

Below The Beltway™

A SEXUAL MEDICINE NEWSLETTER



April 2020 | Issue 1

Nuts For Sex

I'm frequently asked whether there's anything to change in one's diet to improve sexual function. While there's absolutely nothing dietary that can treat a severe erectile dysfunction, or ED or significant arousal disorder in women (for that visit us at www.IntimMedicine.com) there are number of dietary habits or lifestyle changes which may help. The most important of these is to lose weight. Most of us could shed a few pounds and perhaps the best "pro-sexual or sex positive way" to do this is to substitute a plant-based diet for one rich in animal protein and fat.

[READ MORE](#)

NEWS FROM *INTIM*MEDICINE SPECIALISTS



WASHINGTONIAN

The Menopause Whisperer of Washington is Here!

As Seen In Washingtonian Magazine
**Sexual Dysfunction
in Women Has
Long Been Taboo.**

*INTIM*MEDICINE™
SPECIALISTS



Washington's Menopause Whisperer Is Here to Help.

While TV ads tout erectile-dysfunction drugs, you rarely hear about the sexual issues that can affect women. But promising new treatments, and changes in insurance coverage, could cure that...

[Read The Article](#)



IntimMedicine Specialists is "open" for virtual Telehealth visits during COVID-19. Stay safe. Be well. Drs. Simon and Rubin suggest that this is a great time to reconnect with your partner and enhance health and intimacy. Book now: info@intimmedicine.com or 1-202-293-1000.

Join Us

LIVE! VIRTUAL INTERVIEW &
BOOK PUBLICATION CELEBRATION
TUES. MAY 5TH | 6:30 PM - 7:30 PM EST
DR. RACHEL S. RUBIN &
AUTHOR LAURA ZAM



Tues., May 5th
6:30 pm - 7:30 pm EST

Live Webinar |
Virtual Book
Publication Celebration
"The Pleasure Plan"

An Evening with Dr. Rachel S. Rubin &
NYT Author, **Laura Zam** -Book Launch
& Virtual Happy Hour.
(Simon and Schuster)

Join us for a fun and informative one-hour virtual book publication celebration with author, **Laura Zam**, who consulted with sexual medicine expert **Dr. Rachel S. Rubin**, of **IntimMedicine.com**. Laura shares her story of her heroic rise from trauma to become an advocate and sexual health educator. Free downloads available if you qualify.

Click here:

[Learn More](#) | [Register Now](#)



RECENT CLINICAL TRIALS

Join A Clinical Trial "Be a Research Hero"

- Endometriosis Pain
- Non-surgical Treatment for Uterine Fibroids
- Vestibulodynia Treatment

IntimMedicine Specialists is committed to advancing research in gynecology and sexual health. Our practice first started conducting research in gynecology more than 2 decades ago. We are currently investigating **oral medications that work to reduce endometriosis pain**, with similar medications for patients who experience **heavy menstrual bleeding due to uterine fibroids**. As our knowledge and interest grew in sexual health, we started exploring the causes of and possible therapies for male and female sexual dysfunction. Our office is currently accepting new female study patients for an **intramuscular treatment for vestibulodynia**. In the past, we've conducted studies for a non-surgical vaginal rejuvenation therapy for vaginal laxity.

As science and technology progress and researchers stay committed, we are hopeful that safe and effective treatments for male and female sexual dysfunction will become increasingly available for patients. This is why ongoing patient participation in research studies is vital to the continued advancement of treatment options.

Learn More | Sign Up Now

To learn more about our studies or if you're interested in enrolling, please contact:

Monica Hirschheimer

Call: 202-293-1000

Email: mhirschheimer@intimmedicine.com

YOU DESERVE TO FEEL like yourself again

The effects of aging can cause changes to your gynecologic health. You may still retain your youthful energy and enthusiasm, but these changes may affect your quality of life in ways you never expected.

Now there's a novel option to address your gynecologic health.

YOU ARE not alone

Many women suffer silently, and those who seek treatment find their options limited.

MONALISA TOUCH is non-hormonal

The MonaLisa Touch laser is a localized chemical-free option.

A NOVEL LASER FOR gynecologic health

MonaLisa Touch is a simple, proven laser procedure for gynecologic health that can help give you your confidence back.

CONTINUE LIVING your life

MonaLisa Touch is an in-office procedure that typically does not require anesthesia and there's virtually no discomfort or downtime.

A SIMPLE procedure

A short series of laser sessions may be recommended by your physician, < 5 minutes each.

EASY. FAST. PROVEN. available now!

ASK YOUR DOCTOR IF MONALISA TOUCH IS RIGHT FOR YOU.

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