

## Sex. Time. Talk.

Three words that don't often fall naturally together. There's plenty for the mid-life woman to talk about: vaginal dryness, decreased genital sensitivity, flagging libidos, lack of orgasm, and more.

But women are often uncomfortable raising these issues with their practitioners. Practitioners are pressed for the time lengthy explorations require. How can you still address these patients' concerns?

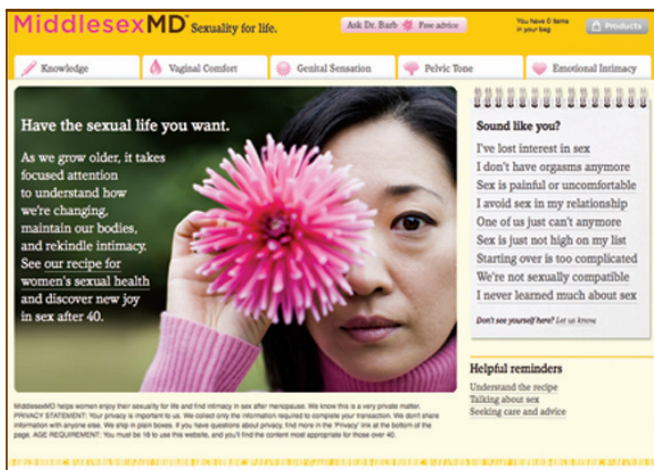
## Objective. Reliable. Readable.

Dr. Barb DePree, MD, an OB/GYN for more than 20 years and a menopause care specialist since 2006 faced the same problem. That's why she's launched

MiddlesexMD.com, a website that can complement your practice and enrich your patient care.

MiddlesexMD.com gives midlife women a factual guide to the biological changes that come with menopause and how those changes can alter how they experience sex. The information is current. The advice is straightforward. And the products are purposefully chosen to enhance vaginal comfort, pelvic tone, genital sensation, and emotional intimacy.

The site provides the privacy they need to be sure their explorations and purchases remain a private matter. It encourages and supports sexual health, and refers women to their practitioners for appropriate care.

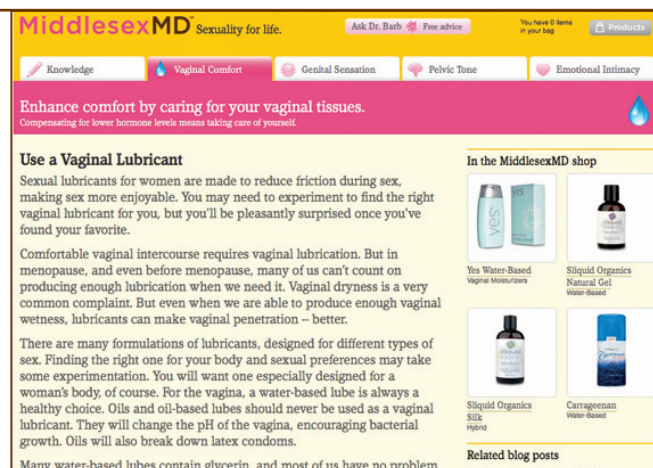


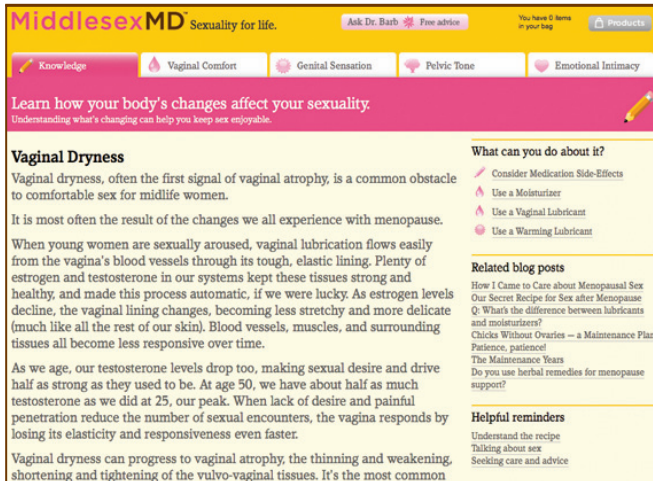
MiddlesexMD.com is organized around our "recipe" for sexual health: knowledge, vaginal comfort, genital sensation, pelvic tone, and emotional intimacy.

On our home page, we also list a number of statements Dr. DePree has often heard from patients in her practice: "Sex is painful," or "I've lost interest," for example. Many of the visitors to our site see themselves in those statements.

We explain the whole recipe, including the importance of knowledge about what's happening to a woman's body as she grows older.

Each of the recipe elements and "that sounds like me" statements links site visitors to **actions** they can consider to address an issue they face. Vaginal comfort or painful sex, for example, might lead to using a lubricant or moisturizer.





**MiddlesexMD** Sexuality for life. Ask Dr. Barb Free advice You have 0 items in your bag Products

Knowledge Vaginal Comfort Genital Sensation Pelvic Tone Emotional Intimacy

Learn how your body's changes affect your sexuality  
Understanding what's changing can help you keep sex enjoyable.

### Vaginal Dryness

Vaginal dryness, often the first signal of vaginal atrophy, is a common obstacle to comfortable sex for midlife women.

It is most often the result of the changes we all experience with menopause.

When young women are sexually aroused, vaginal lubrication flows easily from the vagina's blood vessels through its tough, elastic lining. Plenty of estrogen and testosterone in our systems kept these tissues strong and healthy, and made this process automatic, if we were lucky. As estrogen levels decline, the vaginal lining changes, becoming less stretchy and more delicate (much like all the rest of our skin). Blood vessels, muscles, and surrounding tissues all become less responsive over time.

As we age, our testosterone levels drop too, making sexual desire and drive half as strong as they used to be. At age 50, we have about half as much testosterone as we did at 25, our peak. When lack of desire and painful penetration reduce the number of sexual encounters, the vagina responds by losing its elasticity and responsiveness even faster.

Vaginal dryness can progress to vaginal atrophy, the thinning and weakening, shortening and tightening of the vulvo-vaginal tissues. It's the most common

**What can you do about it?**

- Consider Medication Side-Effects
- Use a Moisturiser
- Use a Vaginal Lubricant
- Use a Warming Lubricant

**Related blog posts**

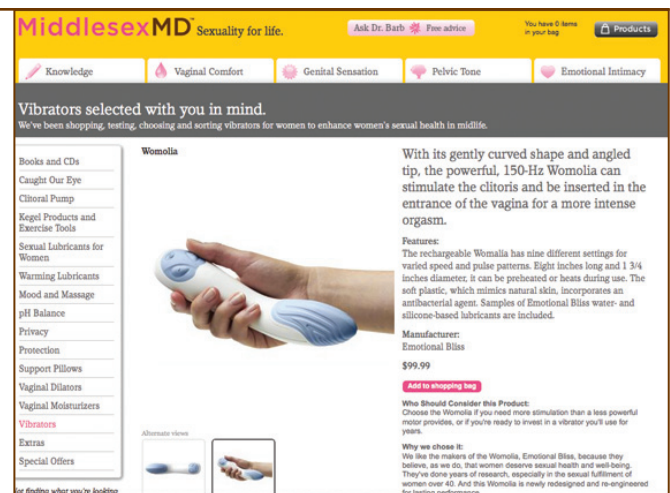
- How I Came to Care about Menopausal Sex
- Our Secret Recipe for Sex after Menopause
- Q: What's the difference between lubricants and moisturisers?
- Chicks Without Ovaries – a Maintenance Plan
- Patience, patience!
- The Maintenance Years
- Do you use herbal remedies for menopause support?

**Helpful reminders**

- Understand the recipe
- Talking about sex
- Seeking care and advice

MiddlesexMD.com also provides medically accurate but easy to understand explanations of **conditions** that might affect a woman's sexuality. Each condition suggests actions that a woman might consider, directing her to see her practitioner when the condition or the treatment suggests it. Each action includes links to relevant products in the MiddlesexMD.com shop.

Our shop offers safe, effective, and well-designed **products**, carefully selected for midlife women. We describe how and why each works, who might consider it, what we like about it, and any cautions. Our customer service communications and shipping are discreet and respectful.



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Knowledge Vaginal Comfort Genital Sensation Pelvic Tone Emotional Intimacy

### Vibrators selected with you in mind.

We've been shopping, testing, choosing and sorting vibrators for women to enhance women's sexual health in midlife.

**Womolla**

With its gently curved shape and angled tip, the powerful, 150-Hz Womolla can stimulate the clitoris and be inserted in the entrance of the vagina for a more intense orgasm.

**Features:**  
The rechargeable Womolla has nine different settings for varied speed and pulse patterns. Eight inches long and 1 3/4 inches diameter, it can be preheated or heated during use. The soft plastic, which mimics natural skin, incorporates an antibacterial agent. Samples of Emotional Bliss water- and silicone-based lubricants are included.

**Manufacturer:**  
Emotional Bliss

**\$99.99**

[Add to shopping bag](#)

**Who Should Consider this Product:**  
Choose the Womolla if you need more stimulation than a less powerful motor provides, or if you're ready to invest in a vibrator you'll use for years.

**Why we chose it:**  
We like the midsize of the Womolla, Emotional Bliss, because they believe, as we do, that women deserve sexual health and well-being. They've done years of research, especially in the sexual fulfillment of women over 40. And the Womolla is newly redesigned and re-engineered for better performance.

Alternate views

or finding what you're looking for

## Make Us a Part of Your Practice.

You can help the midlife women in your practice by suggesting our website as a resource, using brochures we'll provide.

Let us know your ideas for how, together, we can help your midlife patients sustain their sexuality for life.

**Contact us** for more information, to suggest new topics you'd like us to cover, or for additional brochures for your patients.

MiddlesexMD.com

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