

Let's Talk About Sex & Aging with Dr. Anika Ackerman

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Do you think women of a certain age are no longer interested in sex? Think again! Host, [Pat Barbarito](#) welcomes board-certified urologist and sexual health changemaker [Dr. Anika Ackerman](#) to share the latest data, research, and anecdotes that clearly debunk this myth, and, instead, offer information about the numerous options that promote stellar sexual health – regardless of the number of candles on this year's birthday cake.

Conversation highlights include:

- The importance of intimacy and its correlation to the longevity of a relationship
- Top patient concerns, including lack of desire, vaginal dryness, painful intercourse, urgency (genitourinary syndrome); vaginismus (extreme tightness of the vaginal muscles)
- Hypoactive sexual desire disorder (HSDD), examining hormonal imbalance and activity of neurotransmitters in the brain
- Everyday libido 'killers'
- Libido enhancers - two FDA-approved medications and a few natural options
- Benefits of vaginal estrogen
- Pelvic floor therapy – what it is and why it works
- Use of laser, radio frequency, and high intensity focused electromagnetic energy to rejuvenate the vagina, and so much more!

Special thanks to our wonderful listener (who asked to remain anonymous) for suggesting this topic and explaining how beneficial this information was in her relationship.

Looking for your own women's sexual health doctor? Check out the [International Society for the Study of Women's Sexual Health](#) directory of providers.

If there is a certain angle of relationship building or dismantling you would like to see us explore, [please send it to us via email](#). We are always grateful for your input, words of encouragement and never-ending support!



Co-managing partner and divorce lawyer [Pat Barbarito](#)

thought she knew all about complex relationships and the laws that govern them – until her own marriage of 17 years ended and she determined to get to the heart of love, marriage, and human connection. Her journey spanned the entire scope of relationships – from the science of attraction to the financial impact of separation, to old myths that society still touts as true to new laws that outline how to navigate both uniting and uncoupling.

Heartbreak & Hope with Pat Barbarito offers insights, anecdotes, and guidance from a variety of experts and includes her own perspective on how best to thrive through any stage of relationship building.

