**Sexual Optimisation: Female Health**

**Brief Description:**

The course provides healthcare professionals with a comprehensive approach to female sexual health, focusing on anatomy, physiology, hormonal regulation, and regenerative treatments.

Participants will explore topics such as PRP, RF therapy, bioidentical hormones, natural supplements, and psychosexual interventions like CBT and mindfulness.

Each module includes clinical evidence, case studies, and self-assessments, offering practical tools to address sexual dysfunction and enhance patient outcomes.

By the course's end, participants will be equipped to integrate advanced therapies and holistic strategies into clinical practice to optimise female sexual health.

**Learning Objectives:**

* Explore female sexual anatomy, neurovascular function, and the sexual response cycle.
* Assess the roles of estrogen, progesterone, testosterone, and oxytocin in sexual health.
* Understand PRP, RF therapy, laser rejuvenation, carboxytherapy, and vulval puff procedures.
* Utilise bioidentical hormones and supplements like maca root and tribulus for libido enhancement.
* Manage HSDD, anorgasmia, and dyspareunia with psychological and medical interventions.
* Integrate regenerative, hormonal, and psychosexual therapies for optimal outcomes.
* Analyse case studies to implement evidence-based practices effectively.