

RELIABLE RESOURCES FOR YOU AND YOUR PATIENTS

American Sexual Health Association

<https://www.ashapublications.org/patient-education-materials/>

On Safer Sex - <https://www.ashasexualhealth.org/safer-sex-toolbox/>

Columbia University – “Go Ask Alice” (Excellent patient resource) <https://goaskalice.columbia.edu/>

Vulvar Diseases <https://careguides.med.umich.edu/browse-by-topic/womens-health/womens-health-vulvar-diseases>

National Vulvodynia Association <https://www.nva.org/>

Painful Intercourse <https://www.mayoclinic.org/diseases-conditions/painful-intercourse/diagnosis-treatment/drc-20375973>

Vaginal Dryness <https://www.ahyes.org/pages/ah-yes-vaginal-dryness>

Endometriosis Video <https://www.hopkinsmedicine.org/health/conditions-and-diseases/endometriosis>

Urology Care Foundation www.urologyhealth.org

Prostate health

Erectile Dysfunction Brochure and Options

[Urology Care Podcast - Urology Care Foundation \(urologyhealth.org\)](http://www.urologyhealth.org)

Ejaculatory Dysfunction (Premature, Delayed, Anorgasmia)

<https://www.clinicalkey.com/#!/content/playContent/1-s2.0-S0094014321019091?returnurl=null&referrer=null>

Delayed <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5002008>

[RIU CME\(Sanofi\)_12-05.qxd \(nih.gov\)](#)

ORGASM

<https://my.clevelandclinic.org/health/diseases/24640-anorgasmia>

<https://my.clevelandclinic.org/health/articles/22969-orgasm>

<https://medlineplus.gov/ency/article/001953.htm>

<https://www.medicalnewstoday.com/articles/female-orgasm#what-if-you-cant-orgasm>

RELIABLE RESEARCH INSTITUTES

Cleveland Clinic

University of Michigan

Mayo Clinic

Dr. Steven Snyder, MD is a NY city sex therapist with a lot of good information addressing a variety of sexual dysfunction. <https://sexualityresource.com/services/> I highly recommend his book *Love Worth Making* <https://sexualityresource.com/book/>

A Woman's Touch Sexuality Resource Center has a great pulldown menu with lots of educational brochures [Educational Brochures - A Woman's Touch \(sexualityresources.com\)](https://sexualityresources.com) They also sell cheaper sex toys – not always made with good plastics - so be aware.

LUBES

Avoid glycerin as it can cause yeast infections; avoid parabens as they are endocrine disrupters.

- Coconut oil (not good with condoms)
- Aloe Cadabra
- Isabel Fay
- Sliquid
- Liquid Silk
- Good Clean Love
- Ah! YES
- Organic Glide (probiotic formula)

Silicone based lubes (last long, allergies are rare – they do stain the sheets)

- Uberlube
- Wet
- Penchant Premium
- Pink

CBD lubes

- GoLove
- Foria's Awaken Arousal

Prescription arousal cream (order without peppermint)- <https://www.myalloy.com/solutions/omazing>

Non-hormonal vaginal moisturizers

Revaree® provides relief from vaginal dryness, with an easy-to-use vaginal insert

Ah! YES VM

Vibrators – Try to buy body-safe sex toys that are made of [nonporous, nontoxic materials](#). The best are compatible with water-based lubricants and [easy to clean](#).

<https://www.vavavoom.com/>

<https://www.adameve.com/adult-sex-toys/vibrators-ch-1011.aspx?st=Vibrators>