

Sexual health clinic at the Department of Obstetrics and Gynecology

Sexuality is a part of life: it is about being human, expressing your gender, your self-image and body image. Different life situations, illnesses and their treatments can affect sexual health and sexual wellbeing. If you have concerns related to sexuality, you can contact the sexual health clinic for help. For more information, please visit the Health Village's "Seksuaaliterveys" hub at www.naistalo.fi (only available in Finnish and Swedish).

The patients of Tyks Department of Obstetrics and Gynecology have an option to meet a sexual counselor to discuss questions regarding sexuality alone or together with an intimate partner. During the appointment, you are allowed to bring up any questions regarding sexuality, everything is confidential. There are usually 1 to 3 appointments, and usually appointments last for approximately one hour.

During the appointment, issues that you consider to be current and important are discussed. These can be, for example:

- sexual matters regarding gynecological diseases or operations
- the changes to your body image and sexuality caused by gynecological cancer and its treatments
- questions and problems regarding sexuality that become apparent during pregnancy or after delivery
- involuntary childlessness and sexuality
- sexual desire disorders
- functional sexual disorders, such as difficulty to attain sexual arousal, difficulties reaching orgasm and pain during sex
- intimacy related anxiety and performance anxiety
- difficulties accepting sexuality and changes in it
- specific questions regarding sexuality brought by aging
- the effects of experienced sexual trauma and sexual violence

Our goal is to create a positive relationship between you, your sexuality, and your possible intimate relationship by discussing these issues together.

Appointments and inquiries.

Please contact the department of obstetrics and gynecology unit that is responsible for your care.