

Pink Script: How to talk to your doctor about hypoactive sexual desire disorder (HSDD)...

If You're In Your 40s

Potentially perimenopausal—and wondering why things feel different

Open With Context

- “My desire for sex has changed over the past several months. I don’t want to lose closeness with my partner—I just don’t feel the drive I used to. It’s been bothering me, and I wanted to bring it up.”
- “I’m in my early/mid-40s and I wonder if my hormones are starting to shift. Is this perimenopause, stress or something else? I don’t want to just wait and see.”
- “In general, I don’t feel depressed, but this symptom is distressing for me and my relationship.”

Be Specific About Your Symptoms

- “It’s been going on for about [X months]. It feels like my new normal, not just an off week.”
- “I’m also noticing [sleep disruption/mood changes/brain fog/fatigue], and I’ve read these can be connected.”
- “I’m on hormonal birth control—could that be a factor?”

Ask Directly

- “Could this be HSDD—hypoactive sexual desire disorder? I’d like a name for what I’m experiencing.”
- “What treatments should I know about? I’ve read that there are FDA-approved treatment options such as Vyleesi and Addyi. Are they worth discussing for someone my age?”
- “What would you want to rule out first before we talk about next steps?”

If You Feel Dismissed

- “I hear that this can be common, but it bothers me and I’d like to address it rather than just accept it.”
- “Is there a gynecologist, menopause specialist or sexual medicine specialist you could refer me to?”

You don't need all the answers before this appointment. You just need to say something. Distress + persistence = a medical conversation worth having.