



Rose Clinic Bray

Sexual Health

Sexual Health Resources

Literature

- The Cognitive Behavioural Therapy Workbook for Menopause by Sheryl Green
- Come As You Are by Emily Nagoski
- Mind the Gap by Dr. Karen Gurney
- Enhancing Couple Sexuality by Barry McCarthy and Emily McCarthy
- Better Sex Through Mindfulness by Lori A. Brotto
- Pussy Yoga by Coco Berlin (also available on YouTube) - Focuses on pelvic floor health and sexual awareness.
- Intimacy and Desire by Dr. David Schnarch

Online Information

- Australasian Menopause Society - Will Menopause Affect My Sex Life?
- Family Planning Association (FPA) - People Over 50: Relationships and Sexual Health
- Ferly App - A mindfulness-based app for improving sexual wellbeing.
- Psychosexual Therapists - <https://www.sextherapists.ie/> Find registered College of Sexual and Relational Therapists (COSRT) therapists in Ireland.
- OMGYes.com
- Bodygra.ie - BodyGrá, is an Irish based sexual wellness shop for people dealing with pain conditions, illness or disability.

Podcasts

The Don't Buy Her Flowers Podcast Episode: Sex in Long-Term Relationships with Dr. Karen Gurney



Lubricants and Moisturisers

General Information

- Lubrication is essential for comfortable and pleasurable sexual activity.
- Decreased natural lubrication may occur due to factors like reduced oestrogen levels during menopause and when breastfeeding.
- Both water-based and oil-based lubricants can enhance comfort and pleasure.

How to Use Lubricants

1. Wash your hands thoroughly before use.
2. Apply a small amount around the vaginal area and, if applicable, to your partner.
3. Start with a few pea-sized drops and increase the amount as needed.

Examples of Lubricants

- Sylk (water-based)
- YES (available as water-based or oil-based)
- Durex
- Astroglide

Tip: Using both oil-based and water-based lubricants together can create a 'glide' effect.

Important Notes

If using condoms, ensure the lubricant is condom-safe. Oil-based lubricants can degrade latex condoms.

Vaginal Moisturisers

- These provide continuous moisture and longer relief of symptoms compared to lubricants.
- Use every few days, not just before intercourse.

Examples of Vaginal Moisturisers

- Replens
- Regelle
- Hyalofemme
- YES VM