggestions, too. Please feel free to [contact us](#) and let us know what you'd like to learn more about in the future.

Sex and Pregnancy

[Sex During Pregnancy](#). Is it safe to have sex when you're pregnant? Your doctor can best answer that question, but this post offers some points to consider.

[Sexual Function in Pregnant Women with Gestational Diabetes](#). In early 2013, we reported on a study that found a greater likelihood of sexual problems in pregnant women with gestational diabetes when compared to non-diabetic pregnant women.

[Childbirth and Female Sexual Function Later in Life](#). This study from November 2013 found that childbirth did not impact a woman's sexual desire, activity, or satisfaction in later years.

Sex and Aging

[Sex and Midlife Women](#). Middle-aged women who consider sex to be important tend to stay sexually active compared to those who don't, this February 2014 study found.

[Sex Health and Aging for Women](#). When women reach menopause, they might experience some vaginal changes that make sex uncomfortable.

[Sex For Women After 50](#). How might a woman's sex life change as she gets older? This post explains painful intercourse, low sex drive, and the need for more time for arousal. It also gives some tips on how to manage these problems.

Visit [SexHealthMatters.org](http://www.sexhealthmatters.org) today!

Provide Sexual Health Education

Give your patients access by linking to [SexHealthMatters.org](http://www.sexhealthmatters.org) from your practice website: <http://www.sexhealthmatters.org/page/link-to-us>

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Sex and Specific Medical Conditions

[Diabetes and Female Sexual Satisfaction](#). Diabetes can interfere with female sexual function in a number of ways. What can women do? This post explains.

[Diabetes and Women's Sexual Health](#), [Female Sexual Dysfunction and Diabetes](#). Italian researchers found that female sexual dysfunction is more common in diabetic women than in women without diabetes.

[Yoga and Sexual Function in Women with Metabolic Syndrome](#). Some women with metabolic syndrome say yoga helps alleviate sexual problems.

[Endometriosis](#). The physical pain of endometriosis, along with emotional and psychological issues that may accompany it, can lead to sexual difficulties.

[Female Cancer Survivors and Sex Health Issues](#). Pain, hormonal changes, dating, body image, radiation – these are just some of the concerns female cancer survivors face. How can they cope?

[Cancer and Sex for Single Women](#). After cancer treatment, women may be nervous – but excited - about starting new sexual relationships.

Women's Thoughts on Sexual Health

[American Women's Views on Sexual Health Treatment Options](#). In a recent survey of American women, almost 60% of the respondents felt that society emphasizes men's sexual satisfaction more than women's satisfaction. What else did the women have to say?

[Women: One or Two Better Sexual Experiences Each Month Would be "Meaningful"](#). This post gives more details about the survey referenced above.

[Dysfunctional Sexual Beliefs and Women](#). A woman's sexual beliefs may be influenced by her sexual orientation, according to this August 2014 study.

[Motivations for Labial Reduction Surgery](#). Some women feel that their labia – the “lips” of their genitals, need to be resized or reshaped. But is surgery really necessary? This article helps healthcare providers whose patients are considering labiaplasty.

Painful Sex

[Ospemifene for Vulvar and Vaginal Atrophy](#). Targeted to healthcare professionals, this article discusses research on the efficacy and safety of Ospemifene, a drug created to treat painful intercourse in postmenopausal women.

[Painful Intercourse for Women](#). Learn more about the types of pain women may have during intercourse and the possible causes.

[Pain During Sex – Vaginismus](#). Vaginismus refers to spasms in the vaginal muscles at the start of penetration. This can make sex extremely painful – or impossible – for women.

[Romantic Partners’ Responses to Entry Dyspareunia](#). Partners’ reactions to a woman’s intercourse pain can affect the intensity of her pain, this study found.

Hypoactive Sexual Desire Disorder (HSDD)

[HSDD](#). This link takes you to a list of overview articles on HSDD, including its causes, diagnosis, and treatment.

[Understanding HSDD](#). For healthcare providers, this post explains the basics of HSDD and offers strategies for communicating with patients.

[HSDD Infographic](#). Sometimes, seeing information graphically helps us understand it better. This infographic was developed by Sprout Pharmaceuticals.

[HSDD and Relationships](#). How does HSDD affect women’s relationships? Learn what women had to say in this survey.

[Talking about HSDD](#). HSDD isn’t always easy for partners, who may feel frustrated or rejected. This post explains the situation and provides tips for discussing it.

[Flibanserin](#). This drug has been developed to treat HSDD, but it hasn’t been approved by the U.S. Food and Drug Administration yet.

Other Topics

[Acupuncture and Female Sexual Dysfunction](#). Some women find that acupuncture helps relieve sexual problems.

[Cycling and Female Sexual Health](#). What sex health considerations should women make while cycling?

Keep in mind that while we at SexHealthMatters strive to bring you the most complete and accurate information that we can, your doctor can give you the best guidance for your personal situation. If you are having a sexual difficulty – physical, emotional, or psychological – be sure to talk to your doctor about it.

Your doctor can answer your specific questions and provide resources tailored for you. He or she may also refer you to a specialist, such as a sex therapist or couples counselor, if appropriate.

It may feel like an awkward to subject to bring up. But sex is important aspect of life. It's a conversation worth having!