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A FREE GUIDE FROM AGEWELL

How to Bring It Up

A guide for couples when something's changed in the bedroom.

For anyone who's noticed changes in desire, erections, arousal, comfort, or orgasm, and isn't sure how to start the conversation.

Sexual health is health.

General education, not medical advice.
agewellclinics.com

BEFORE YOU BEGIN

The conversation nobody knows how to start

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. What most couples struggle with isn't the change itself. It's knowing how to talk about it.

So nobody says anything. One person pulls back, the other takes it personally, and the distance grows quietly. The good news: one honest conversation can turn it around, and you don't need perfect words to have it.

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, and silence presses it too. Talking about it, together, is often the first thing that helps the brake let go.

How to use this guide

1. Read Part A to put words to what you've noticed.
2. Use Part B to plan the conversation and pick a line that sounds like you.
3. When you're ready, Parts C to E explain the options and how we can help.
4. Bring your questions, and your partner if you like, 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, so it's easier to name.

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 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?"

Plan the talk

Before

Choose a calm moment, not right before or after sex. A walk or a drive can feel easier than sitting face to face.

During

Talk about how you feel, not what your partner is doing wrong. Listen more than you explain.

After

You don't have to solve it in one talk. Agree on one next step, like reading this guide together.

If your partner brings it up with you

Thank them. It took courage. Try: *"I'm really glad you told me. Let's figure it out together."* Take a breath before you answer, and remember it's not an accusation. It's an invitation.

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PART B, CONTINUED

Things worth remembering

Read these before the conversation, or come back to them after.

You're on the same team. The problem is the change, not either of you.

This is one of the most common things couples go through, and one of the least talked about.

A change in your body is information, not a verdict on your relationship.

You don't need the perfect words. Caring enough to bring it up says the most.

Wanting more closeness isn't selfish. It's part of a healthy relationship.

It's never too late to feel close again, and there's a lot that can help.

If it doesn't go the way you hoped

Some conversations take more than one try. If your partner gets quiet or defensive, it's usually worry, not rejection. Give it a day, then try again with a different line from Part B. Some couples find it easier to talk it through together with a clinician in the room, and partners are always welcome at AgeWell.

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

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C 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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D 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

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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E 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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Ready to talk it through, together?

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

Come on your own, or bring your partner. 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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