



## CONGRATULATIONS ON HAVING TAKEN THE FIRST STEP TOWARD FINDING A SOLUTION TO YOUR PROBLEM.

At Maze Women's Sexual Health, our goal is to help women attain a full and satisfying sex life. Although there is still much we do not understand about female sexual response, the past ten years have seen significant progress towards understanding and treating sexual problems.

**The most important thing for you to keep in mind is that there are numerous types of sexual problems.** Some have a purely physical cause and others have more psychological underpinnings. And of course, most often problems involve a combination of many factors. At Maze Women's Health we deal with all of your sexual issues including the mind, the body and everything in between. We are one of the only centers in the country with a team of medical experts and highly qualified therapists all trained specifically in women's sexual health.

**We put together this informative packet for you to help answer some of the most common issues women face.**

If you would like to learn more or are unsure if Maze Women's Sexual Health can help you, we encourage you to call (914-328-3700) or [email us](#) and request a **free 10-minute phone consultation** with our clinicians.

FINDING A FUFILLING SEX LIFE

PAIN

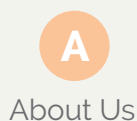
LOW DESIRE

AROUSAL

ORGASM PROBLEMS

I DON'T KNOW WHAT THE PROBLEM IS

FREQUENTLY ASKED QUESTIONS



- FINDING A FUFILLING SEX LIFE
- PAIN
- LOW DESIRE
- AROUSAL
- ORGASM PROBLEMS
- I DON'T KNOW WHAT THE PROBLEM IS
- FREQUENTLY ASKED QUESTIONS



At Maze Women's Sexual Health, we only treat female sexual dysfunction. And we've always known it's not just in your head.

We use both medical and psychological treatments to ensure we address any and all facets of female sexual dysfunction. The Maze team members have specific training in women's sexual health, providing them with a level of empathy, understanding, and expertise that can be hard to find. **Above all else, we take the time needed to really listen.**

You don't have to live without a fulfilling sex life just because you've had a baby, passed through menopause or grown up with doubts about sex. **At Maze, we believe that a satisfying sex life can be yours.**

We know you may be nervous about the prospect of having a sexual assessment and workup but we are truly committed to making the process as warm and pleasant as possible. [See what our patients say](#) about their experiences with Maze Women's Health and you'll discover why our success rates are so high.

**CALL US FOR YOUR FREE  
10-MINUTE PHONE CONSULTATION  
914.328.3700**



- A  
 About Us
- >  
 Videos
- B  
 Better Sex Blog
- PR  
 Patient Reviews
- FC  
Free Consultation



- FINDING A FUFILLING SEX LIFE
- PAIN
- LOW DESIRE
- AROUSAL
- ORGASM PROBLEMS
- I DON'T KNOW WHAT THE PROBLEM IS
- FREQUENTLY ASKED QUESTIONS

# Pain

Every day we see women who struggle with vulvar and vaginal pain of every kind. Some have painful intercourse or pain after intercourse. Some can't get anything into their vaginas or can insert a tampon but can't seem to get a penis inside. Some women struggle with ongoing pain even when they are not having sex and with some women, the pain just comes and goes. Many women have already been to one or more gynecologists who have told them "I can't see any problem." Many have been told "the pain is in your head." It's not.

The bottom line is that you are entitled to a life where you don't have genital or sexual pain. You should be able to insert a tampon, wear normal clothes, and have a gynecological exam and intercourse with no pain. We can make that happen.

Every woman who comes to our Center has their own story. Some can identify the specific problem they are having. Many cannot. It doesn't matter. Our record of helping women with vaginal pain is close to 100%. And if you are having a problem we can't treat ourselves we will coordinate your treatment with other physicians who can.

MORE INFORMATION ON PAIN



A About Us

> Videos

B Better Sex Blog

PR Patient Reviews

FC Free Consultation

- FINDING A FUFILLING SEX LIFE
- PAIN
- LOW DESIRE
- AROUSAL
- ORGASM PROBLEMS
- I DON'T KNOW WHAT THE PROBLEM IS
- FREQUENTLY ASKED QUESTIONS



# Low Desire/Low Sex Drive

**Perhaps more than anything else, low desire defies definition.** There are some women who never had much sexual desire. Some who used to revel in their desire and now can't even catch a glimpse of it. There are women who don't think that their low desire is a big deal but who are afraid it's impacting a current relationship or making them avoidant of relationships. And some women are saddened and mystified by the loss of something that was so important in their life. The truth is, low desire is often a complex mix of many factors: how you feel about your body, how you feel about your current relationship, the hormones coursing through your body, the medications you are on, the messages you've received in the past and the habits you have developed over the years.

The one thing that most of these women have in common is a belief that nothing can really help. Especially if they've been told that by a physician or if they have been in sex therapy and have found it only minimally helpful.

We understand how mystifying low desire can be. But we know that in many, if not most, cases we can help. Our unique combination of therapy, medical treatments, emotional support and behavioral techniques has turned things around for hundreds of women. You can be one of them.

MORE INFORMATION ON LOW DESIRE



**A**  
About Us

**>**  
Videos

**B**  
Better Sex  
Blog

**PR**  
Patient  
Reviews

**FC**  
Free  
Consultation

- FINDING A FUFILLING SEX LIFE
- PAIN
- LOW DESIRE
- AROUSAL
- ORGASM PROBLEMS
- I DON'T KNOW WHAT THE PROBLEM IS
- FREQUENTLY ASKED QUESTIONS



# Arousal

**“I just don’t get turned on.” “The laundry list of things I have to do just keeps running in my head when I’m trying to be sexual.” We get it.**

And we know that women don’t think that there is much they can do to change things. “I know I have too much stress in my life.” “It’s so much better on vacation.” Well, even if you don’t believe it, we know that we can help make a difference – even when you are not on vacation.

We understand that your life is stressful. You have kids, sick parents, a full time job and a thousand other responsibilities. But you should be able to have a satisfying sex life, even when you are home day to day. Sex should not be a chore and should not be so much darn work. There are medications, behavioral changes and techniques that can help you.

**MORE INFORMATION ON AROUSAL ISSUES**



**A**  
About Us

**>**  
Videos

**B**  
Better Sex  
Blog

**PR**  
Patient  
Reviews

**FC**  
Free  
Consultation



FINDING A FUFILLING SEX LIFE

PAIN

LOW DESIRE

AROUSAL

ORGASM PROBLEMS

I DON'T KNOW WHAT THE PROBLEM IS

FREQUENTLY ASKED QUESTIONS

## Orgasm Problems

"I've never had an orgasm in my life." "I used to have orgasms, but I just can't anymore." "I can have them but they take forever." "I can't have orgasms with a partner."

These are just some of the issues we hear from our patients. We know how frustrating it can be to have problems with orgasm and we know most patients are embarrassed to discuss the issue with their physician or even their therapist. But we are here to help.

We can't fix every problem with orgasm but in many cases we can and if we can't make things perfect, often we can make things much better. And since we've pretty much heard everything, you don't have to feel uncomfortable talking to us. We're here to help.

MORE INFORMATION ON  
ORGASM ISSUES



A  
About Us

>  
Videos

B  
Better Sex  
Blog

PR  
Patient  
Reviews

FC  
Free  
Consultation



FINDING A FUFILLING SEX LIFE

PAIN

LOW DESIRE

AROUSAL

ORGASM PROBLEMS

I DON'T KNOW WHAT THE PROBLEM IS

FREQUENTLY ASKED QUESTIONS

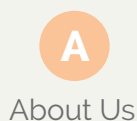
# I Don't Know What the Problem Is

This might be what we're best at: listening to you and helping you articulate and understand where you are having problems.

We understand that sex is complicated. We get that there might be problems because of previous messages you've heard from others. We know that when you are having sexual problems you feel like you must be the only one in the world with this problem. But we also know that you are not the only one.

We are very adept at helping you differentiate between the main issue you're dealing with, as well as all of the individual parts contributing to your problem. Even more importantly, we can then get to work helping you solve those problems. You deserve to have a happy and fulfilling sex life and we are here to help you get there.

LEARN HOW WE CAN HELP





FINDING A FUFILLING SEX LIFE

PAIN

LOW DESIRE

AROUSAL

ORGASM PROBLEMS

I DON'T KNOW WHAT THE PROBLEM IS

FREQUENTLY ASKED QUESTIONS

## Frequently Asked Questions

Women often have questions about our center, how we work, what to expect during an appointment, as well as what we treat and our approach. Here are some questions we're frequently asked. Click each for more information, or visit our FAQ page!

- [What differentiates Maze from other doctors or medical providers?](#)
- [Who are the practitioners I'll be seeing?](#)
- [How long will my first appointment be and what can I expect?](#)
- [I'm not located in New York. Can Maze still help me?](#)
- [Do you accept insurance?](#)

VISIT OUR FAQ PAGE  
FOR MORE INSIGHTS

