

Feeling Disconnected from Intimacy ?

If you've noticed a drop in sexual desire or feel discomfort, dryness, or pain during intimacy — you are not alone.

These are very real, very normal symptoms many women face during perimenopause and beyond — but they often go undiscussed. Let's change that.

WHY LIBIDO DECLINES DURING MENOPAUSE ?

As ovarian hormone production decreases—particularly estrogen and testosterone—many women experience changes in sexual desire and arousal. This is a physiological and emotional shift, not a personal failing.

Medical & Psychosocial Factors

1. **Hypoactive Sexual Desire Disorder (HSDD)** – Often underdiagnosed.
2. **Urogenital Atrophy / GSM – Genitourinary Syndrome of Menopause** causes vaginal dryness, , and discomfort.

- **Insomnia & Mood Disorders**
– Sleep disruption, anxiety, and depression can all reduce libido.
- **Body Image & Self-esteem**
Changes – Weight gain, aging skin.
- **Relationship Factors** –
Emotional disconnect, caregiver stress.

What You Can Do

Schedule a Sexual Health Evaluation

Ask your gynaecologist to assess hormone levels, vaginal tissue health.

Manage Vaginal Atrophy

Use non-hormonal moisturizers or discuss local vaginal estrogen therapy to relieve discomfort.

Address Mental Health & Sleep

Cognitive Behavioral Therapy (CBT) and mindfulness-based interventions are proven to improve mood, energy, and intimacy.

Discuss HRT with Your Specialist

Hormone Replacement Therapy (HRT) or testosterone therapy (in select cases) can improve libido when appropriately prescribed.

Seek Psychosexual Counseling

Certified sex therapists or couples counselors can help you navigate desire, communication, and intimacy rebuilding.