

Female Sexual Health Corinne Yarbrough, MD

Non medication interventions:

- Couples counseling
- Education, sexual techniques, lube
- Novelty, weight loss
- Look at medications and medical conditions for possible underlying cause

Medications:

Premenopausal:

- Flibanserin (Addyi) FDA approved, taken orally daily
- Bremelanotide (Vyleesi) FDA approved, injected, as needed
- Bupropion (Wellbutrin) taken daily

On SSRI (common med for depression and/or anxiety):

- Can consider sildenafil (Viagra) as well as Premenopausal meds
- Bupropion known to be effective

Post-menopausal:

- If pain/atrophy/dryness: vaginal estrogen
- Low dose testosterone (not FDA approved), no long-term safety data
- Consider meds for premenopausal women

Resources:

Website: OMGYES.com- one-time fee, nonpornographic, educational

Books:

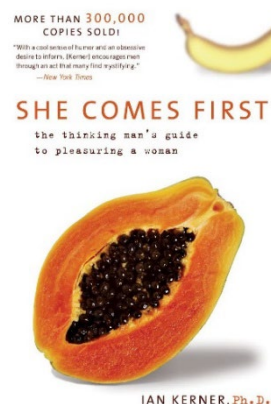
- "She Comes First" by Ian Kerner
- "Come as You Are" by Emily Nagoski

Vibrators:

- Tracy's Dog
- Eva (clitoral stimulator – used during intercourse)

Lube:

- Uberlube
- coconut oil



OMGYES [GET IT NOW](#)

SEE WHAT SCIENCE SAYS ABOUT WOMEN'S PLEASURE

Watch the trailer (it's safe for work and just over a minute!)

THE DISTILLED WISDOM OF 20,000 WOMEN, AGES 18-95

Scientific studies conducted in partnership with Indiana University and Kinsey Institute researchers

FOR WOMEN, MEN, AND COUPLES

OMGyes is for *everyone* who cares about women's sexual pleasure and wants to make it even better

HOW YOU'LL BUILD MORE PLEASURE

You'll discover techniques you didn't even know felt good and try them all in 'exploration sessions'