

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

If You're In Your 50s

In or around menopause—navigating a body that's changed

Open With Context

- "I'm in my 50s and going through menopause. One of the things that's changed is my interest in sex—it's significantly lower than it used to be. It's affecting how I feel about myself and my relationship."
- "I know some changes are expected, but I don't believe I have to just live with this."

Be Specific About Your Symptoms

- "The low desire has been persistent—not just situational. It's been going on for [X months/years]."
- "I'm also dealing with [hot flashes/sleep disruption/vaginal dryness/increased UTIs/mood changes], and I wonder how much these are connected."
- "I'm [currently on/not on] HRT. I'd like to understand all my options."

Ask Directly

- "I've read about HSDD—hypoactive sexual desire disorder. Could that be what I'm experiencing?"
- "I know there are FDA-approved treatment options such as Vyleesi and Addyi that can help. Are they treatments you'd consider for me?"
- "Are there other nonhormonal options you'd recommend we explore?"

If You Feel Dismissed

- "I understand this is common after menopause, but 'common' doesn't mean I have to accept it without exploring options."
- "Can you refer me to a menopause specialist or a sexual health clinician who focuses on this?"

It's okay to bring up treatment options yourself. You deserve to know what options are available to you.