



Scott Kramer MD
Comprehensive, Contemporary, Compassionate Care for Women

Help Staying Interested & Sexually Active

Washington Post: Under current law, “drugs used to treat sexual dysfunction are excluded from Part D coverage.” Luckily for some women, “the federal Centers for Medicare & Medicaid Services sent guidance to Part D health plans that they could cover drugs to treat moderate to severe ‘dyspareunia,’ or painful intercourse, caused by menopause. Plans aren’t required to offer this coverage, but they may do so...”

For some older people, the joy of sex may be skewed by money: Can they afford the medications they need to improve their experience between the sheets?

During menopause lack of estrogen causes the vagina to be dry and the lining to become thin so that intercourse is painful. Consequently, many women avoid having sex. Likewise, this negative experience reinforces a diminishing interest in sex as we age. While lubricants like [Astroglide X](#)[®] are helpful at keeping parts easily sliding, many women still feel irritated.

Vaginal estrogen is amazing how it totally rejuvenates the vaginal lining making sex comfortable. And if it feels good interest is improved. At the low doses we prescribe vaginal estrogen there is no absorption into the bloodstream, therefore there are no side-effects. It only has to be applied to two times per week. In the past all we had were messy estrogen creams that require an applicator only applied at bedtime, that has to be washed after each use. Now we have a bioidentical estrogen pill, [Imvexxy](#)[®], that a woman simply puts into her vagina any time of day. For patients like breast cancer survivors who are not allowed to use any estrogen, there is [Revaree](#)[®] vaginal suppositories.

Low doses of **testosterone** often help improve desire, arousal, and orgasm. Unfortunately, there is no FDA approved testosterone for women (discrimination?). So we can use those medications approved for men at much lower doses or compounded testosterone cream. Both are applied to the skin. There is not a specific target testosterone blood level but we want to keep it in the range of younger women. We need to monitor your response as well as any unwanted effects. Your health insurance will not cover testosterone, but consider the value of a satisfying sexual relationship.

Please schedule a consultation so we can discuss maintaining sexuality as you age.

Kindly,

Scott Kramer MD

“If you don’t take time to care for yourself, you won’t be able to care for those you care about most”