

## Sexual Dysfunction Common to Both Sexes; Treatment Options Start with Open Discussions



By **Megan Palmisano, MSN, APRN, FNP-C**

September is Sexual Health Awareness month and a great time to reflect on the impact that sexual health education and prevention can have in our lives. As sexual health encompasses physical, mental, emotional, and social well-being, maintaining a healthy and fulfilling intimate life can add significant value to how we feel.

Being open and honest with your provider can really facilitate early detection of potential problems and can help guide proper treatment options.

Erectile dysfunction has been estimated to affect 50% of men between the ages of 40-70 years old. Sexual difficulties are estimated to impact 1 out of 3 women and can include painful intercourse, lack of interest, difficulty with arousal and achieving orgasms, and even urinary incontinence.

For each sex, many factors can contribute to sexual challenges such as age, lifestyle habits, hormonal and nutritional deficiencies, certain medications, medical conditions, physiological and physical injuries. At VitalityMDs, we focus on synergistic therapy, looking at hormone levels, including testosterone, and other factors that can optimize sexual health and well-being.

GAINSWave is one of our favorite treatments for men with ED or even to optimize erections and sexual performance. It is a noninvasive procedure that uses high frequency, pulsating sound waves to break up micro-plaque, create new blood vessels, and stimulate blood flow to the penis. **GAINSWave** has no down time, and

has shown promising results to increase sensitivity, stronger erections, and more natural spontaneous erections.

**FEMiWave** is the female version that can improve blood flow, lubrication, and sensation to the tissues. This non-invasive procedure uses pulsewave technology with no side effects to both pre- and post-menopausal women.

Of course, exercise, eating healthy, avoiding smoking and excessive alcohol consumption, lowering inflammation and stress can all benefit your sexual health results. Your VitalityMDs provider can assess your concerns and guide your proper treatment. Our goal is to help you enhance your sexual function, performance, and overall health.

To schedule a consultation to discuss your sexual health concerns, call 480-425-8700.

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## September MedSpa Specials

# September

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\$11 per unit

## CHEMICAL PEELS

SkinMedica Illuminize \$120 (reg \$150)

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Laser treatment that is used to restore more youthful vaginal tissue and improve stress urinary incontinence.

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Activates your skin's natural power to revitalize collagen production for a more youthful appearance.

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FDA-cleared treatments for fat reduction.



Purchases must be made in September and used within 6 months of purchase.

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