

## Let's Talk About Sex—During Menopause

(NAPSA)—Women going through menopause are often aware of the symptoms before they hit. From hot flashes to mood swings to fatigue, these common and pesky changes are discussed between mothers and daughters, as well as patients and their doctors. However, there is one menopause symptom that is not talked about, not even by most health care professionals. What is this taboo symptom? The loss of sexual desire.

A recent survey showed that only one-quarter of physicians address sexual satisfaction with menopausal women, leaving many women unaware of the cause of their libido woes.<sup>†</sup> For Dr. Donnica Moore, women's health expert and editor-in-chief of the book "Women's Health for Life," the topic of sex during menopause is a "must discuss" topic, and she encourages women not to fear discussing the subject with their doctors.

"Menopause causes a dip in estrogen, which plays a role in vaginal lubrication, so it's not surprising that this is a common symptom that women are dealing with as they go through menopause," says Dr. Moore. "This dryness may cause pain with intercourse, which causes many women to respond to this by avoiding sex or limiting intercourse, ultimately resulting in a decrease in sexual satisfaction and desire."

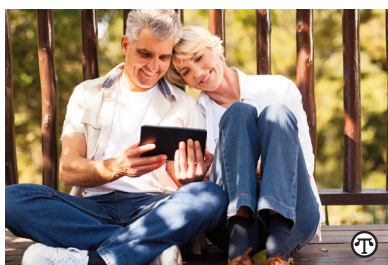
In addition to vaginal dryness, one's mood toward sex can be affected by menopause. "Libido and sexual response can decline as a result of menopause and aging," says Dr. Moore. "Meaning that it might take you longer to reach an orgasm or it just might not be as satisfying."

But there are steps you can take to ensure you keep a healthy and satisfying sex life during menopause, says New York City-based sex and relationship therapist Rachel Sussman. "Menopause can be a difficult time for women and their partners, so it's important to keep communication open, but also to be open to trying new things."

What can you do to improve your sex life during menopause? Here are some tips from Rachel Sussman:

### **Tune in to sex**

Because great sex starts with good communication, don't be afraid to speak up and tell your partner how you are feeling. You may need to explore how you feel



**There are natural, gentle ways a woman can enhance her sex life during menopause.**

about sex at this particular stage of your life and that's okay!

### **Make scents**

Fragrances such as perfumes, colognes, aromatherapy and scented candles are known to be sexually arousing. Perhaps it's time to treat yourself to a new perfume; it can help to make you feel more sensual.

### **Limit your libations**

While it may decrease your inhibitions, alcohol is also a depressant. Try limiting your alcohol intake to just a three-ounce serving to keep your mood up before sex.

### **Work it out**

Feeling good about your physique can improve your sex drive and make for better sex. Exercise is a great way to stay fit and slim down, and it releases important neurochemicals that will increase your sex drive.

### **Embrace the new you**

Menopause marks the end of reproduction, not sexuality. If you notice changes in libido and/or vaginal dryness, there are drug-free solutions out there that may help. The Estroven Intimacy Kit contains a supplement to help manage your mood and libido as well as provide relief from those irritating hot flashes and night sweats\*, and it also includes a lubricant to replenish vaginal moisture, so you can feel like yourself again.

"Libido and lubrication are two essential pieces of the puzzle in a healthy intimate relationship. When women experience a decline in these areas, it can be very frustrating for both partners," says Rachel Sussman. "This is why a product like the Estroven Intimacy Kit can be useful. Because it helps address multiple menopause symptoms\*, using it can allow women to focus on connecting with their partners."

For more tips from relationship therapist Rachel Sussman and Dr. Donnica Moore, visit [www.Estroven.com/Intimacy](http://www.Estroven.com/Intimacy).

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†*BuzzBack Estroven Intimacy Survey Results*, March 2015

Both Dr. Moore and Rachel Sussman are paid spokespersons for Estroven®

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