



Sex Rx: Hormones, Health, and Your Best Sex Ever

By Lauren Streicher

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For millions of women in America, sex isn't always pleasurable or even possible. Instead, sex has become a low priority as they navigate marriage, motherhood, and work . . . not to mention cope with chronic stress and lack of sleep. Throw in the natural fluctuations in hormone levels that all women experience throughout their lives and it's not surprising that sex can become, well, a little less sexy. Additionally, common gynecological problems can make sex uncomfortable, and medical issues can cause it to be downright painful.

Dr. Lauren Streicher, a leading women's sexual health expert, offers women the courage, vocabulary, and knowledge to identify and solve problems in the bedroom, for a wide range of issues—from flagging libido, vaginal dryness, and sex after menopause, to hormone supplements and the effects of medication, *Sex Rx* offers a wealth of knowledge, along with a good dose of humor and plenty of encouragement, so that every woman, no matter what personal challenges she has, can make having great sex a part of their lives forever.

Sex Rx was originally published in hardcover as *Love Sex Again*.

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Editorial Review

From the Back Cover

Are you missing a vibrant, exciting sex life?

Do you avoid sex because it is uncomfortable? Or even painful?

Are you coping with diabetes, heart disease, cancer, or another illness that makes sex more challenging?

Have you lost interest in sex altogether?

Yes, anyone can love sex again, or love sex more, with *Sex Rx*.

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About the Author

Lauren Streicher, MD, is a gynecologist and sexual health expert. She is an associate clinical professor of obstetrics and gynecology at Northwestern University's Feinberg School of Medicine. She is also the author of *The Essential Guide to Hysterectomy*. She lives with her husband in Chicago.

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