



## 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 that's not understood about female sexual response, the past fifteen years have seen significant progress towards understanding and treating sexual issues.

The most important thing for you to keep in mind is that there are numerous types of sexual concerns. 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.

**This informative packet will help address some of the most common issues women face.**

If you'd like to learn more or are unsure if Maze is the right place for you, we encourage you to call (914-328-3700) or [email us](#) to request a **free 10-minute phone consultation** with our clinicians.

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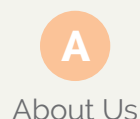
At Maze  
Women's Health,  
we only treat  
female sexual  
dysfunction.  
And we've always  
known it's not just  
in your head.

We use both medical and psychological treatments to ensure we address any and all facets of female sexual dysfunction. At Maze, our team of medical professionals and therapists are specifically trained 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 PHONE  
CONSULTATION 914.328.3700**



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## Pain

Every day we see women who struggle with vulvar and vaginal pain of every kind. 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.

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.

LEARN MORE

### PAIN GLOSSARY

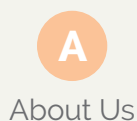
**Vaginismus** – An involuntary tightness of the vagina during attempted intercourse. (See next page for treatment options.)

**Vulvodynia** – Any pain in the vulvar area, experienced when there is external pressure or attempted intercourse.

**Vestibulodynia** – A subset of vulvodynia, it's characterized by severe pain during attempted vaginal entry and tenderness/redness localized to the ring of tissue surrounding the vaginal opening.

**Dyspareunia** – Referring to any pain during sexual intercourse, it's not a disease, but rather a symptom of a core physical or psychological condition.

[See More](#)



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# Vaginismus

We understand that when it comes to Vaginismus, you've likely suffered alone for years. **But, you're not alone.** It is believed that 7-16% of women have vaginismus.

Vaginismus is a condition where there is involuntary tightness of the vagina during attempted intercourse. The tightness is caused by involuntary contractions of the pelvic floor muscles surrounding the vagina. Women may not even be aware that the muscle response is causing the tightness or penetration problem.

The good news is that, in every case of vaginismus (yes, every case), we can successfully treat you.

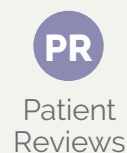
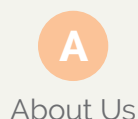
LEARN MORE ABOUT TREATMENT

## BOTOX TREATMENT FOR VAGINISMUS

Many years ago, we had a vaginismus patient who was hyperventilating from fear during a dilation session. She sat up on the exam table and said, "there has to be another way to do this!" She was right.

This procedure, which was pioneered by Peter T. Pacik, MD, FACS who trained our team directly, uses Botox to relax the vaginal muscles so dilators can then be easily inserted. We have successfully treated women from all over the world using this method.

*"After being unsuccessful with so many other treatments, I felt I would never be able to have intercourse. But just 15 days into treatment, I was able to have pain-free intercourse with my husband! If you're considering getting this treatment, just go for it, you won't regret it." – Sandy, Age 28*





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# Menopause

We understand that menopause can be a time of significant changes, physical as well as psychological and emotional. Women can experience a wide range of symptoms including vaginal pain and dryness, low sex drive, hot flashes, night sweats, insomnia, fatigue, memory loss, depression, and more.

**Our Certified Menopause Practitioners are here to help.** The most common treatment is Hormone Replacement Therapy, or HRT. This can come in a variety of forms such as gels, creams, pellets, skin patches, and vaginal rings. Our team will work with you to determine which treatment is best for you.

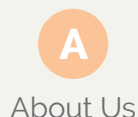
***"I feel like a sexual, whole woman again! I thought my situation was hopeless, but there was help, and all women owe it to themselves to try to get their problem resolved. It is worth whatever you have to put into it, because life is short, and there is no need to be miserable if help is available."*** – Marilyn, Age 54

## LOOKING FOR A NON-HORMONAL TREATMENT?

Introducing MonaLisa Touch, a hormone-free, non-surgical, painless procedure that's clinically proven to bring lasting relief to vaginal dryness and pain. Don't give up a great sex life after menopause.

[LEARN MORE](#)

[LEARN MORE ABOUT TREATMENT](#)





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# 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. The truth is, low desire is often a complex mix of many factors, but our team can help you discover the underlying causes and find treatment. If you're unsure about your level of desire, [take our Sexual Desire Quiz](#).

**The one thing that most of these women have in common is a belief that nothing can really help.**

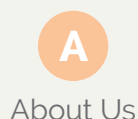
We understand how mystifying low desire can be. Our unique combination of therapy, medical treatments, emotional support and behavioral techniques has turned things around for hundreds of women. You can be one of them.

MORE INFORMATION ON LOW DESIRE

## NEW TREATMENT OPTIONS

**Addyi (Flibanserin)** – This is the first FDA approved medication for female sexual dysfunction. It's been referred to as the "female Viagra," but this is misleading because it affects brain chemistry rather than blood flow and is taken once daily.

**Vyleesi (Bremelanotide)** – The second FDA approved medication for low libido, it's injected 45 minutes before expected sexual activity.







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# 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.

We know that women don't think that there is much they can do to change things. Well, even if you don't believe it, we know that we can help make a difference.

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're not on vacation! 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.

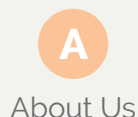
## PERSISTENT AROUSAL SYNDROME

We understand that low arousal isn't the only issue that women experience in this part of their life. Women can also experience Persistent Arousal Syndrome, a condition in which women experience a constant feeling of being aroused, but are unable to release it.

If you are suffering from it, you should know that you are not alone and treatment is available.

MORE INFORMATION  
ABOUT PSAS/PGAD

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# 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.

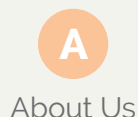
We can't fix every problem with orgasm, but in many cases we can and if we can't make things perfect, often we can make things much better. And since we've pretty much heard everything, you don't have to feel uncomfortable talking to us.

## WHAT IS THE O-SHOT?

The O-Shot, or "orgasm shot," is a relatively new treatment that is used to promote sensitivity in the vaginal canal and to help in achieving orgasm. Although the procedure has limited data, anecdotally, women have had positive results including increased natural lubrication and stronger, more frequent orgasms.

LEARN MORE ABOUT  
THE O-SHOT

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## I Don't Know What the Problem Is

*"I had heard about Maze from my doctor and it took me months to gather the courage to call them. It was the best thing I could have ever done for myself."*

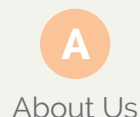
*– Amy, Age 48*

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



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## 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**

