

## OUR MISSION

The Patty Brisben Foundation for Women's Sexual Health (PBF) promotes sex positivity and sexual health as an integral part of every person's general health, wellbeing, and quality of life.

Sexual health requires a positive outlook and a thoughtful understanding of sexuality and sensuality, especially in the ways they impact intimate relationships, personal identity development, and physical satisfaction and pleasure. We believe that sexual health is general health and deserves equal funding for research, patient education and support, as well as community outreach.

The PBF is an international advocate of sexual rights for everyone, without exclusion. Women around the world and their partners, irrespective of race, color, creed, ethnicity, religion, sexual orientation or gender identity, are entitled to positive sexual healthcare and expression.

Our mission is to empower people to understand their bodies, improve communication with their partners and healthcare professionals, thus optimizing their overall physical, sexual, and emotional health.

## OUR VISION

The Patty Brisben Foundation for Women's Sexual Health envisions a world where every person is empowered to advocate for the development and preservation of healthy sexuality.



## CONTACT

PATTY BRISBEN FOUNDATION  
*for* WOMEN'S SEXUAL HEALTH

655 Plum Street  
Cincinnati, OH 45202  
513-697-5929

## QUESTIONS?

Our Medical Advisory Board reviews sexual health questions and concerns through email. Please send your question to: [info@pattybrisbenfoundation.org](mailto:info@pattybrisbenfoundation.org)

## FOR MORE INFORMATION

[www.pattybrisbenfoundation.org](http://www.pattybrisbenfoundation.org)



# GUIDE TO

# SEXUAL HEALTH

# PROVIDERS



**Although there are many different types of Health Care Professionals (HCP) that diagnose and treat sexual health concerns, here are some of the most common providers to consider when building your sexual health team.**

## **Obstetrician-Gynecologist**

An OB-GYN provides a wide range of services, including but not limited to preventative care, contraception, assessment and management of fibroids, endometriosis, adenomyosis, dysfunctional uterine bleeding, and chronic pain. They perform pap smears, STI testing, ultrasounds, pelvic exams, and blood work. OB-GYN subspecialties include maternal-fetal medicine, urogynecology, pelvic reconstructive surgery, infertility, gynecological oncology, and minimally invasive surgery. While not an official subspecialty, some OB-GYN's focus on treating specific populations such as cancer survivorship and menopausal health. [www.acog.org](http://www.acog.org)

## **Urogynecologist**

Urogynecologists are specialists with additional years of fellowship training and certification in Female Pelvic Medicine and Reconstructive Surgery. They diagnose and treat women with pelvic floor disorders, urinary conditions, and/or pelvic prolapse. Urogynecologists specialize in female bladder pain, interstitial cystitis, chronic pelvic pain, and other conditions. [www.augs.org](http://www.augs.org)

## **Urologist**

Urologists specialize in the genitourinary tract—the kidneys, urinary bladder, adrenal glands, urethra, and male reproductive organs—and male fertility. Urologists treat diseases that affect these organs. They generally treat male or female patients exclusively, although some urologists will treat both. [www.auanet.org](http://www.auanet.org)

## **Sexual Medicine Health Care Professional**

Sexual medicine physicians/Nurse Practitioners may be certified or trained in a variety of specialties, including but not limited to OB-GYN, urology, psychiatry, or internal medicine. They consider physical, psychological, social issues, and interpersonal dynamics during assessment and treatment. Sexual medicine providers attempt to improve individual and couple sexual health through prevention, diagnosis, treatment, and rehabilitation.

## **Sex Therapist/Sexual Counselor**

A sex therapist/counselor can be an OB-GYN, a psychiatrist, a marriage and family therapist, a psychologist, a clinical social worker or have another background and degree. The American Association of Sexuality Educators, Counselors, and Therapists (AASECT) provides training and promotes a better understanding of human sexuality and healthy sexual behavior for both men and women. Members have varying degrees of training and experience and may specialize in providing specific types of therapy or sexuality counseling. [www.aasect.org](http://www.aasect.org)

## **Psychiatrist**

Psychiatrists are medical doctors who are experts in diagnosing and treating people with mental illness. Psychiatrists can and often prescribe medication, whereas psychologists on therapy. Some may specialize in sexuality conditions, whereas others may treat bipolar disease, schizophrenia, major depression, anxiety, and post-traumatic stress disorder. [www.psychiatry.org](http://www.psychiatry.org)

## **Pelvic Floor Physical Therapist**

A pelvic floor physical therapist is a trained physical therapist that addresses pain, weakness, and dysfunction in the pelvic floor muscles. During a session, they may manipulate the vaginal tissues to help them relax and may also provide at-home exercises. Pelvic floor therapists often collaborate with your OB-GYN/HCP.

## **Pain Management Specialist**

A pain management specialist is a provider with special training in the evaluation, diagnosis, and treatment of a wide spectrum of pain disorders, including acute pain, chronic pain, and cancer pain, with some patients experiencing multiple types at the same time. [www.asra.com](http://www.asra.com)

## **Primary Care Provider**

A primary care physician/provider (PCP) is a health care professional who practices general medicine. PCPs are generally your first stop for medical care of common conditions and may act as gatekeepers to specialists, depending on your health insurance. PCPs provide routine health maintenance checkups, preventative care, and may do health screenings. Nurse practitioners and physician assistants can provide primary care.