



**SAAK**Health

# TREATING FEMALE SEXUAL DYSFUNCTION

## What Are Your Options?

**SWIPE**



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OPTION 1

## Lifestyle & Behavioral Changes

- ◆» Regular exercise & pelvic floor therapy.
- ◆» Stress management & mindfulness.
- ◆» Open communication with partners.



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OPTION 2

## Medical Treatments for FSD

- ◆ Hormonal therapy – Estrogen or testosterone therapy for hormonal imbalances.
- ◆ Non-hormonal medications – FDA-approved treatments for low sexual desire.
- ◆ Lubricants & moisturizers – Helpful for dryness & pain during intercourse.



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OPTION 3

## Psychological & Emotional Support

- ◆ Sex therapy & counseling – Helps address emotional barriers.
- ◆ Cognitive-behavioral therapy (CBT) – Treats anxiety or past trauma.
- ◆ Mindfulness techniques – Can improve arousal & body awareness.



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OPTION 4

## Pelvic Floor Therapy

Weak or tight pelvic muscles can contribute to pain and discomfort.

### **Physical therapy can:**

- ◆ Strengthen pelvic muscles.
- ◆ Improve circulation & arousal.
- ◆ Reduce pain & discomfort







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If FSD is affecting your well-being, relationships, or self-confidence,  
**don't wait to seek help.**

Treatment is available, and  
**you are not alone.**



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