

PATIENT INFORMATION SHEET

SYMPTOM OVERVIEW

UNDERSTANDING SEXUAL DYSFUNCTION



- Experiencing challenges related to sexual function, which may include reduced libido, difficulty achieving or maintaining an erection, premature or delayed ejaculation in men, or pain during intercourse or difficulty achieving orgasm in women.
- These issues are new or have worsened and are not explained by any known cause, such as a pre-existing health condition or relationship issues.

WHAT IT MIGHT INDICATE

- Common conditions: This could be related to stress, anxiety, or depression.
- It might also be caused by hormonal imbalances, cardiovascular disease, or neurological conditions.
- Certain medications can also affect sexual function.
- Please note: This document is not intended for self-diagnosis. Persistent or severe sexual dysfunction should be evaluated by a healthcare professional.

IMMEDIATE ACTIONS

- Communicate openly with your partner about your experiences and any feelings or concerns.
- Avoid excessive alcohol consumption and smoking, as these can affect sexual performance.
- Practice stress-reducing techniques such as meditation, yoga, or exercise.
- If the dysfunction is sudden, severe, or accompanied by other serious symptoms, seek immediate medical attention.

WHEN TO CONTACT US



- If you're experiencing persistent sexual dysfunction that affects your quality of life or relationship, consider contacting us to arrange an online consultation with our specialists.
- If you're seeking further guidance, alternative treatment options, or a second opinion, our service can provide expert advice and specialist referrals.

WHAT TO EXPECT DURING OUR ONLINE CONSULTATION

- Our specialist will inquire about your symptoms, medical history, and any medications you're taking.
- You may be asked to discuss your sexual health and experiences candidly, including any specific challenges you're facing.
- Further diagnostic tests (like blood tests to check hormone levels) or referrals to endocrinologists, urologists, or gynecologists may be recommended based on your symptoms and history.

PREPARATION FOR YOUR APPOINTMENT

- Be ready to discuss in detail the issues you've been experiencing and their impact on your life and relationships.
- Compile a list of all medications and supplements you're taking, including dosages.
- Ensure you're in a quiet, well-lit room with a stable internet connection for the video call.
- Have any questions about your symptoms, potential causes, or treatment options written down and ready to ask.

DISCLAIMER

This information sheet is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your healthcare provider with any questions or concerns you may have regarding your condition.

CONTACT US

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-  [Book a Free Consultation](#)

