

## 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

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## 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)



**HOW TO  
BUILD A POSITIVE  
SEXUAL HEALTH TEAM**



# THINKING ABOUT CHANGING YOUR HCP?

## QUESTIONS TO CONSIDER

Is the office staff courteous and organized?

Are you able to reach your HCP, and do they return phone calls in a timely manner?

Is there a long wait to schedule follow up appointments?

Is your HCP engaged and listening during your visits?

Do you feel rushed during your visit?

Does your HCP answer your questions and address your medical concerns?

Is your HCP open to new approaches and treatment?

Does your HCP support you throughout the diagnosis and treatment of your condition?

Is your HCP willing to collaborate with other members of your health care team?

## MOVING ON?

If you are considering terminating your relationship with your HCP, it is best to send a brief letter. Simply requesting your medical records be sent to your new HCP may not officially terminate the relationship. Be sure to keep your communications neutral, professional, and short.

**Women should feel empowered to have the ability to pick and choose their health care professional (HCP) team based upon their individual needs.**

## 3 TIPS TO BUILD YOUR POSITIVE SEXUAL HEALTH TEAM

### Research

Research the Health Care Professional (HCP) by checking their website, medical and training credentials, as well as affiliations with academic or teaching institutions.

### Referral

There is nothing like a personal referral to an HCP from the people you know and trust. Reach out to friends and family asking if they have recommendations or feedback about a provider you are considering. Be cautious about online reviews as the sources may be misleading or questionable and positive reviews may be solicited.

### Gender Preference

Sexual healthcare requires a provider with whom you are comfortable discussing sensitive issues. Some patients may be more comfortable working with providers of the same sex. Be true to your personal needs and what makes you feel most comfortable.

## INTERVIEWING A POTENTIAL HCP?

### ASK YOURSELF THE FOLLOWING

Is your physician a specialist in the field you are seeking treatment?

Are they listening to your concerns?

Are they engaged and connected to you during your conversation?

Are they effective communicators?

Are they willing to collaborate with your other health care team members?

Do they embrace sexuality and its treatment in a multidimensional approach?

Do they provide timely referrals to other HCPs as recommended?

Do they provide a comprehensive and detailed treatment plan?