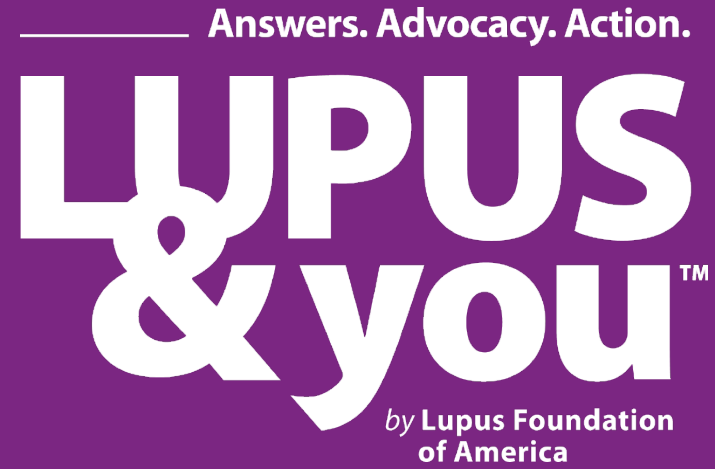


After Dark: Sexual Health & Intimacy

The program will begin shortly!

Thank You For Joining Us!



After Dark: Sexual Health & Intimacy

OCTOBER 16, 2025

Agenda

7:00 Welcome, LFA Overview, Programs & Services,

Lety Ocaña, MPH, CHES

7:15 Patient Perspective Panel,

*Jeanine Cox, Lupus Warrior &
Ken Cox, Support Partner*

7:25 Lupus & Sexual Health,

Talia Sobel, MD, MSCP

Navigating Intimacy and Lupus,

Kimberly Resnik Anderson, LCSW, AASECT

7:45 Questions + Answers, *All Panelists*

8:30 Closing, *Lety Ocaña, MPH, CHES*



TALIA SOBEL, MD, MSCP

Assistant Professor of Medicine, Women's Health
Internal Medicine, Mayo Clinic Arizona



**DR. KIMBERLY RESNIK ANDERSON, LCSW,
AASECT-CERTIFIED SEX THERAPIST**

Assistant Professor Psychiatry, UCLA David Geffen
School of Medicine



JEANINE COX

Lupus Warrior



KEN COX

Support Partner

Housekeeping Items

- **Ask questions!** Submit questions for our speakers via the Q+A Feature.
- **Reminder:** The content shared today is for educational and informational purposes only. Consult with your doctor/health care team for medical advice.
- **Re-watch!** Tonight's webinar will be recorded for you to view later at: Lupus.org/LupusAndYou

Take Our Poll!



Our Vision

A life free from lupus.

Our Mission

The Lupus Foundation of America is dedicated to improving the quality of life for all people affected by lupus through programs of research, education, support, and advocacy.

Our Three Pillars

RESEARCH

CARE & SUPPORT
SERVICES

ADVOCACY

You: The Heart of Everything We Do



Scan QR code
to learn more:



Lupus and Menopause

the
expertSERIES
by Lupus Foundation of America



Health Education Specialists

Our certified health education specialists are trained to provide people with lupus, their families, and caregivers with non-medical counseling, disease education, and helpful resources.

[Lupus.org/healtheducator](https://lupus.org/healtheducator)
(800) 558 – 0121 ext. 136

Scan QR code
to learn more:





Get Involved

Learn about our Support Group Program!

October 22, 2025

4PM PT/6PM CT/7PM ET

JOIN AND REGISTER NOW!

[Lupus.org/Support](https://lupus.org/Support)

Contact Wendy at 213-407-1058 or rodgers@lupus.org



Wendy Rodgers

Director, Care and Support



Toni Grimes

National Support Liaison



Phara Policar

National Support Liaison

Help Us Solve
The Cruel Mystery

LUPUS[™]

FOUNDATION OF AMERICA

Open Enrollment & Vaccines



- Open Enrollment begins November 1. Review your coverage options and make sure you're prepared for the year ahead.



- It's also Flu and COVID season—protect yourself and others by getting vaccinated.

Take Our Poll!

A large, stylized, light purple letter 'P' is positioned on the left side of the slide, serving as a background element for the text.

Dr. Talia Sobel

Impact of Lupus on Women's

IMPACT OF LUPUS ON WOMEN'S SEXUAL HEALTH

Tali Sobel, MD
Assistant Professor of Medicine
Mayo Clinic Arizona

Lupus After Dark
October 16, 2025



AGENDA

- Impact of lupus on sexual health
- Talking to your doctor about sex
- Preventing pregnancy
- Menopause, lupus, and sexual health
- Treatments and tools to help

LUPUS IMPACTS ALL ASPECTS OF SEXUAL HEALTH AND FUNCTIONING



Libido

Arousal

Lubrication

Orgasm

Pain

Satisfaction

WHY?

Fatigue
Vascular changes
Medications
Chronic pain
Inflammation

Physiological

Fear of pain
Poor body image
Anxiety/depression
Stress

Psychological

Social isolation
Dependence on others

Sociocultural

Partner as caregiver
Relationship quality
Communication

Interpersonal

CAUSES OF PAIN WITH SEX

Dryness

Joint pain

Atrophy

Decreased
blood flow

Pelvic floor
dysfunction

Menopause



TALKING ABOUT SEX WITH YOUR DOCTORS

- “Why hasn’t my doctor asked about my sexual health?”
- “If my doctor hasn’t brought it up, is it not important?”
- “Why didn’t my doctor answer my questions when I did ask?”
- “It felt like they didn’t want to hear about my problems.”

DOCTORS SHOULD ASK YOU ABOUT IT

- Very few doctors are trained in sexual health
- Your sexual health is important, even if your doctor does not ask about it
- They may not ask about sexual health because they do not know how to help
- I encourage you to still ask:

“Can we talk about my sexual health concerns today?”

“If not, can you refer me to someone who can help?”

TYPES OF CONTRACEPTION: *CONSIDERING BLOOD CLOT RISK*

Per 2020 American College
of Rheumatology guidelines

Positive antiphospholipid antibody

= higher risk of blood clots



Avoid estrogens

Recommend IUD (most effective) *or*
progestin-only pill (less effective)

Negative antiphospholipid antibody

= lower risk of blood clots

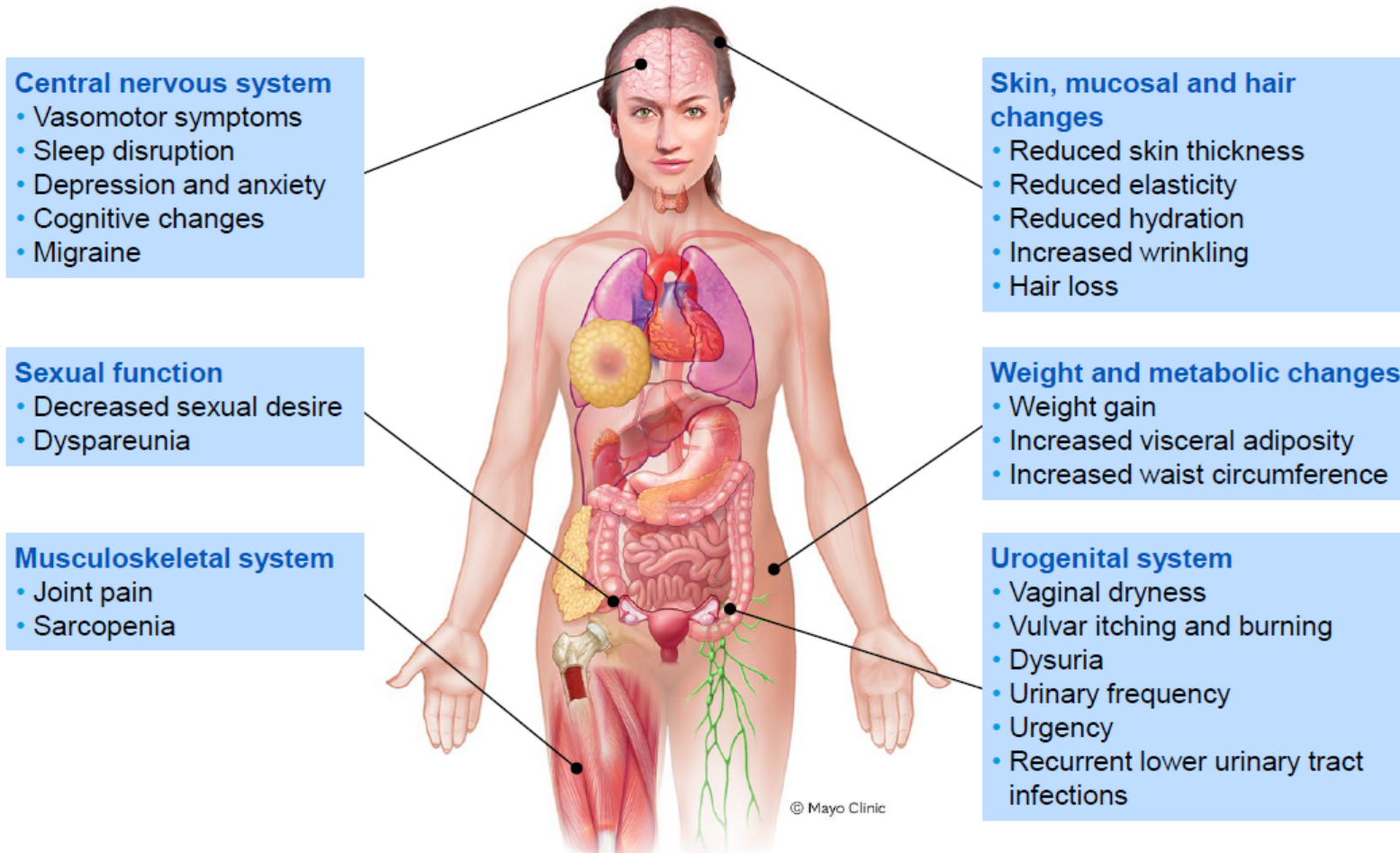


Low disease activity

IUD *or* implant *or* birth control pill

Moderate-High disease activity

IUD *or* implant *or* progestin-only pill



SYMPTOMS OF MENOPAUSE

MENOPAUSE AND LUPUS: *TREATING MENOPAUSE SYMPTOMS*

Positive antiphospholipid antibody



Avoid hormone therapy

Negative antiphospholipid antibody



Hormone therapy is okay
(if there are no contraindications)

GENITOURINARY SYNDROME OF MENOPAUSE

Symptoms

- Vaginal dryness, burning, irritation
- Lack of lubrication
- Pain with sex
- Hard to reach orgasm
- Urgency to urinate
- Pain with urination
- UTIs

Impact on health

- Sexual intimacy
- Relationships
- Quality and enjoyment of life
- Self-esteem

TREATMENTS

- Local vaginal therapies
- Moisturizers/lubricants
- Tools/toys
- Psychotherapy
- Medications for libido
- Pelvic floor therapy
- Sex therapy

VAGINAL ESTROGEN THERAPY

Creams

Tablets

Inserts

Rings

Suppositories



MOISTURIZERS

- Hyaluronic acid
- Every 2-3 days

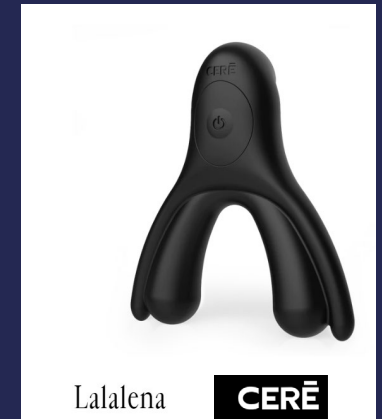


LUBRICANTS

- **Water-based**
 - Ok with condoms, sex tools
 - Easy to clean
 - Dries quickly
- **Silicone-based**
 - Most slippery
 - Lasts long
 - Difficult to clean
 - Ok with condoms, not silicone toys/tools
- **Oil-based**
 - May trap bacteria
 - Odor
 - Not ok with condoms



SEX TOOLS/TOYS



PSYCHOTHERAPY

Consider for management of depression and anxiety associated with lupus

LOW LIBIDO

Flibanserin (Addyi)★

Bremelanotide (Vyleesi)★

Testosterone

Bupropion

Buspirone

TEAM-BASED APPROACH



Sex Therapist



Medical clinician

WHERE TO FIND A SPECIALIST

- **Certified Sex Therapists**

- www.aasect.org
- www.sstarnet.org

- **Pelvic Floor Physical Therapy**

- <http://www.womenshealthapta.org>
- www.pelvicrehab.com

- **Psychotherapist**

- www.psychologytoday.com

- **Sexual Medicine Specialists**

- www.isswsh.org

- **Menopause Specialists**

- www.menopause.org



Dr. Kimberly Resnik Anders
Navigating Intimacy and Lu

Take Our Poll!



Questions for Panelists

Contact Us!



202.349.1155



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SUBSCRIBE



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Thank you for attending!

Take the Survey

Use your phone camera to hover over the QR Code to get access. Two survey will be randomly selected to receive LFA Daylight. **Closes Thursday, October 30**

