

FSD Symptoms Quiz

Please rate the following (1 being the lowest frequency/intensity, 5 being the highest frequency/intensity).

In the past 4 weeks:

_____ How often did you feel sexual desire or interest?

_____ How would you rate your level of sexual desire or interest?

_____ How often have you been satisfied with your arousal during sexual activity or intercourse?

_____ How difficult was it to become lubricated until completion of sexual activity or intercourse?

_____ When you had sexual stimulation or intercourse, how often did you reach orgasm?

_____ How satisfied were you with your ability to reach orgasm during sexual activity or intercourse?

_____ How often did you experience discomfort or pain during vaginal penetration?

Doctor Discussion Guide

Here are a few key questions to discuss with your doctor:

- Are the symptoms I am experiencing related to Female Sexual Dysfunction (FSD)?
- What tests do I need to determine my specific FSD?
- What treatment options are available to me if I have FSD?
- If I am diagnosed with FSD, what kind of medical and/or physical therapy is right for me?
- What changes can I make to my diet and fitness to help address FSD?

1. Shifren JL, et al. Obstet Gynecol.2008 Nov;112(5):970-8

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**FEMALE SEXUAL &
PELVIC HEALTH**

DISCOVER THE BENEFITS



Did you know...?

Patients with FSD exhibit a myriad of sexual symptoms. Research has shown that 43% of women suffer from one or more of these conditions and often present with physical and psychological attributes¹. Learn more about the common symptoms of FSD by taking the quiz on the back.

Female sexual dysfunction (FSD) refers to any persistent problem with sexual response or desire. Many women will experience sexual dysfunction at some point in their lives, which can be the source of undue stress in a relationship.

Fortunately, there are a variety of compounded medications for FSD that can be custom formulated for your individual symptoms.

Paths to Wellness

There are a number of compounded preparations available to treat all types of female sexual dysfunction, which include:

- Low sexual desire
- Sexual arousal disorder
- Orgasmic disorder
- Sexual pain disorder
- Pelvic Pain and Bladder Health

Get Tested

If you think you are experiencing symptoms of FSD, talk with your doctor about getting a pelvic exam, which includes an examination of your pelvic muscles, vulva, and vagina for any abnormal sensations such as tingling, numbness, or pain. Your doctor may also order a number of tests including cultures, blood tests, imaging tests, a urinalysis, cystoscopy, or biopsy.

Get Answers

Talk with your doctor to determine the type(s) of Female Sexual Dysfunction you may be experiencing and discuss the best treatment option for your specific symptoms. Our team of clinical experts are here to provide the medication(s) that are right for you.

Get Treated

Common medications used in compounded formulas for pelvic pain include: analgesics, muscle relaxants, hormones, steroids, and antispasmodics. Your doctor may also prescribe supplemental, physical therapy in the form of trigger point injections, yoga, stress reduction, or counseling.