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A FREE GUIDE FROM AGEWELL

Which Sexual Health Treatment Fits?

A plain guide for men, women, and couples.

For adults who've noticed changes in desire, erections, arousal, comfort, or orgasm, and want to understand their options.

Sexual health is health.

General education, not medical advice.
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BEFORE YOU BEGIN

Why things change

If something has changed in the bedroom, you're not broken, and you're not alone. Changes in desire, erections, arousal, comfort, and orgasm are some of the most common concerns we hear, from people in brand-new relationships and people who've been together for decades.

Here's the simple version. Sex depends on three things working together: good blood flow, healthy tissue, and nerves that send clear signals. In midlife, all three can change. Hormones shift. Blood sugar and blood pressure creep up. Sleep gets lighter, and stress gets heavier.

A picture we use a lot: the gas and the brake. Touch, closeness, and desire press the gas. Stress, exhaustion, pain, and worry press the brake. The brain is a powerful brake. If your body hasn't been responding the way it used to, the worry alone can keep your foot on the brake. Part of what treatment does is help your body show up again, so the brake can let go.

How to use this guide

1. Read the section that fits you, or read it together.
2. Mark anything that sounds familiar.
3. Use the conversation starters in Part E to bring it up with your partner.
4. Bring your questions to a free conversation with us.

Please don't stop or change any prescribed medicine without talking with your clinician. What's right for you depends on your health, your history, and your goals.

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A What's changing

Plain words for what many people notice, and why it's worth understanding.

For men

Erectile changes are common after 40. You might notice erections that aren't as firm, that don't last as long, fewer morning erections, or a longer wait between times. These changes are often an early sign that blood flow is changing, so they're worth understanding, not just covering up. Some men also notice a curve or pain with erections, called Peyronie's disease.

For women

As estrogen and other hormones shift, the tissue of the vagina and vulva can become thinner and drier. Arousal can take longer, sensation can fade, and orgasm can feel harder to reach or less intense. Sex can become uncomfortable. Many women also start to leak a little when they laugh, cough, sneeze, or jump.

For both of you

One person's change affects both people. He worries she's not attracted to him anymore. She wonders whether he's still interested. Many couples start to drift without either one saying it out loud.

> When intimacy changes, it doesn't mean your relationship is broken. It usually means there's something to understand.

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B The treatments, in plain words

What each one is, who often asks about it, and what a visit is like.

GAINSWave® For Him and GAINSWave® For Her

What it is	Gentle, low-intensity sound waves, also called low-intensity shockwave therapy. It's designed to support blood flow and tissue health in the areas involved in sexual function.
Who often asks	Men who want better erectile quality, and women who've noticed changes in arousal, sensation, or orgasm.
What it's like	Less than 30 minutes in a private room, with no needles and no downtime. For women, treatment is external.
How many	Men usually have six sessions, and women have up to six, typically once a week.

The P-Shot®

What it is	Platelet-rich plasma, or PRP, made from a small sample of your own blood. Platelets carry growth factors, the signals your body already uses to heal and repair.
Who often asks	Men with erectile concerns, and men with Peyronie's disease.
What it's like	We numb the area with a numbing cream in the office first, so plan on about an hour. Most men are up and active the same day.

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The O-Shot®

What it is	The same PRP approach, placed to support vaginal and clitoral tissue.
Who often asks	Women with changes in arousal, lubrication, comfort, or orgasm, and women who leak when they laugh, cough, or jump.
What it's like	We numb the area with a numbing cream in the office first, so plan on about an hour.

Other tools we use

- **Testosterone therapy,** for men and women, when low testosterone is part of the picture.
- **Vaginal hormone therapy:** low-dose local estrogen for dryness, discomfort, and urinary symptoms.
- **Votiva FormaV:** gentle radiofrequency heat for dryness, laxity, and tissue quality.
- **MorpheusV:** radiofrequency microneedling for laxity, leaks, and vulvar concerns.
- **V-Tone:** pelvic floor muscle stimulation for stronger control and fewer leaks.
- **Metabolic care,** when blood sugar, insulin resistance, or blood pressure are affecting blood flow.

Every body is different. These descriptions are general. Your provider will talk through which options fit your health, your goals, and what's realistic for you.

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C Which concern, which conversation

Find what you've noticed on the left. On the right is where we often start the conversation.

IF YOU'VE NOTICED	WE OFTEN START WITH
Erectile changes	GAINSWave® For Him, the P-Shot®, testosterone therapy when it's low, and metabolic care
A curve or pain with erections	The P-Shot® and GAINSWave® For Him
Low desire	Hormone and metabolic care, with GAINSWave® For Her and the O-Shot® for women
Arousal and sensation	GAINSWave® For Her and the O-Shot®
Orgasm	The O-Shot® and GAINSWave® For Her
Dryness or painful sex	Vaginal hormone therapy, the O-Shot®, Votiva FormaV, and MorpheusV
Bladder leaks	The O-Shot®, V-Tone, and MorpheusV

This is where conversations start, not a prescription. Your plan is built with you, and it often brings more than one option together.

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D Better together

Many patients find their results are better with a combination of treatments.

That's why our Sexual Health & Performance Program brings them together: a GAINSWave® series and a touch-up session, two PRP treatments, an at-home device to use between visits, supplements, and visits with your provider. We adjust as you go, and you can start it on its own or add it to your plan.

Couples are welcome

You can come in together for one longer visit, and each of you leaves with your own plan. Couples who start the program together save on the program.

What people are really hoping for

It isn't a number of sessions. It's feeling close again. It's a man feeling confident instead of anxious. It's a woman feeling sensation and pleasure she thought was gone. It's two people reaching for each other again.

> Better erections, stronger orgasms, and more closeness are exactly what these treatments are designed to help with. Every body is different, so we start with the whole picture and keep dialing it in.

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E How to bring it up

Starting the conversation is often the hardest part. Pick a line that sounds like you.

"I've noticed I'm not feeling like myself lately, and I'd like us to figure it out together."

"I miss feeling close to you. Can we talk about it?"

"This isn't about anything you did. My body's changing, and I want to understand it."

"I read something about this, and I'd like us to look into it together."

"What would make you feel more connected to me right now?"

Tips that help

Choose a calm moment, not right before or after sex.

Talk about how you feel, not what your partner is doing wrong.

Remember you're on the same team.

Questions to ask any provider

1. Do you look at hormones, blood flow, and metabolic health, or just the symptom?
2. What does a visit feel like, and how do you keep me comfortable?
3. How many sessions do you usually recommend, and why?
4. Can my partner come with me?
5. How will we know if it's working, and what happens if it isn't?

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Ready to talk it through?

Start with a free conversation. Tell us what's changed, ask your questions, and we'll talk through where to begin.

Partners are welcome to join. These are everyday conversations for us, and the call is private and unhurried.

> *Sexual health is health, and you don't have to figure this out alone.*

Men, women, and couples

Each person gets their own plan, and couples can come in together.

Start on its own

Sexual health treatments and the program can begin without a full assessment.

Our clinic is in Amarillo, Texas, and people travel to see us from across the Panhandle and beyond.

BOOK YOUR CONVERSATION
agewellclinics.com

CALL
(806) 683-6813

VISIT
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Important information

Educational content only

This guide is for general education. It is not medical advice, and it does not create a doctor-patient relationship. It does not diagnose any condition or recommend that you start, stop, or change any medication or treatment.

Your care is individual

Which treatment fits depends on your symptoms, medical history, individual risks, and goals. Care recommendations vary by person, sex, age, medical history, and treatment. Decide on treatment with a licensed clinician who knows your full history.

Do not change your treatment on your own

Do not change or stop prescribed therapy without discussing it with your clinician. If you have a medical emergency, call 911 or go to the nearest emergency room.

No guarantees

Results of any treatment vary from person to person. AgeWell does not guarantee symptom relief or any specific outcome.

Trademarks

GAINSWave® is a registered trademark of its owner. The P-Shot® and O-Shot® are registered trademarks of their owner. AgeWell is a licensed GAINSWave® provider and a certified O-Shot® provider.

About AgeWell

AgeWell is a physician-led midlife medicine practice in Amarillo, Texas, and works alongside your primary care physician. Amy Garza, MD, PA dba AgeWell, 1118 S Taylor St, Amarillo, TX 79101.

Medically reviewed by Amy Garza, MD.

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