

WOMEN'S SEXUAL HEALTH

Empowering Women Through Knowledge, Prevention, and Care

What is Sexual Health?

Sexual health is a vital part of your overall well-being. It includes:

- A positive and respectful approach to sexuality and relationships
 - Freedom from coercion, discrimination, and violence
 - Access to accurate information, contraception, and STI testing
 - The ability to enjoy safe and consensual intimacy
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Common Concerns in Women's Sexual Health

1. Painful Intercourse (Dyspareunia)

Can be caused by dryness, infections, hormonal changes, or pelvic floor issues.

2. Low Libido

May relate to stress, hormones, medications, or relationship dynamics.

3. Vaginal Dryness

Often linked to menopause, breastfeeding, or medications.

4. Sexually Transmitted Infections (STIs)

Many STIs are asymptomatic but can cause complications if untreated.

5. Hormonal Imbalance

Conditions like PCOS or thyroid disease can impact sexual wellness.

Screenings and Prevention

- Pap Smear – Every 3 years from age 21 to 65 (or per national guidelines)

- HPV Testing – Every 5 years from age 30
- STI Screening – Especially if under 25 or at risk
- Breast Health Checks – Monthly self-exams, clinical exams, and mammograms starting at age 40 or earlier if high risk
- Pelvic Exam – For symptoms like bleeding, pain, or discharge

These recommendations follow international best practices and are supported by local screening programs in the Cayman Islands

STI Testing Options

Blood Tests

- HIV
- Syphilis
- Hepatitis B & C
- Herpes (HSV-1/2)

Urine Tests

- Chlamydia
- Gonorrhea

Swab Tests

- Vaginal, cervical, urethral, rectal, or throat swabs for:
 - Chlamydia
 - Gonorrhea
 - Trichomoniasis
 - Herpes (from lesions)
 - Mycoplasma genitalium
 - HPV (via cervical swab)

Pap Smear & HPV DNA Test

- Detects cervical changes and high-risk HPV strains

Physical Exam

- Performed if lesions, discharge, or pain are present
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Who is "At Risk" for STIs? You may be considered at risk if you:

- Have multiple or new sexual partners
 - Do not consistently use condoms or protection
 - Have a partner with known or unknown STI status
 - Have a history of STIs or recurrent bacterial vaginosis
 - Are under age 25 and sexually active
 - Are pregnant or planning pregnancy
 - Engage in sex while intoxicated or with anonymous partners
 - Are HIV-positive or use injection drugs
 - Have limited access to healthcare or live in a high-prevalence area
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Recommended Screenings

Test	Recommended Frequency
HIV	At least once, annually if at risk
Chlamydia & Gonorrhea	Yearly if <25 or at risk
Syphilis	Annually if at risk
HPV DNA + Pap	Every 3-5 years based on age and result
Hepatitis B & C	At least once if at risk
Herpes	If symptomatic or exposed

Healthy Habits for Sexual Wellness

- Use condoms or dental dams



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- Urinate after sex
 - Get regular gynecological checkups
 - Maintain open communication with partners
 - Exercise, eat well, and manage stress
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When to See a Provider

- Pain or bleeding with intercourse
 - Unusual discharge or odor
 - Itching, swelling, or sores
 - Libido or orgasm concerns
 - Menstrual changes or fertility concerns
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Support & Services Available

- STI testing and treatment
- Contraceptive counseling
- (Peri-)Menopause and hormonal care
- Mental health and relationship referrals
- Fertility and reproductive health services

Schedule an Appointment with our Physicians today