



Marc Goulet, M.D.

Your Turn! Sexual Help For Women

By Anita Finley, Gerontologist

In an article entitled, "Trouble in Paradise? A Bulletin from the Bedroom," by Michelle Stacey, she said that according to the *Journal of the American Medical Association (JAMA)*, 43 percent of women had experienced some form of sexual dysfunction during a 12-month period. It reveals much about the complex nature of female sexual experience, but it's also a powerful spark in a battle that's heating up in the rapidly growing field devoted to women who find sex disappointing, frustrating, or painful.

The field of sexual help for women was essentially born, at least in its modern form, five years ago. Its impetus was not alarm about female sexual response or a breakthrough treatment for women but the appearance of a revolutionary therapy for men: Viagra, the pill that made erections possible. Of course, those of us who

know about the British Diagnostic Institute in South and West Florida, would've told any man who wanted erections to go to Dr. Goulet's website and ask about their push button erection therapy.

"In 1998, the clock started ticking on the biological investigation of women's sexual health issues," says Irwin Goldstein, MD, a urologist and the director of the Institute for Sexual Medicine at Boston University School of Medicine. Viagra empow-

ered many women to say, "Men are getting medical and pharmacological help for their sexual problems, so maybe something can, or should, be

done for me, too." At Goldstein's clinic, for example, his practice was almost entirely male before Viagra. He now sees equal numbers of men and women. British Diagnostic Institute has also seen an increase in female patients who are asking for sexual help, and hormone therapy and replacement. In the past few years, new studies and methodologies have abounded: research into various hormones and chemicals, new instruments for measuring blood flow to the vagina and uterus, attempts to pinpoint female arousal, even a vacuum-type gadget designed to engorge the clitoris and promote sexual readiness. Viagra itself has been studied in women (with mixed results), and some doctors claim success using various androgens, the mostly "male" hormones like testosterone, to promote sexual desire, in women.

Many specialists in sexual health confirm that in general women's sexual experiences are more closely tied to the quality of the relationship than men's are. So if a couple is having problems, the woman, is more likely to have trouble with desire, arousal or orgasm. Giving someone a pill to help her body respond in a situation where emotionally she has reason not to respond is counterproductive.

At British Diagnostic Institute, sexual enhancement for both men and women are meeting with great success. If you are experiencing any difficulty with lovemaking, make an appointment to see Dr. Marc Goulet, the Director of the Institute.

Dr. Marc Goulet is the founder and Medical Director of The Goulet Anti-Aging Institute and Foundation and the British Diagnostic Institute that specializes in sexual enhancements. They also have an effective treatment for neuropathy, pain and sleep disorders. Call 800-946-2537 or 954-786-5259 to make an appointment. Go to their website: www.dr.goulet.com

Visit one of their centers in Pompano Beach, Aventura, Delray Beach, Palm Beach Gardens, Ft. Meyers-Naples or Sarasota.

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Listen to "The Dr. Goulet Show" airing Saturdays at 7PM and Sundays at 9PM on WFSB 740 AM and WNN 1470 AM; Wednesdays and Fridays from 1-2PM on WNN 1470 AM. Anita Finley, radio talk show host, joins Dr. Goulet every week with an explosive format exploring sexuality in boomers and seniors. Now live audio streamed on the Internet: www.wnnradio.com; www.wsbradio.com

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Nearly half (47 percent) of empty nesters were able to adjust to an "empty nest" within three months or less, according to a Pillsbury market research survey. However, 41 percent of empty nesters took four months or longer to adjust, and 11 percent still haven't adjusted yet.**

** Source: Pillsbury Empty Nester Survey fielded on-line by Consumer Research Services July 2005. Results are based on responses from 870 empty nesters age 45-64 living as married couples.

CENTRE for the ARTS... Vision for the Future

By Anita Finley

The time has come to fulfill the promise of Mizner Park as our city's cultural heart. The Centre for the Arts has paved the way to becoming a unique civic treasure.

The three major components of the Centre for the Arts are the state-of-the-art amphitheater/colonnade/concert green to accommodate 4,500 people; an acoustically superior concert hall with administrative and educational facilities; and the grand 44,000 square foot Boca Raton Museum of Art.

These facilities serve as a social, cultural and educational center for the residents of Boca Raton, Palm Beach and Broward counties, and all of South Florida, providing improved venues and cooperative programming for exhibitions of art, music, dance, theater, film, and other cultural endeavors. The Centre for the Arts has designed a much-needed cultural arts

destination that is responsive to the needs of the community and the Centre's cultural neighbors. For more information on programs and concerts, visit: www.centre4artsboca.com or call 561-368-8445.

The Fashionable Life Comes Alive at Mizner Park

Mizner Park in Boca Raton is teaming with Harper's Bazaar for Boca Raton's Social Event of the Year—*The Fashionable Life Comes Alive* at Mizner Park, on Wednesday, November 2 from 6-9PM. The fabulous fashion and lifestyle show will benefit the Boca Raton Museum of Art and Centre for the Arts at Mizner Park. Featuring Harper's Bazaar editor Jane Loddo, it will showcase the latest fashion trends, presented by Mizner Park's shops, with art-inspired offerings from the restaurants. For tickets: 561-362-0606.

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