

WHAT CAN YOU EXPECT AT A HEALTH CARE VISIT FOR A SEXUAL HEALTH ISSUE?

You can expect to be treated with respect and your concerns will be taken seriously. Your provider will discuss your concerns and may ask for some lab work or to conduct an exam. Again, you are in charge and can stop at any time. You can have a chaperone accompany you for any exam. Some topics that may be useful to discuss include:

- Your sexual history
- When your pain and/or other symptoms started
- Any self-help methods you have tried
- Any experience with sexual abuse or violence

Women Veterans Call Center

The Women Veterans Call Center (WVCC) is your guide to VA. All calls are answered by women, many of whom are Veterans themselves, who will help you navigate VA, answer your questions about VA services and benefits available to you, and connect you with the Women Veterans Program Manager at your local VA medical center. This service is free, and you can call as many times as you need.

Call or text us at 855-VA-WOMEN (855-829-6636). WVCC representatives are available Monday - Friday, 8:00 a.m. to 10:00 p.m. ET, and Saturday, 8:00 a.m. to 6:30 p.m. ET. You can also chat with us online and learn more by visiting <https://www.womenshealth.va.gov>



WOMEN VETERANS CALL CENTER
855.VA.WOMEN

Am I Eligible for VA Health Care?

Everyone's situation is unique and so is their eligibility. To find out if you are eligible to enroll, visit <https://www.va.gov/health-care/eligibility>

Apply Online or By Mail

Go to <https://www.va.gov/health-care/how-to-apply>

Apply in Person

Visit the nearest VA medical center or clinic. You can locate your nearest VA health facility at <https://www.va.gov/find-locations>

Apply by Phone

To apply for VA benefits you may have earned—such as preventative care, inpatient and urgent care services—call 1-877-222-8387

Monday–Friday, 8 a.m.–8 p.m. ET.
Veterans Benefits Administration 1-800-827-1000
www.vba.va.gov

WOMEN VETERANS HEALTH CARE

SEXUAL HEALTH

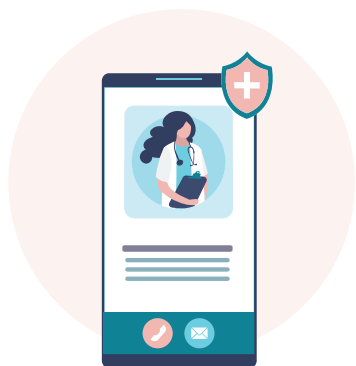


SEXUAL HEALTH



Your sexual health is an important part of your health, no matter your age. VA wants to help you maintain or improve your sexual health.

About 4 in 10 women have sexual concerns at some point in their lives. If your sexual concerns bother you or affect your quality of life, we want to help.



We know talking about sexual health can be awkward. But it doesn't have to be. To begin talking with your provider, it may be as simple as saying: I have some concerns about my sex life or I am not interested in sex, do you have any advice?

When speaking with your provider, you can share as little or as much as you are comfortable. You can also stop at any time. Your sexual health concerns can be discussed in person at a primary care visit, in a telehealth appointment, or over secure messaging with your provider using MyHealtheVet. You may also request a primary care provider of a specific sex if that makes you more comfortable.

WHAT CAUSES SEXUAL HEALTH CONCERNS?

Sexual health concerns might be the result of a number of things, such as:

- Medical conditions, such as diabetes, high blood pressure, and cancer
- Medications: Many different types of medications can lead to sexual health concerns
- Hormonal changes during pregnancy, postpartum, perimenopause, or menopause
- Surgery or radiation therapy
- Relationship problems with your partner
- Depression, anxiety, or stress
- Body image issues
- Experiences with sexual trauma, military sexual trauma (MST), or post-traumatic stress syndrome (PTSD)



WHAT ARE COMMON SEXUAL CONCERNS?

The most common concerns are:

- Lack of interest or desire in sex
- Difficulty with arousal
- Difficulty with orgasm
- Pain during intercourse
- Unusual changes such as excessive dryness, discharges, or odors

WHAT SERVICES DOES VA PROVIDE TO IMPROVE SEXUAL HEALTH?

VA is actively investing in new ways to improve women's sexual health and well-being. VA is here to support you with services such as:

- Pelvic floor physical therapy
- Medications to treat specific conditions, such as various hormone therapies for menopause and non-hormonal medications that can improve sexual conditions
- Clitoral therapy device designed to treat female sexual arousal disorder
- Vaginal dilators, which are recommended for pain during sex or may be necessary after radiation therapy which can damage tissues of the vagina
- Specialty care, such as gynecology, urology, endocrinology, and pain management
- Mental health support and treatment—getting help for mental health conditions like depression and PTSD, or experiences of military sexual trauma can improve your sexual health as can relationship counseling