

A wide-angle, aerial photograph of the Atlanta skyline at sunset. The sky is filled with vibrant orange, yellow, and purple hues. In the foreground, a large Ferris wheel is brightly lit, and the city's modern skyscrapers, including the Bank of America Plaza, stand tall against the colorful backdrop.

Welcome! ISSWSH Precourse 2025

Sarah Cigna, MD, MS, FACOG, IF, MSCP

Assistant Professor of OBGYN
Director of the Sexual Health and Gender Affirmation (SAGA)
Center

The George Washington University
School of Medicine and Health Sciences

Who am I to be teaching you!?

- First Sex Med exposure in 2013
- First ISSWSH Meeting in 2018
- Mentored by Andrew Goldstein for 2 years (and beyond!)
- In OBGYN academic practice for 6 years at GW
 - 2018: Reopened GW Sexual Health Clinic
 - 2021: Added 2 partners
 - 2022: Expanded to include Gender Affirmation (SAGA is born!)
 - 2023: First OBGYN Sex Med Fellowship in USA
- Professional Designations
 - ISSWSH Fellow
 - Menopause Society Certified Practitioner
 - Current Education Committee Chair



But I didn't do it alone

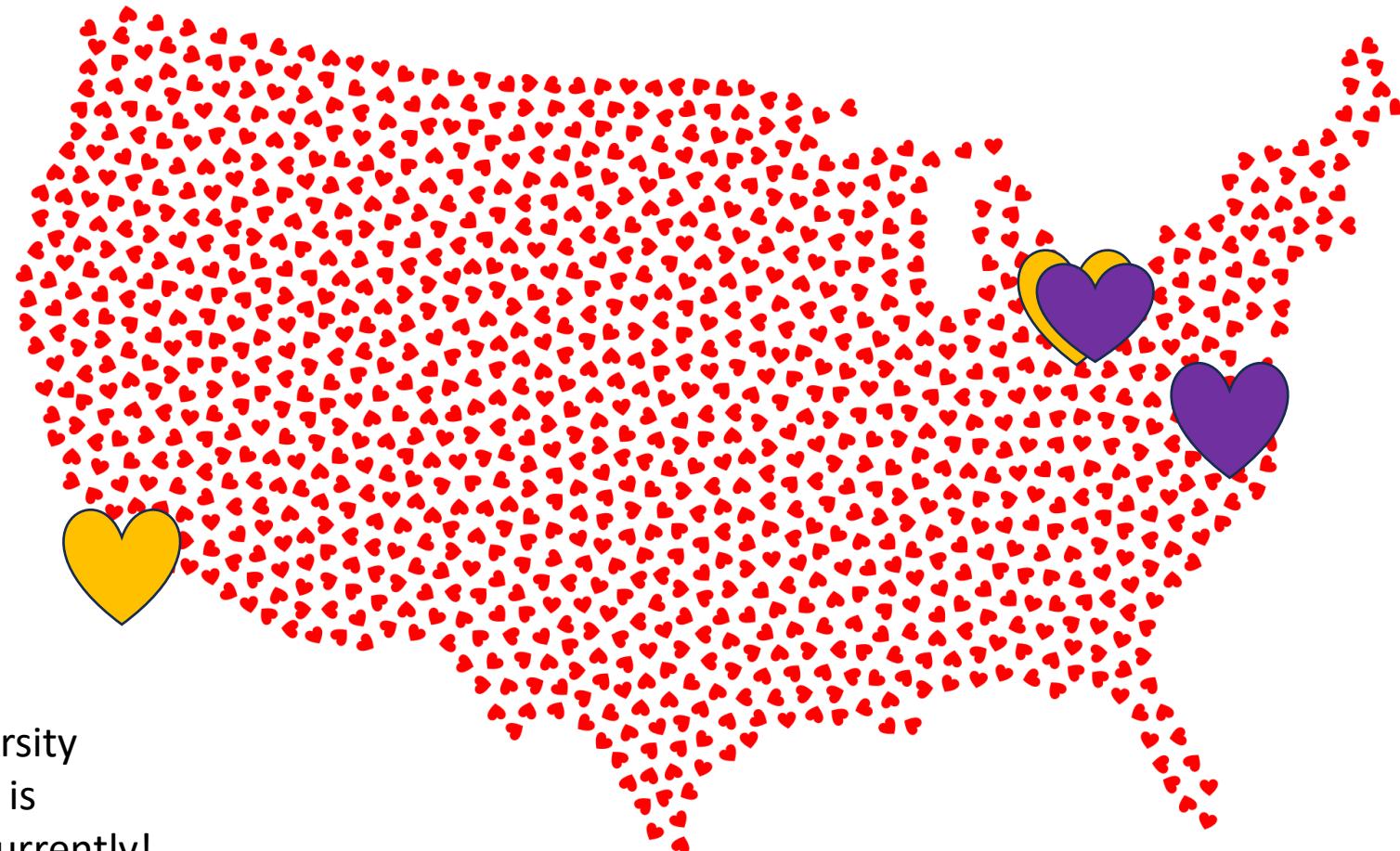
- ISSWSH colleagues, faculty, and leadership
- Sue and Irwin Goldstein
- My DMV colleagues
- GW residents, students, and colleagues
- SAGA team
- Patient Advocacy Organizations and my beloved patients!
- My husband and 3 awesome sons
- My friends

Mentorship and encouragement takes many forms.

I have a vision...

- Inclusive, affordable, accessible sexual health services
- Infusion of sexual health education in ALL levels of training for ALL specialties
- Expansion of sexual health centers in academic centers

Sexual Medicine Fellowships* that care for women and people with vulvas



FRESH Fellowship at University
Hospitals in Cleveland, OH is
recruiting for 2025-2026 currently!



Who is here?

- First time at an ISSWSH course/meeting in person?
- First time at the Fall Course?

Roll Call!

- Physicians
- Midwives
- Nurse Practitioners
- Physician Assistants
- Psychologists/Counselors
- Physical Therapists
- Patient Advocates
- Residents
- Students
- OB + GYN
- Urology
- Urogynecology
- Psychiatry
- Internal Medicine
- Family Medicine
- PM&R
- Orthopedics
- Neurology
- What else?

What is ISSWSH?

- Founded almost 20 years ago!
- Dedicated to the education and research of female sexual function and dysfunction.



Twenty years later, the future is full of opportunity

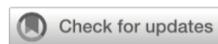
A Thriving Sexuality for Every Body

ISSWSH Education

- PreCourse 2025 – YOU ARE HERE! 😊
- Advanced Hormone Course – virtual, coming in 2025
- Fall Course 2025 (Join us in Arizona!)
- Past courses:
 - Genitopelvic Pain course
 - SAR (Sexual Attitude Reassessment) - another in planning mode!
- Webinars

Welcome to ISSWSH!

CLINICAL PRACTICE GUIDELINES



The International Society for the Study of
Women's Sexual Health Process of Care for
the Identification of Sexual Concerns and
Problems in Women

Sharon J. Parish, MD; Steven R. Hahn, MD; Sue W. Goldstein, BA;
Annamaria Giraldi, MD, PhD; Sheryl A. Kingsberg, PhD; Lisa Larkin, MD;
Mary Jane Minkin, MD; Vivien Brown, MDCM; Kristin Christiansen, MD;
Rose Hartzell-Cushanick, PhD; Alyse Kelly-Jones, MD; Jordan Rullo, PhD;
Richard Sadovsky, MD; and Stephanie S. Faubion, MD

Validated Tools to Assess FSD

Validated Tool	Assessment Area
Decreased Sexual Desire Screener (DSDS)	Brief diagnostic tool for Hypoactive Sexual Desire Disorder (HSDD)
Female Sexual Function Index (FSFI)*	Desire, arousal, orgasm, pain
Female Sexual Distress Scale-Revised (FSDS-R)	Distress

*FSFI questionnaire and scoring key available at: www.fsfi-questionnaire.com.

Limitations of our current tools

- FSFI was validated for heterosexual couples
- FSFI does not evaluate distress
- FSFI hard to complete for those who are not sexually active

Sex Med is multidisciplinary

OBGYN ☺

- Urogynecology
- MIGS

Urology

Physical Therapy

Physical Medicine and Rehab

Pain Medicine

Colorectal surgery

Dermatology

Endocrinology

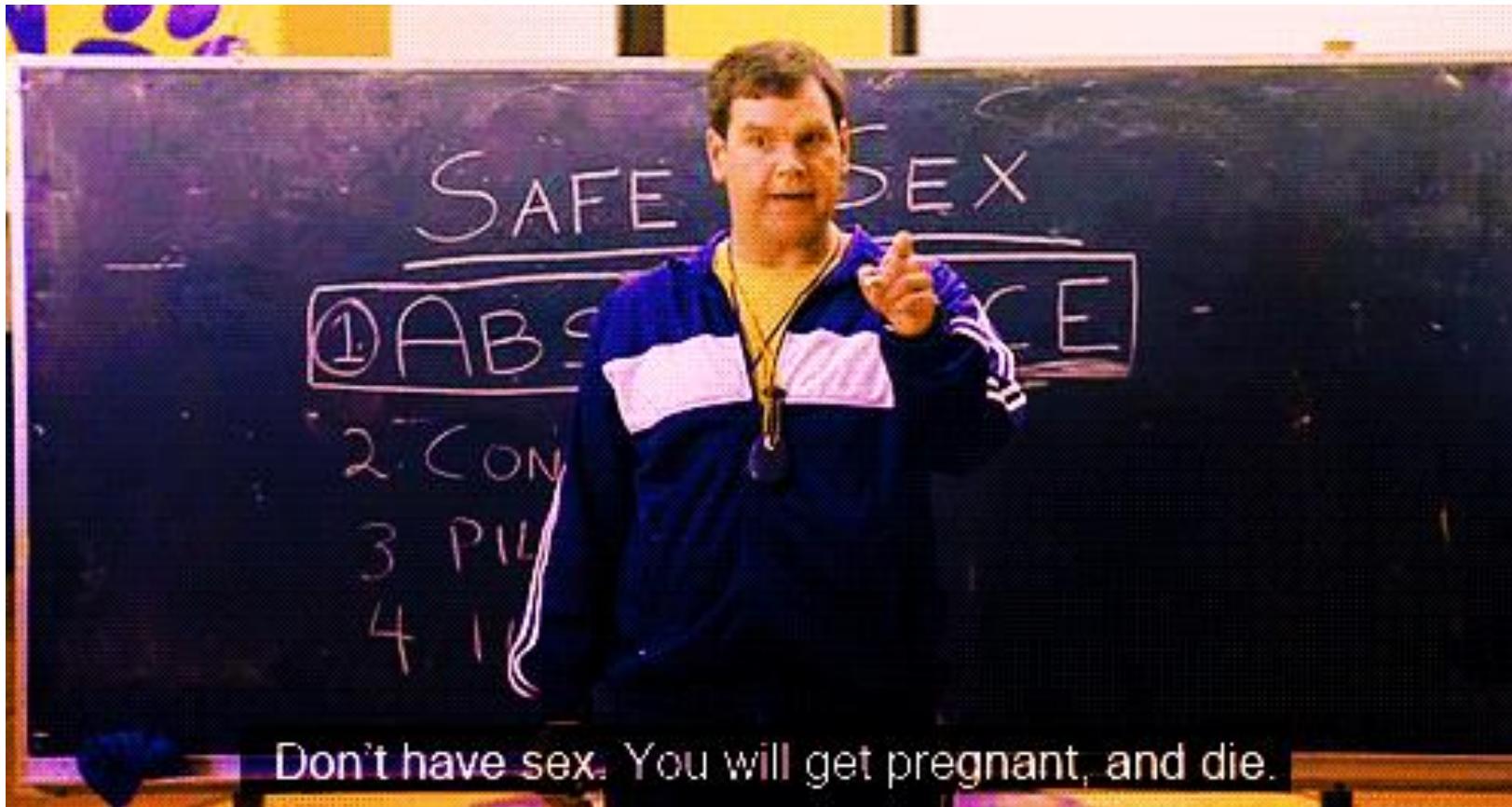
Internal Medicine

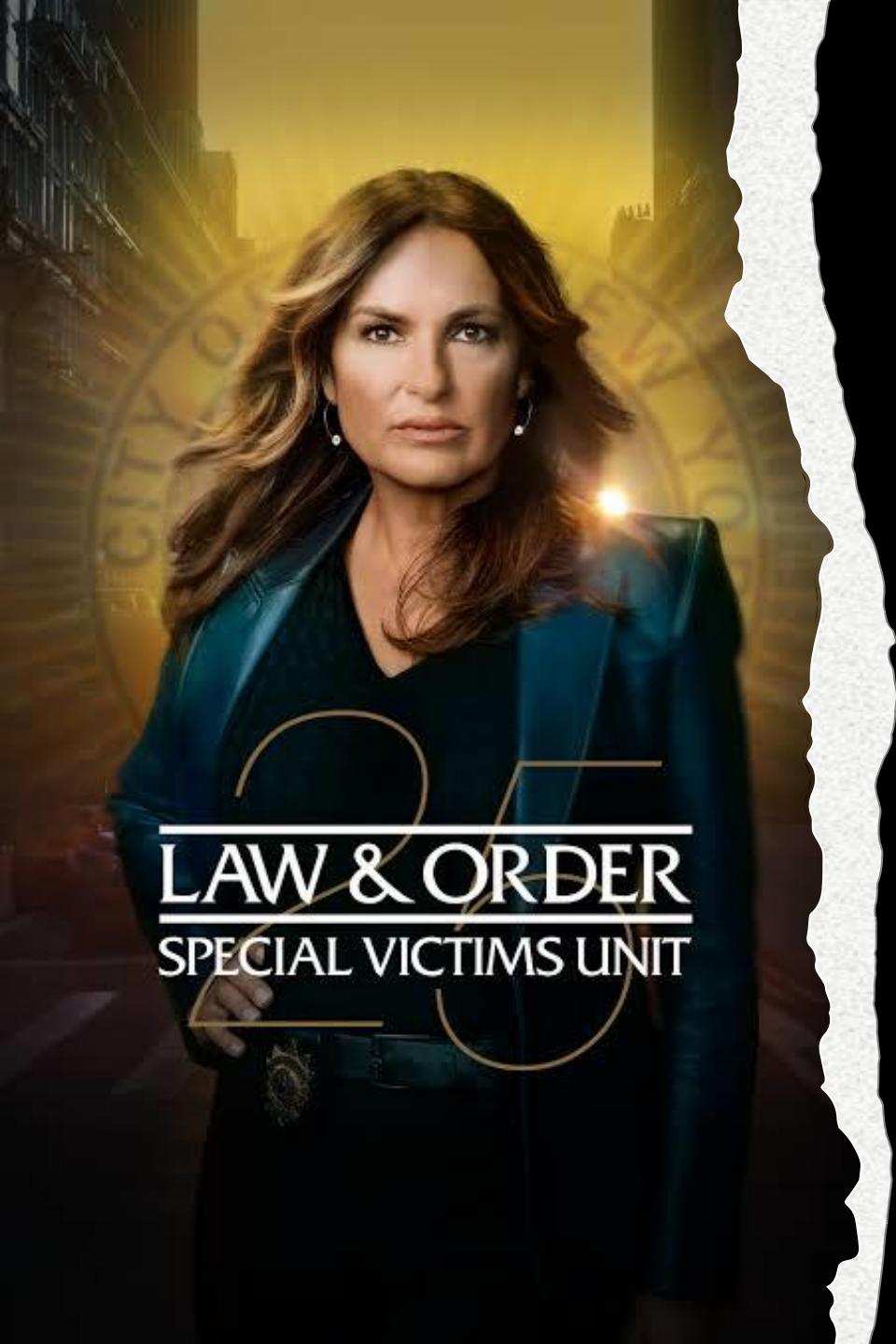
Psychiatry

Neurology

Spine surgery

Sexual Health is MORE than:

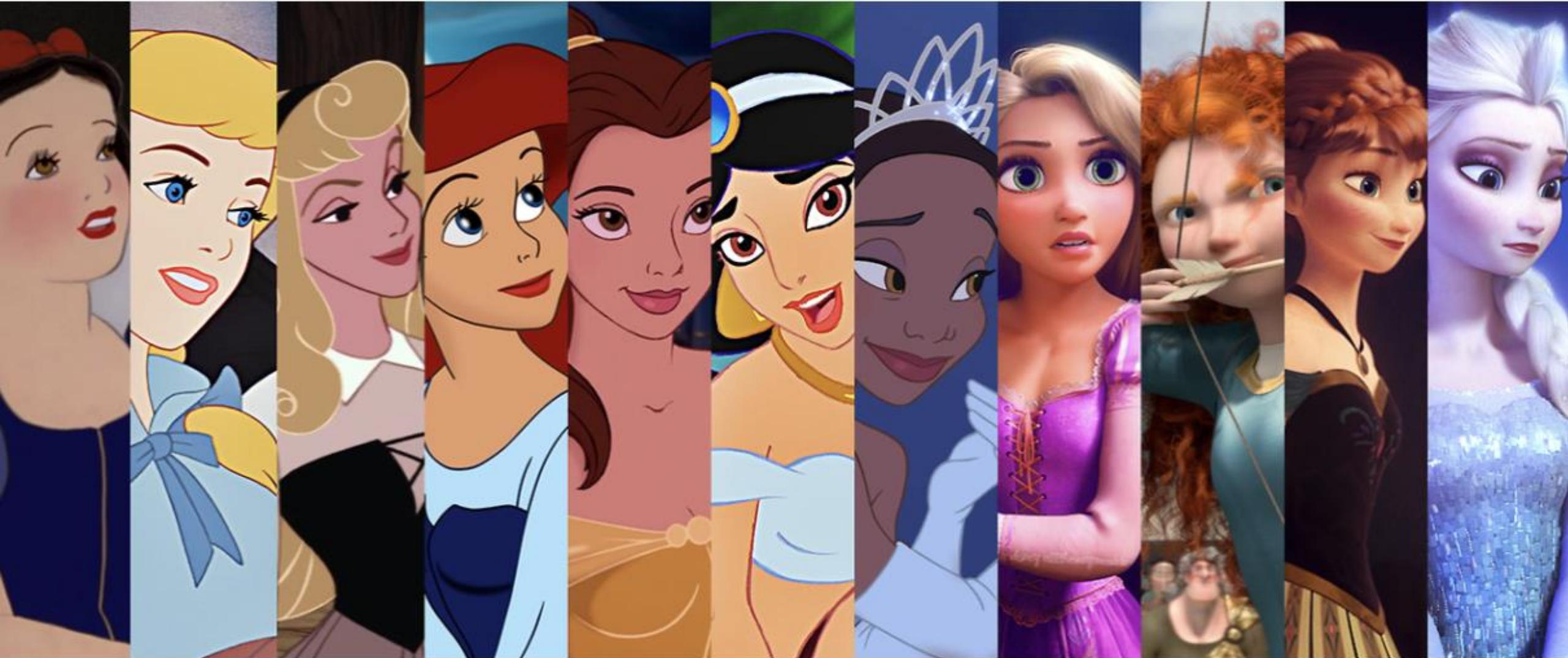




We are detectives. We
use our whole brains
every single day.

We educate
and
empower





We are inclusive



We advocate at national and
international levels

Meet Your Faculty!



Caitlin W.

Patient Advocate and Researcher

Sexmedadvocate.com

Meet Your Faculty!



Rainey Horwitz, MD
Urologic Surgery Resident
Emory University

Meet Your Faculty!



Heather Howard, PhD, MPH
Sexologist
Center for Sexual Health and Rehabilitation

Meet Your Faculty!



Jill Krapf, MD, MEd, FACOG, MSCP, IF
Gynecologist
Center for Vulvovaginal Disorders
Tampa, FL

Meet Your Faculty!



Erika Kelley, PhD
Clinical Assistant Professor, CWRU
School of Medicine

Meet Your Faculty!



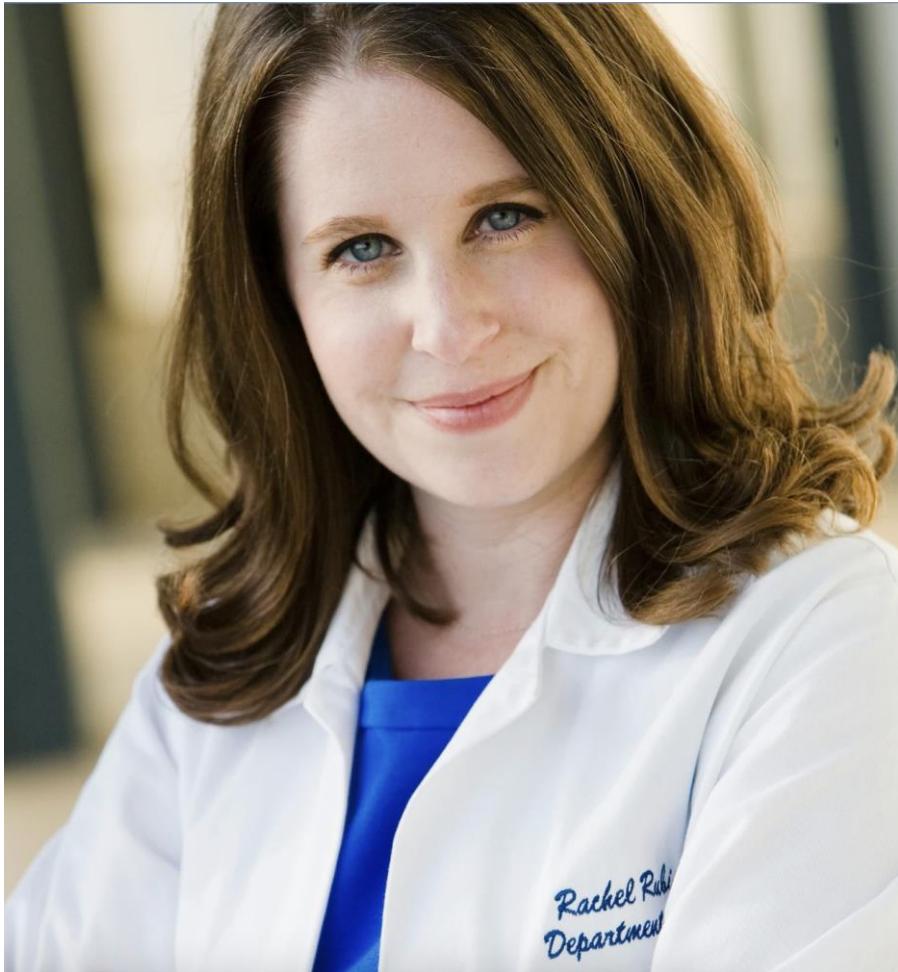
Heather Quaile, DNP, WHNP-BC, CSC, SANE, IF
Nurse Practitioner
The SHOW Center
Atlanta, GA

Meet Your Faculty!



Anita Mikkilineni, MD, FACOG, IF
Assistant Professor of OBGYN
The Sexual Health and Gender Affirmation Center
George Washington University

Meet Your Faculty!



Rachel Rubin, MD, IF
Assistant Clinical Professor of Urology
Georgetown University

Meet Your Faculty!



Jandra Mueller DPT, MS
Physical Therapist
Pelvic Health and Rehabilitation Center

ISSWSH Office

Thank you to Status Plus and our AV team for
your support in making this meeting happen!

Thank our sponsors and exhibitors!

Please go check out the exhibits! We wouldn't be able to host these meetings without their support!