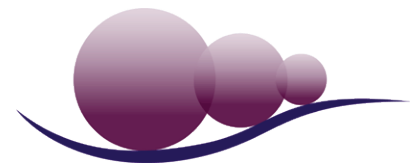




## PREVENTING MENOPAUSE

*For ourselves... for our daughters... for our granddaughters*



# Let's Start The Conversation...

### **Let's start by talking about sex**

and the physical and emotional changes that occur with ovarian failure (menopause). Sex is often described as being as good or even better after ovarian failure (menopause) than before. Saying that the ovaries play little or no role in sexual response is simply an untruth. The ovaries play a prominent role in a woman's ability to respond sexually, both physically and emotionally. Therefore, as the ovaries begin to fail (perimenopause) and finally fail (menopause) the harsh reality of sex after ovarian failure (menopause) becomes very real.

### **There should be no expectation**

of sexual functioning after ovarian failure because it is the ovaries that supply the sex organs and the brain with what is needed to engage in sexual functioning. The harshness of this reality is confirmed by its very definition, castration. From a medical standpoint menopause (ovarian failure) and castration are equivalent. Therefore, it is wrong and unethical for a healthcare provider to reassure a woman and

by extension her partner that sexual activity remains the same or is even better after ovarian failure (menopause).

### **When it comes to sex**

women are treated differently than men. Why do you think there are only books on sex after ovarian failure (menopause) not testicular failure? Is that sexist or realistic? Testicular failure creates the same condition in a man that ovarian failure (menopause) creates for a woman. Yet it is routine for a man to be told that his sexual functioning will be gone and a woman to be told that hers is only going to get better. It is time we are honest with ourselves and insist our doctors are honest with us. A man's sexual functioning can be restored with medical intervention following testicular failure. The same can be done for a woman with ovarian failure (menopause), but only if we are open and honest with ourselves, and if our healthcare providers are honest with us about the reality of sex after ovarian failure (menopause).

## **Lend Your Voice**

I need your voice to change the current cultural and medical norm towards ovarian failure (menopause). Together we can do this.

- 1) The first thing we have to do is be honest with ourselves and our healthcare providers be honest with us.
- 2) For those women who have suffered ovarian failure (menopause) begin discussing the reality of sex after ovarian failure (menopause) with your spouse, your daughters, your friends, and your doctor. You will begin to realize how much you have in common.
- 3) Let the pharmaceutical companies know that you want better products to address ovarian failure. Also, let the Food and Drug Administration (FDA) know that you want accurate labeling on current products.

By working together, all people, men and women, healthcare professionals, the FDA, NIH and pharmaceutical companies can usher in a better and healthier future for all women.