



# Welcome! ISSWSH Precourse 2025

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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

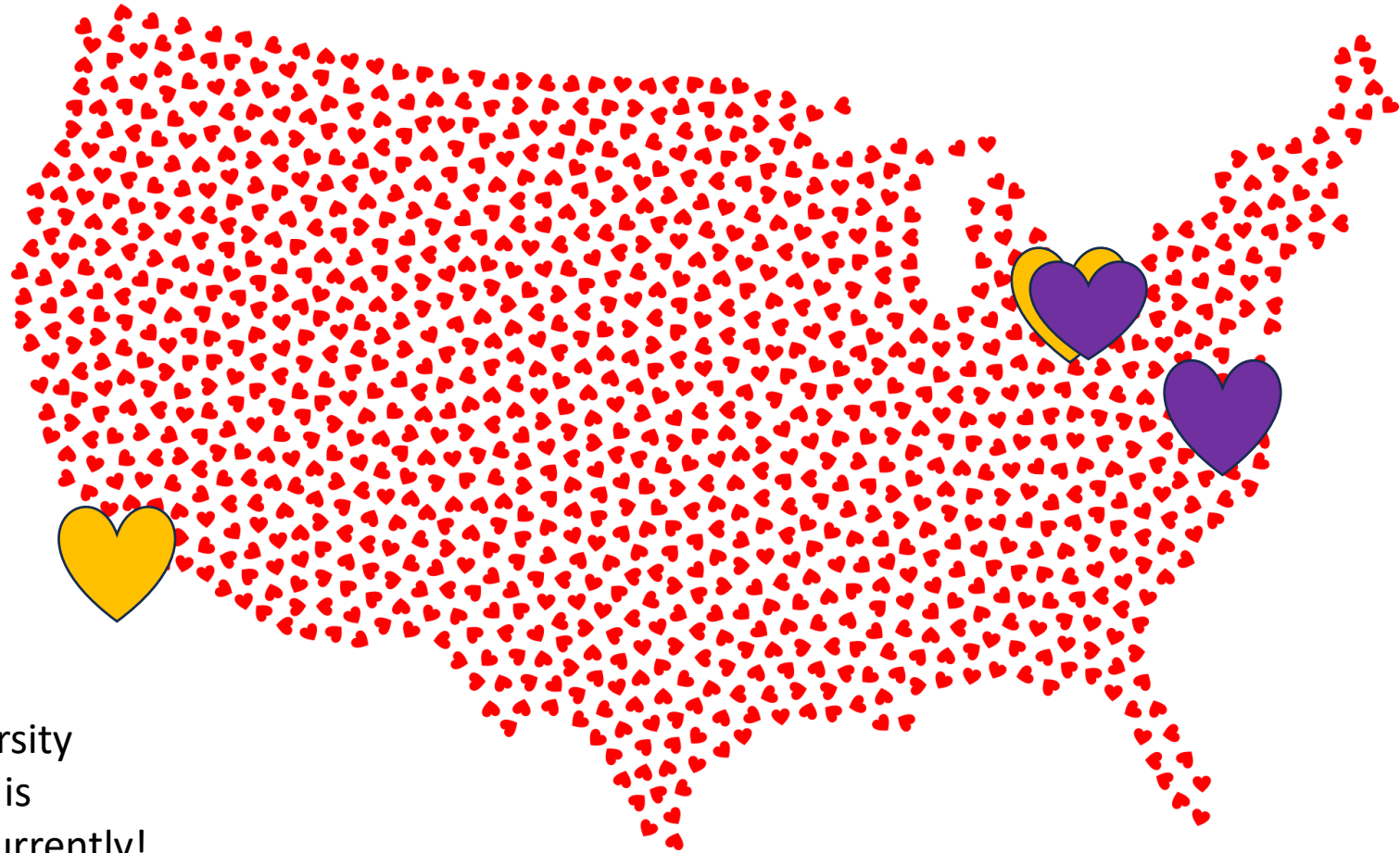
- ISSWSH colleagues, faculty, and leadership
- Sue and Irwin Goldstein
- My DMV colleagues
- GW residents, students, and colleagues
- SAGA team
- Patient Advocacy Organizations and my beloved patients!
- My husband and 3 awesome sons
- My friends

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?

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- 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](http://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

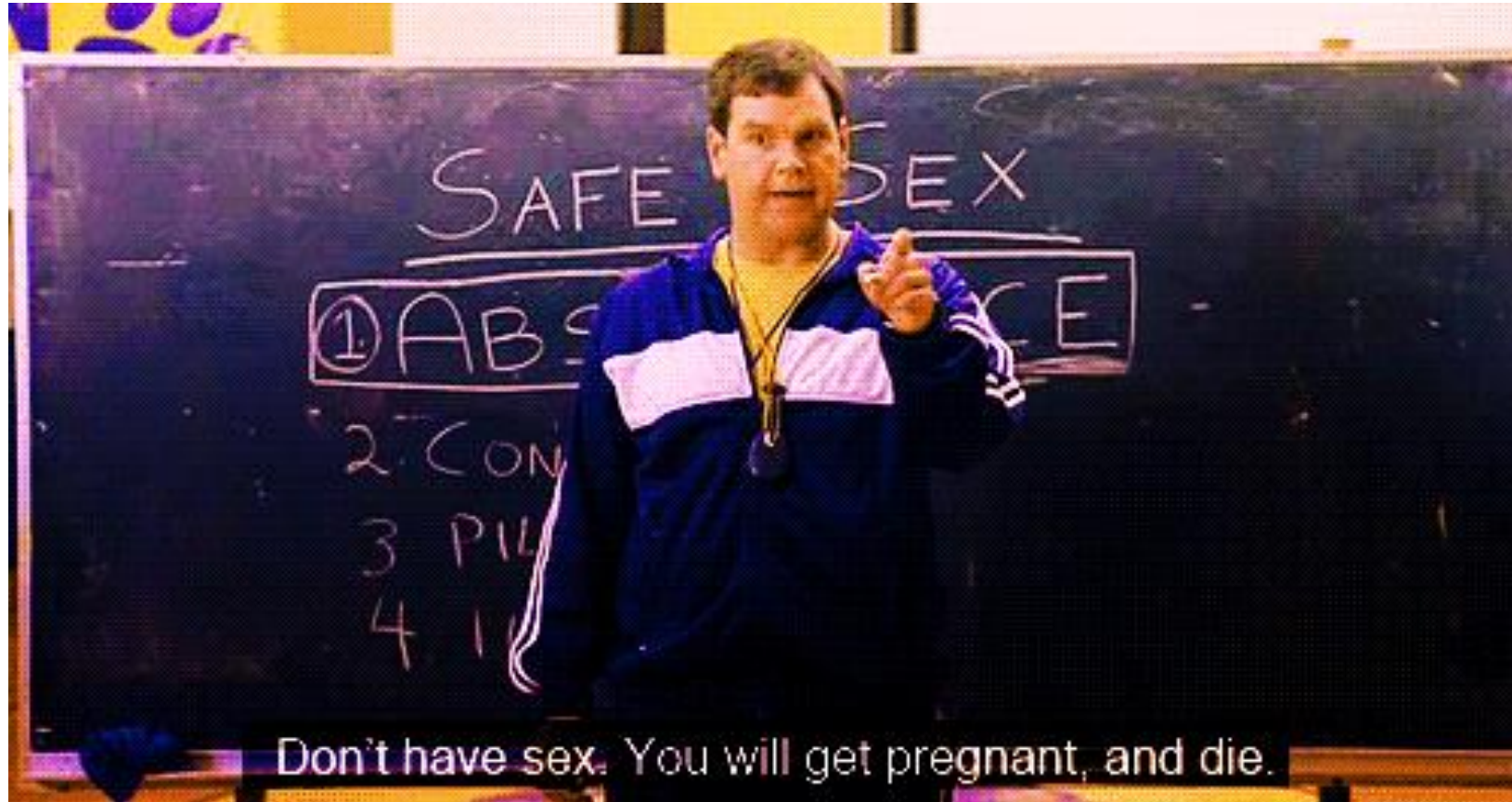
Psychiatry

Neurology

Spine surgery



Sexual Health is MORE than:





**LAW & ORDER**  
SPECIAL VICTIMS UNIT

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



We educate  
and  
empower







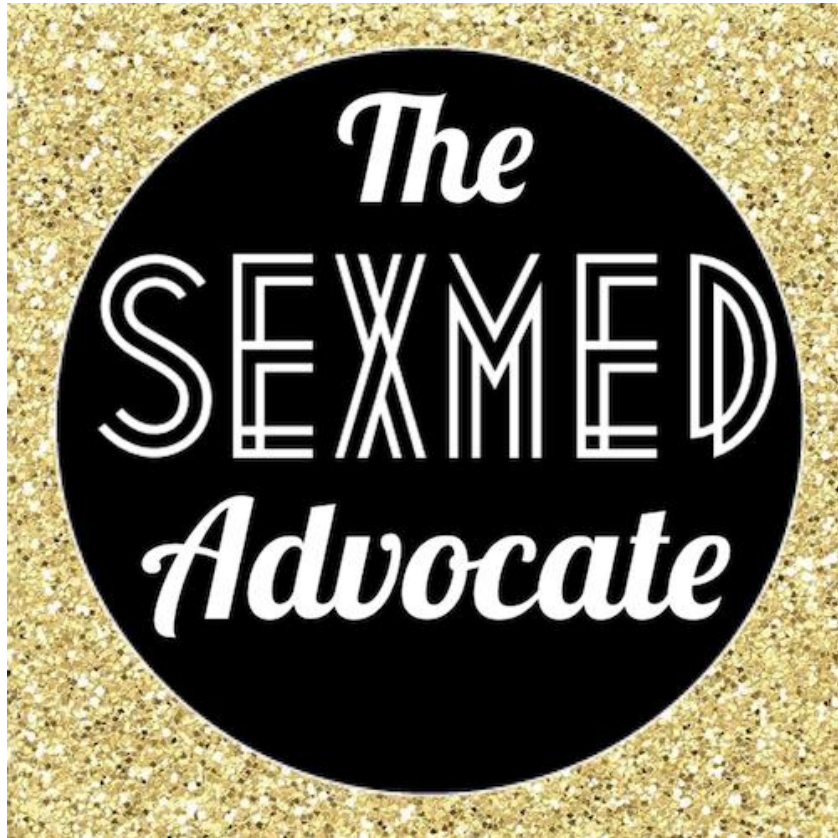
We are inclusive

A photograph of the United States Capitol building in Washington, D.C., taken at dusk. The building's iconic dome is the central focus, with its interior lights glowing. Above the dome, a full moon is perfectly aligned with the statue on top. The sky is a deep purple and pink. In the foreground, there are dark silhouettes of trees and a street lamp on the right.

We advocate at national and  
international levels



# Meet Your Faculty!

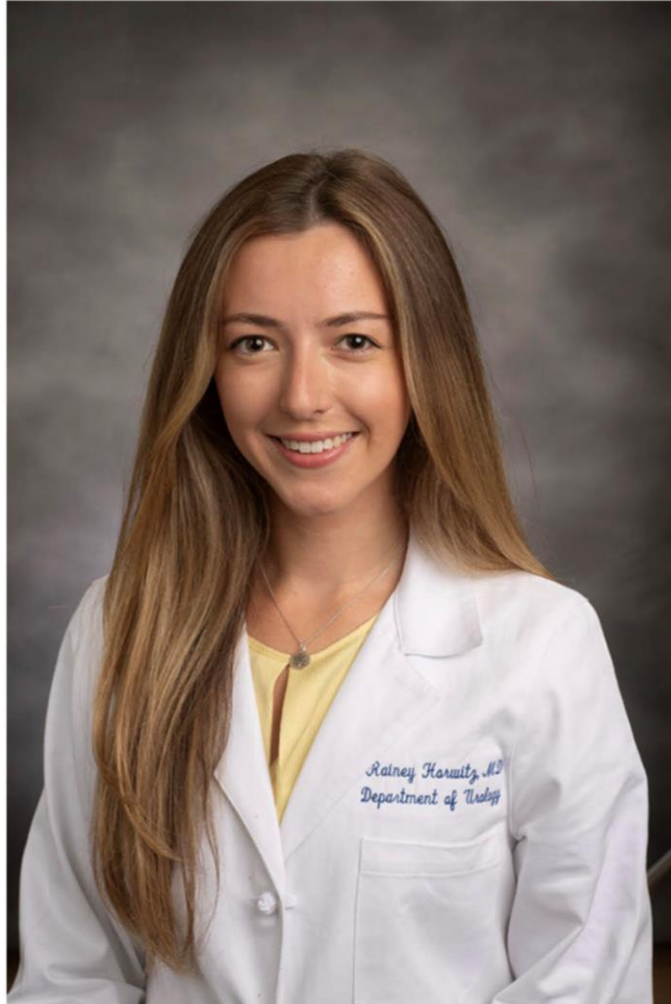


**Caitlin W.**

Patient Advocate and Researcher

[Sexmedadvocate.com](http://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!

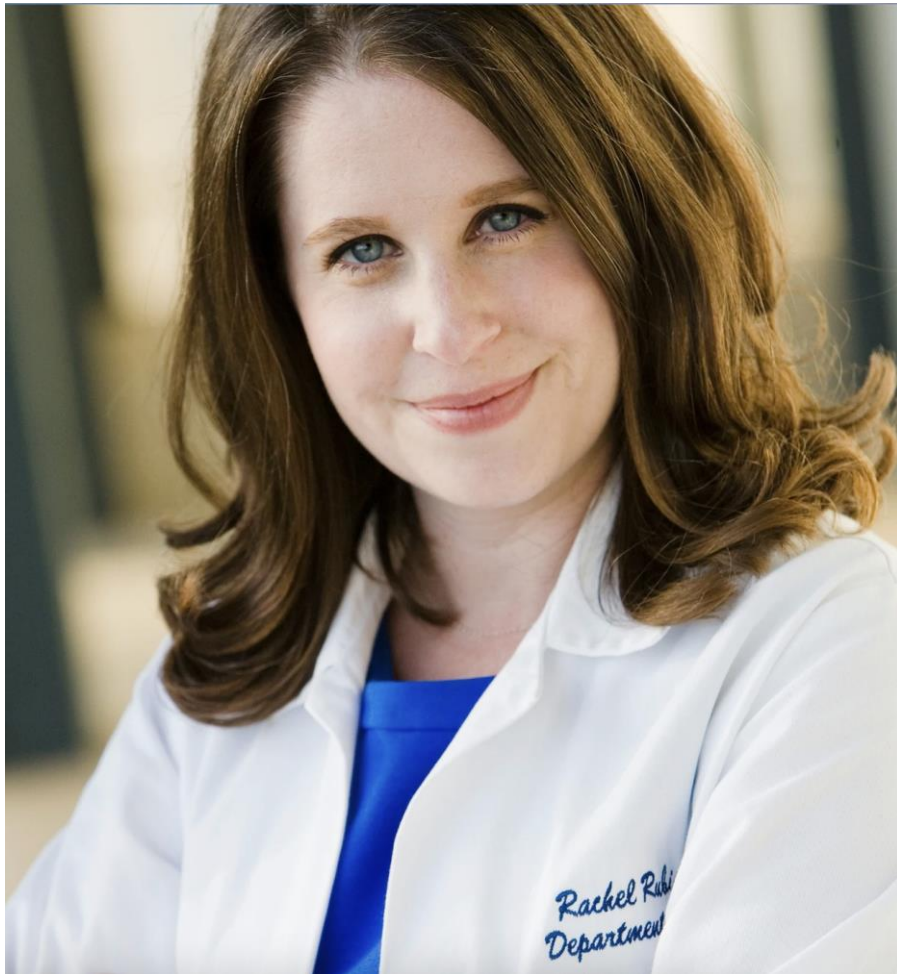


**Anita Mikkilineni, MD, FACOG, IF**

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!