



Sexual Health Conversation Card™

Put sensitive concerns into clear words for a healthcare professional or partner.



You do not need the perfect words. Begin with what has changed, how it affects you and what kind of support you would like.

For a Healthcare Conversation



1 What Has Changed?

- ☐ Desire or interest
- ☐ Arousal or lubrication
- ☐ Sensation or orgasm
- ☐ Pain, bleeding or urinary symptoms



2 When Did It Begin?

- ☐ During perimenopause or after menopause
- ☐ After a medication or health change
- ☐ After surgery, cancer treatment or another treatment
- ☐ Gradually or without a clear event



3 How Does It Affect Me?

- ☐ Comfort or confidence
- ☐ Sleep, mood or well-being
- ☐ Intimacy or a relationship
- ☐ Activities or care I now avoid



4 What Have I Tried?

- ☐ Lubricant or vaginal moisturizer
- ☐ More time, different touch or positions
- ☐ Hormonal or nonhormonal treatment
- ☐ Pelvic-floor or sexual-health support



5 Questions I Want to Ask

- ☐ Could GSM or another condition contribute?
- ☐ Could a medication affect desire or response?
- ☐ What evaluation or treatment options fit?
- ☐ Would a referral be useful?



6 My Health Priorities

- ☐ Reducing pain or dryness
- ☐ Improving pleasure or response
- ☐ Feeling closer or more confident
- ☐ Understanding what is changing

My most important question: _____

An example I want to share: _____

For a Partner Conversation



BEGIN GENTLY

I want to share something about comfort and connection.



BE SPECIFIC

This feels comfortable. This does not. I would like to try...



REMOVE PRESSURE

I want closeness without assuming it has to lead anywhere.



AGREE ON CUES

Words for slower, pause and stop: _____

Affection: _____
Comfort: _____

What I Would Like More Of

Communication: _____
Pleasure or connection: _____



Consent is specific and ongoing. Either person may slow down, change the activity or stop at any time.



Gentle Reminder

A sexual-health concern may involve physical, emotional, medication, relationship or life-context factors. More than one kind of support may help.



Martine's Midlife Wellness Tip

Lead with one specific example rather than your whole history. A clear moment often opens the door to a more useful conversation.



Seek medical evaluation for persistent pain, postmenopausal bleeding, new genital changes, unusual discharge, blood in urine or another concerning symptom.