



INTEGRATED

SEXUAL HEALTHCARE

an unit of **Bloom** Healthcare



info@bloomhealthcare.in

Integrated Sexual Healthcare means we provide all necessary **professional** services (**sexual medicine***, **psychosexual therapy**", **psychological counselling and physiotherapy**) that are often required in the management of an individual's or couple's sexual problem(s) - all at **Bloom** Healthcare.

Typical consultation involves

Assessment : a set of questions will be asked to ascertain the nature of problem/concern.

Examination : conducted if and when required by same gender health professional.

Management : options will be discussed and the best option will be decided with you.

Referrals : will be made to other health professionals within Bloom Healthcare, if and when needed.

Follow-up : will be advised / discussed as appropriate.

***Sexual Medicine** is a specialised branch of medicine that attempts to improve sexual health through prevention, diagnosis, treatment and rehabilitation of conditions involving but not limited to sexual (dys)function.

"**Psychosexual Therapy** intends to resolve sexual problems by addressing emotional, behavioural, cultural and psychological aspects of sexuality by utilising counselling and psychotherapy skills that can help a person(s) change the way they think, feel, behave and / or function sexually.

Sexual difficulties/dysfunctions

Men:

- Not able to get or maintain an erect (hard) penis
- Dissatisfaction with ejaculation (quick/delayed/absent)

Women:

- Fear of pain or actual pain with sexual intercourse
- Not able to get 'turned on' or reach climax (orgasm)

Couple:

- Not able to have sexual intercourse (penetration)
- Difference in levels of sexual desire between partners

General (applicable to anyone):

- Lack of or lost interest in sexual intimacy & pleasure
- Feeling anxious about sexual intimacy/performance
- Sexual difficulties after surgery (breast/prostate removal) or during medical treatment (e.g. heart problem)

Sexual concerns

These are not problems as such but many have doubts and could seek help if you have concern(s) about

- Gender and sexual orientation
- Body image (e.g. size and shape of penis or breasts)
- Sexual performance prior to starting a relationship
- Specific sexual behaviour (e.g. excessive use of porn)

Services

We provide **quality, evidence-based, ethical and person - centred care** through a team of **well qualified** health professionals lead by a medical doctor registered in India, trained in Australia and Europe who is highly experienced in both sexual medicine and psychosexual therapy.

We provide traditional **Out-Patient** consultation at **Bloom** Healthcare :

Velachery

#32, Taramani Link Road, Velachery, Chennai - 600 042.

Ph : 4000 0009 Mob : +91 72999 11102 / 04

Kodambakkam

#200 (299), Vellalar Street, Arcot Road, Kodambakkam, Chennai - 600 024. Ph : 044-4868 6144

We also offer **Real Time Online Consultation** for those who can't / don't want to come in person. Quality of service is the same. You can consult at a mutually **convenient** time, at the **comfort** of your home. To read more :

bloomhospital.com/sexual-med.php

Integrated Sexual Healthcare is a **LGBTIQA friendly** service. It strictly follows clinical and ethical guidelines and protocols set by the professional bodies. ISH utilises the best available evidence for management of sexual problems. All information discussed and shared will be kept and managed in a highly **confidential** manner. We respect your **privacy**.