

Sexual Health & Sexual Medicine

Concerned about your sex life? Maybe you or your partner are struggling with an issue that's impacting what you once described as "good" or even "great" but not anymore. Or, maybe you have always wondered if there's some way to improve your sex life. You're not alone – sexual health problems are quite common. Dr. Kristin Christiansen, a sexual medicine physician at the Park Nicollet Creekside Clinic, explains more below.



What exactly is sexual medicine?

Most people are surprised to learn there is a medical specialty that specifically focuses on sexual health – diagnosing, assessing and treating concerns that relate to sexuality. Sexual medicine promotes the health of adult women and men by providing medical and behavioral services for a variety of sexual conditions.

Sexual health plays a key role in our physical and emotional well-being.

Common issues we address with women include low sex drive, sexual pain and orgasmic difficulties. Men can also struggle with these same issues, and we often address concerns with erectile dysfunction, low testosterone and premature ejaculation, as well as Peyronie's disease, a connective tissue disorder causing a curvature of the penis.

We realize most people do not want to walk into a building labeled "Sexual Medicine."

Our specialty is located within the Park Nicollet Creekside Clinic in St. Louis Park along with other departments and specialties. Individuals or couples seeking help can be assured they will be treated in a confidential, caring environment.

You may wonder who staffs a sexual medicine specialty.

We have a team of clinicians with expertise in a variety of disciplines, including family medicine, urology, sex therapy and physical therapy. Patients play a key role in their care. Each individual sets personal goals and, together with their clinician, creates a personalized sexual health treatment plan to work on meeting desired outcomes. The course of treatment varies by individual. Sometimes a person struggles with multiple issues, but often the issues are related. Improving one area can often help improve another.

A person does not have to accept that their sexual concern is just something they have to live with.

Our sexual medicine department has helped numerous patients over the years improve their quality of life. If you or someone you know struggles with sexual health, remember our [Park Nicollet Sexual Medicine](#) department is available.