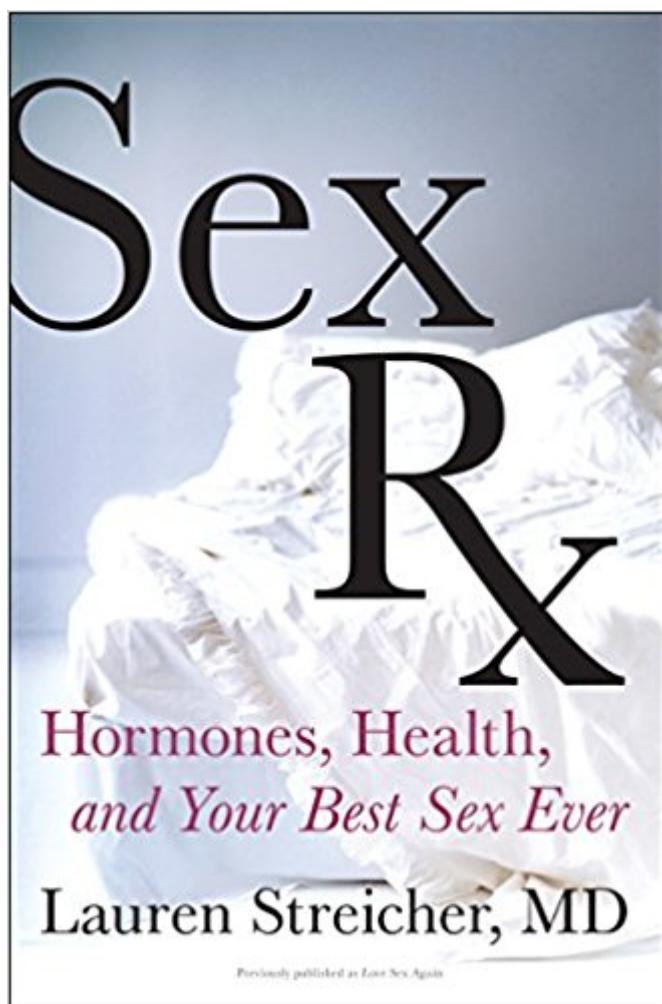


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# Sex Rx: Hormones, Health, And Your Best Sex Ever



## Synopsis

For millions of women in America, sex isn't always pleasurable or even possible. Instead, sex has become a low priority as they navigate marriage, motherhood, and work . . . not to mention cope with chronic stress and lack of sleep. Throw in the natural fluctuations in hormone levels that all women experience throughout their lives and it's not surprising that sex can become, well, a little less sexy. Additionally, common gynecological problems can make sex uncomfortable, and medical issues can cause it to be downright painful. Dr. Lauren Streicher, a leading women's sexual health expert, offers women the courage, vocabulary, and knowledge to identify and solve problems in the bedroom, for a wide range of issues—from flagging libido, vaginal dryness, and sex after menopause, to hormone supplements and the effects of medication, Sex Rx offers a wealth of knowledge, along with a good dose of humor and plenty of encouragement, so that every woman, no matter what personal challenges she has, can make having great sex a part of their lives forever. Sex Rx was originally published in hardcover as Love Sex Again.

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## Customer Reviews

Are you missing a vibrant, exciting sex life? Do you avoid sex because it is uncomfortable? Or even painful? Are you coping with diabetes, heart disease, cancer, or another illness that makes sex more challenging? Have you lost interest in sex altogether? Yes, anyone can love sex again, or love sex more, with Sex Rx. For millions of women in America, sex isn't always pleasurable or even

possible. Instead, sex has become a low priority as they navigate marriage, motherhood, and work . . . not to mention cope with chronic stress and lack of sleep. Throw in the natural fluctuations in hormone levels that all women experience throughout their lives and it's not surprising that sex can become, well, a little less sexy. Additionally, common gynecological problems can make sex uncomfortable, and medical issues can cause it to be downright painful. Dr. Lauren Streicher, a leading women's sexual health expert, offers women the courage, vocabulary, and knowledge to identify and solve problems in the bedroom, for a wide range of issues—from flagging libido, vaginal dryness, and sex after menopause, to hormone supplements and the effects of medication. *Sex Rx* offers a wealth of knowledge along with a good dose of humor and plenty of encouragement, so that women of all ages can make having great sex a part of their lives forever.

Lauren Streicher, MD, is a gynecologist and sexual health expert. She is an associate clinical professor of obstetrics and gynecology at Northwestern University's Feinberg School of Medicine. She is also the author of *The Essential Guide to Hysterectomy*. She lives with her husband in Chicago.

Primary care providers should buy this book, READ it, and then PUT A COPY IN EVERY EXAM ROOM! As a family physician, I love this book because it is an excellent resource to help me help my patients with decreased libido, dyspareunia, or other vaginal and sexual difficulties- regardless of the cause. Dr. Streicher clearly and specifically addresses not only menopausal issues, but numerous special challenges related to medical conditions such as cancer, diabetes, and heart disease. Dr. Streicher uses evidence-based medicine to support her recommendations, giving us the confidence to treat our patients how many of us choose to treat ourselves. She explains the WHI (Women's Health Initiative) in basic terms that allow us to debunk estrogen-fearing myths more effectively, reinforcing what we all know- that "estrogen is not poison". Dr. Streicher has mastered the balance between medical language and lay terms, blended together with her witty humor. She tells it like it is, including addressing the fact that no pill will fix decreased libido or lousy sex when the real problem is the relationship itself. This book is not a casual read for a teenager wondering about sex (though they could potentially learn a ton). *Sex RX* is the perfect book, however, for the educated women in your practice (and your friend group) who want to understand how their sexual body parts and hormones work (or don't work), and what options they have to improve their "SexAbility."

This is such a comprehensive book that covers so many aspects of sexuality--I bought additional copies for my mom, sister, and 2 best friends because it covers sexuality across the life span in such an easy-to-understand way. The author is an expert in her field, and it shows--vulvar pain, low desire, the works. I highly recommend this to any woman who wants up-to-date information about her sexual health.

Notwithstanding the head-turning title, this is really an excellent primer on vaginal health for menopausal and post-menopausal women. Accessible, comprehensive and compassionate.

This book is sooo informational ....I can't stop reading it...I just received it....but boy is this book something else...so far I Love it...I like the way it sets the issues right there without any BS,,,and might I add the Dr. Streicher has a great since of Humor....you will find yourself laughing out loud....for me this is just what the Doctor Order....love it.

A very well written, laymen approach to a technical and sensitive topic. Understand why things work the way they do and now have rejuvenated the much missed feeling. I am 65 and look and feel like I am in my early 50's. All the healthy eating, exercising, and personal skin care treatment just made the desire for the physical connection greater. Have that now thanks to understanding how my body works and what it needs to continuing enjoying sex. Recommend it for women of all ages!

This is a great resource for women. Although I have not read all of it, I have already found many great points about which lubricants are best and information of incontinence problems. This is like a textbook on women's reproductive and menopausal as well as post-menopausal problems and solutions.

This is a must read especially for older women post menopause and those who have not engaged in sexual intercourse for many years for many reasons. I actually took this book with my highlighted pages to my gyn a few days ago and she knew about it and we had a very open discussion about how to fix my problems.Every woman should read this book. We are finally after so many years speaking openly about women's issues and can actually speak the work 'vagina' without being embarrassed. Men have Viagra ... we have nothing. All that talk for so many years about the penis this and the penis that .... OK It's kind of fabulous. Now it's our turn - way over do by about 100 years or more. You know what you have to do, my female friends. Relax and enjoy your sexual

liberation and freedom no matter what age you are.

This book is very informative and helpful for all women who suffer from painful intercourse.

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