

# Learn more about Sexual health

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## Websites

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[aurora.org](http://aurora.org) Enter “sexual health” in the search box to explore Aurora Health Care’s website for information on this topic.

[cdc.gov/sexualhealth](http://cdc.gov/sexualhealth) *The Centers for Disease Control and Prevention* offers information on reproductive health, sexual health and aging, sexually transmitted diseases, HIV/AIDS prevention, sexual violence prevention, healthy pregnancy, LGBT health, and much more.

[medlineplus.gov](http://medlineplus.gov) *MedlinePlus* is a comprehensive resource for consumer health information from the National Library of Medicine. Enter “sexual health” in the search box to find links to reputable information, including videos and tutorials.

[who.int/topics/sexual\\_health/en/](http://who.int/topics/sexual_health/en/) The *World Health Organization* offers fact sheets and publications, including technical and statistical information on sexual health issues.

[womenshealth.gov](http://womenshealth.gov) Enter “sexual health” in the search box for information on sexual health of men and women, including reproductive health, sexual assault, and more.

## Local resources

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*Aurora Women’s Pavilion*, 8901 West Lincoln Avenue, West Allis, WI 53227 (414-328-6000). The Sexual Medicine program in Aurora’s Women’s Health and Wellness Center at the Aurora Women’s Pavilion offers a highly compassionate and sensitive team of providers with training and experience in treating sexual health issues. Treatment plans are customized to meet the specific needs of each woman.

## Books

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*100 Questions and Answers About Women’s Sexual Wellness and Vitality: A Practical Guide for the Woman Seeking Sexual Fulfillment* by Michael L. Krychman, MD, Jones and Bartlett Publishing, 2010, ISBN 978-0763754488, 194 pages, \$19.95. This book provides both doctors’ and patients’ views and provides authoritative answers to 100 of the most common questions posed by women and their partners about sexual problems and health.

*Great Sex, Naturally: Every Woman’s Guide to Enhancing Her Sexuality Through the Secrets of Natural Medicine* by Laurie Steelsmith and Alex Steelsmith, Hay House, 2012, ISBN 978-1401931469, 305 pages, \$16.95. This resource combines modern medicine, ancient secrets, and natural methods to recharge both sexuality and total health. It offers practical advice, specific tips, and simple solutions to address concerns such as enhancing libido naturally and safely, diminished sex drive, and more.

*Reclaiming Desire: 4 Keys to Finding Your Lost Libido* by Andrew Goldstein, M.D. and Marianne Brandon, Rodale Books, 2004, ISBN 1579546838, 336 pages, \$23.95. The authors advocate a holistic treatment that addresses four spheres of a woman’s life: physical health, emotional resilience, intellectual fulfillment and spiritual contentment. Personal stories from the authors’ patients demonstrate the problem’s complexity and help make the book a practical and open-ended discussion about women’s sexual desire.

*Sex Matters for Women, Second Edition: A Complete Guide to Taking Care of Your Sexual Self* by Sallie Folley, MSW, Sally A. Kope, MSW, and Dennis P. Sugrue, PhD, The Guilford Press, 2011, ISBN 1609184696, 449 pages, \$17.95. The authors are experienced therapists who interweave candid reflections from diverse women with current, science-based information, exercises, and advice. Includes information on body image, anatomy, hormones, relationships, sexual orientation, sexually transmitted infections, trauma, and how to have more satisfying sex.

Books on this topic are available for checkout from Aurora Libraries and may be available at your public library.