

Sexual Health Services

Sexual health is an important part of health for persons with spinal cord injury or dysfunction (SCI). Sexual function is often impaired in SCI, so we offer assistance to help patients deal with these changes. SCI can affect sexual function in different ways in different people, so our approach is individualized. Many treatment options are available to address the individual needs of each person. Our Sexual Health Services rely on a multidisciplinary team approach, in which a neurologist, a psychologist, registered nurses, and rehabilitation therapists work together.

The nursing staff will ask you several questions to determine if you could benefit from sexual health services.

The physicians will evaluate you medically to determine, for instance, if a patient has specific treatable problems or is taking certain medications that interfere with sexual function. They are also knowledgeable about medications or other treatment options that can improve sexual function.

Psychologists are available to assist you with emotional and adjustment issues by providing individual and couples therapy. Since communication is crucial to sexual satisfaction in a relationship, a major focus in therapy is having the couple talk about wants, needs, likes and dislikes.

Physical therapists assist with suggestions for positioning, bed mobility, and management of spasticity.

Occupational therapists provide instruction in the use of specific adaptive equipment.

Our library offers you and your partner several educational resources, movies and books.



**For more information or to schedule an appointment,
contact psychologist, Dr. Cass-Prost
at 314-652-4100 or 800-228-5459 ext. 6-4827.**