

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

If Your Sex Life Feels OK—But You're Still Curious

Not in distress, but wondering about your overall health picture

Open With Context

- "I'm not here because something feels 'broken.' But I've been reading about how sexual health connects to overall health, and I want to understand where I am."
- "I've noticed my desire has shifted over the years. It's not causing me distress right now, but I want to know if that shift is worth paying attention to."

Ask Proactively

- "Is low desire ever a sign of something else going on—hormonally or otherwise—even when I'm not bothered by it?"
- "I've read that sexual health is connected to cardiovascular health, mood and cognitive function. Is that worth factoring into my overall care?"
- "What would a baseline look like—hormones, pelvic floor health, any screenings I might be missing?"

If You Want To Understand Your Options

- "Even if I'm not at the point of wanting treatment, I'd like to know what's available so I'm informed if that changes."
- "Is there anything I should be doing now, while I'm not in distress, to protect my sexual health long-term?"
- "I've heard that taking HRT can help support delicate vaginal and vulvar tissues to prevent some sexual pain and problems in the future. What else should I know about?"

You don't have to be suffering to deserve information. Proactive conversations about sexual health are just as valid as reactive ones.