

Has the 'change' wrecked your sex life?

You are not alone. Many women who have attained 'menopause' or are currently going through the phase of 'perimenopause' feel the effects of declining hormones - oestrogen and testosterone on their minds and bodies.

Poor libido, lack of arousal or desire, pain during intercourse and difficulty in achieving orgasm are some of the common problems faced by women at this time.

Is there something you can do? - Yes.

Libido and sexual performance are complex phenomena affected by a range of factors however, there is no denial that a healthy mind and a body with adequate levels of hormones are a key to satisfactory sex life.

Hormone replacement therapy which replaces oestrogen and testosterone hormones plays a vital role in this. Most commercially available HRT preparations contain oestrogen and progesterone hormones only. Testosterone often gets neglected and is not offered as a first line treatment option.

Oestrogen can be taken as oral tablets, patches, gel, vaginal creams, pessaries or implants underneath the skin.

Testosterone can be taken as gel, lozenges or implants under the skin.



Together, these hormones have the potential to transform your sex life.

If you would to discuss more, please ring us on 020 7467 8373 to make an appointment.



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