





# PATTY BRISBEN FOUNDATION *for* WOMEN'S SEXUAL HEALTH

**#LetsDiscuss** pocket cards are designed to be conversation starters for you and your healthcare team.



**#LetsDiscuss  
Libido and Desire**

- My lowered libido/What is a normal level?
- My partner has high libido/How can I manage?
- Is libido and sexual arousal the same thing?
- How can I find a counselor or therapist?
- Are there prescription medications that treat low libido?
- Am I a candidate for testosterone? What are the risks?
- Herbal supplements/OTC remedies
- My treatment plan for the symptoms
- My other health needs (bones, heart, pap screening, colonoscopy)
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**The Patty Brisben Foundation for Women's Sexual Health**  
[pattybrisbenfoundation.org](http://pattybrisbenfoundation.org)

## Instructions:

- Print the pocket card, trim, and check the boxes that apply.
- Use the blank space for any additional concerns not listed.
- Bring to your appointment and hand the pocket card to your provider, or nursing staff, to start the discussion.

For more information visit [PattyBrisbenFoundation.org](http://PattyBrisbenFoundation.org)