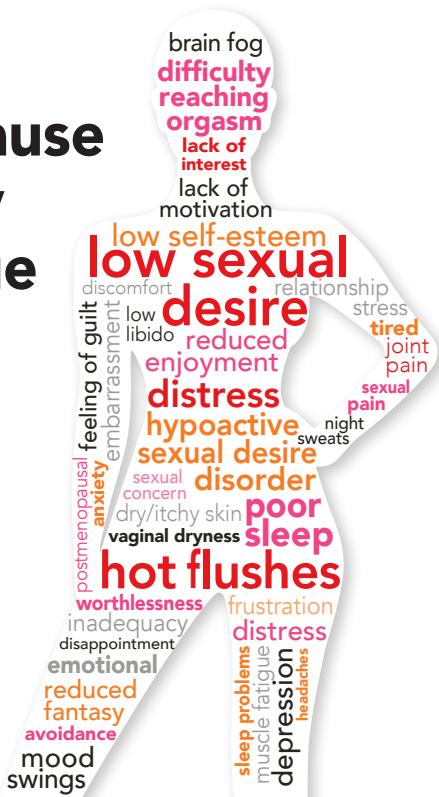
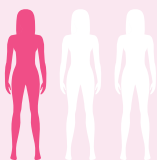


Every Menopause Journey is Unique



Low Sexual Desire is Common



1 in 3 women

between the ages 40 - 64 will experience HSDD* which can severely impair relationships, mental health, social functioning and overall quality of life.^{1,2,3}

Let's Talk...

1. Many women going through menopause have concerns about sexual function; is this a concern for you? Yes No
2. Are you happy to discuss your concerns with your doctor? Yes No
3. When was your last menstrual period? Less than 12 months More than 12 months

* Hypoactive Sexual Desire Disorder (HSDD) is low sexual desire which is distressing
References: 1. Simon JA. Climacteric 2018;5:415-427. 2. Worsley R. J Sex Med 2017;14(5):675-686. 3. Fooladi E. Climacteric 2014;17:674-681.

Many factors including hormonal changes at menopause and/or issues involving both you and your partner can impact your sex life.



Adopted and modified from
AMS fact sheet 2018: Will menopause affect my sex life?

Your doctor can help you explore the issues and advise on treatment options.

Are you happy to discuss your concerns?

If YES...

Step one: Organise a long appointment with your doctor.

Step two: Prepare what you want to discuss with your doctor:

- **Symptoms:** Any sexual difficulties you are experiencing
- **Sexual history:** Relationships and experiences since becoming sexually active including any history of abuse.
- **Medical history:** List of your current medication
- **Any other questions** you may have?

Your doctor may ask the following personal questions to help determine the best course of treatment:

- What sexual problems are you having?
- How satisfied are you with your relationship or partner?
- Do you have difficulty to get aroused, does it take longer or is it harder to achieve?
- Is it difficult to achieve orgasm, does it take longer or is it harder to achieve?
- Do you use alcohol or recreational drugs? How much and how often?



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