FREE LIVE WEBINAR · 10

Sexual Health Matters



Bharosa 90-Day Sexual Wellness Program

Common, treatable and nothing to be ashamed of

Your host

Dr. Uday Kiran

MBBS, MD Psychiatry · Founder & Chief Consultant Psychiatrist

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Neuro Psychiatry Hospital

Meet Your Doctor

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Neuro Psychiatry Hospital



Dr. Uday Kiran

Founder & CEO, Bharosa

MBBS, MD Psychiatry

Osmania Medical College, Hyderabad

Founder & CEO

Bharosa Neuro Psychiatry Hospitals

Chief Consultant Psychiatrist

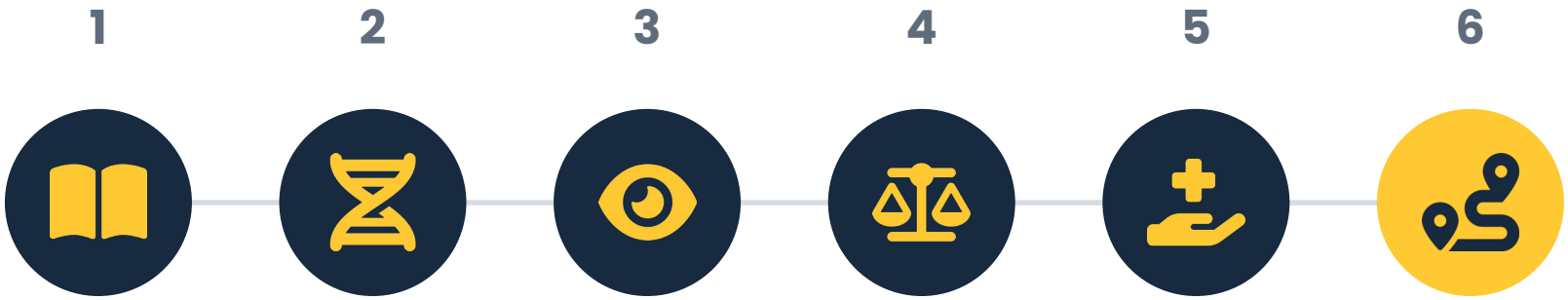
Acute care, emergency psychiatry & rehabilitation

Children to elderly

Care for every age, at four branches

Today's Journey

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Stay till the end: live Q&A with Dr. Uday Kiran and how the Bharosa 90-day program works.

What Is Sexual Health?

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A normal part of body and mind health. Problems are common, medical, and can be treated.



Mind and body

Stress, mood and worry affect it as much as the body



A health signal

Can be an early sign of sugar, BP or heart problems



Treatable

Most people improve with proper medical care

How Common Is It?

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43%

of women report some sexual difficulty

Laumann et al., JAMA 1999 (US national survey)

52%

of men aged 40–70 have some erection difficulty

Massachusetts Male Aging Study, J Urol 1994

1 in 2

men with diabetes have erection difficulty

Kouidrat et al., Diabetic Medicine 2017 (145 studies)

Who Can Be Affected?

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Newly married

Nervousness, pressure and lack of correct information



Working adults

Long hours, stress, poor sleep and tiredness



Chronic illness

Diabetes, BP, heart disease or long-term medicines

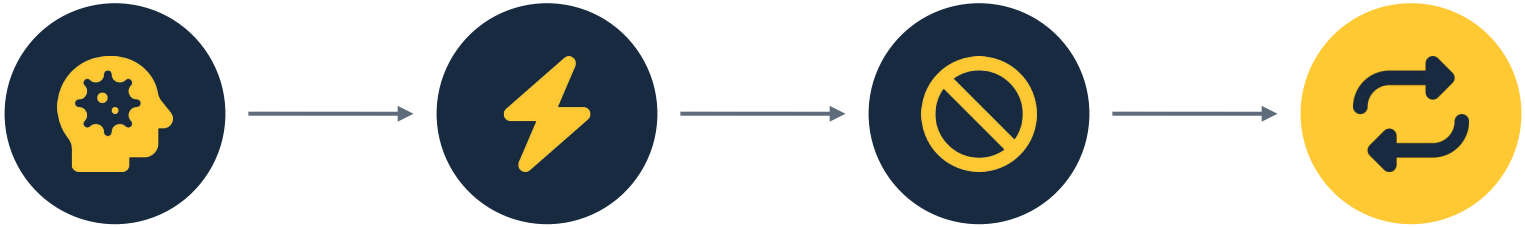


Couples

Distance, arguments or poor communication

The Worry Cycle

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Worry
"What if it does not work?"

Stress hormones
Body switches to alarm mode

Response blocked
Natural body response cannot happen

Fear of next time
Worry grows and the cycle repeats

The problem often begins in the mind. Breaking this cycle is the first step of treatment.

Common Causes

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Performance worry

Fear of failing creates the problem



Low mood, anxiety

Low mood lowers desire and energy



Sugar, BP, heart

Affect blood flow and nerves



Alcohol, tobacco

Damage blood vessels over time



Medicine effects

Some BP or mood medicines can affect it



Couple conflict

Fights and distance reduce closeness

Early Signs to Notice

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Constant worry about it



Avoiding closeness



Low interest for months



Couple stops talking



Searching online remedies



Poor sleep and low mood

Common Concerns in Men

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Common in men

All are medical conditions. All can be treated.



Erection difficulty

Trouble getting or keeping an erection



Early ejaculation

Happens sooner than wished, most of the time



Low desire

Little interest, often with stress or low mood



Dhat-related worry

Fear that losing semen causes weakness

Concerns in Women and Couples

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Women & couples

Women's concerns are real and deserve care too.



Low desire

Little interest, often linked to stress or fatigue



Pain or tightness

Pain, or muscle tightening (vaginismus)



Arousal difficulty

Body does not respond despite wanting closeness



Couple strain

Silence, blame and growing distance

How It Affects Life

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Self-confidence

Shame, guilt and feeling "less of a person"



Marriage

Misunderstanding, blame and emotional distance



Mental health

Raises risk of anxiety and depression



Money wasted

Costly unproven remedies that delay real care

> *We stopped talking for months. One honest doctor visit helped us understand each other again.*
>
> — A couple

Myths vs Facts

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MYTH	FACT
Losing semen causes weakness (Dhat)	**Semen loss does not cause weakness. The worry itself causes the tiredness.**
Masturbation causes lasting damage	**It does not damage the body. Guilt and fear cause the real distress.**
Roadside clinics have a secret fix	**Unproven remedies can be harmful. Qualified doctors treat safely.**

See a Doctor When

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- Problem lasts more than a few months
- Diabetes, BP or heart problems
- Low mood or hopeless thoughts
- Started after a new medicine
- Marriage under serious strain

Act today

Chest pain: call 112 now. Otherwise book a private, confidential consult.

Emergency: 112
Tele-MANAS 14416 (free, 24×7)

How We Assess

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01



Private talk

Confidential, respectful conversation

02



Physical check

BP, weight and a general health exam

03



Blood tests

Sugar, cholesterol, thyroid, hormones

04



Mind and couple

Mood, anxiety and relationship review

THE GOOD NEWS

There Is Help, and It Works

With the right care, most people and couples see real improvement.

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Five Pillars of Care

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One team · one plan · every day



Right facts

Replace myths with medical facts



Medical care

Treat sugar, BP, mood and hormones



Mind work

Break the worry–performance cycle



Couple work

Rebuild trust, talk and closeness



Healthy habits

Sleep, exercise, less alcohol, no tobacco

Medicines and Therapies

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Medical treatment

- Proven medicines, prescribed by a doctor
- Control diabetes and blood pressure
- Treat depression and anxiety properly
- Review medicines that cause side effects

Talk therapies

- Sex education and psychoeducation
- CBT to reduce performance anxiety
- Sensate-focus couple therapy
- Relationship counselling, lifestyle change

Why 90 Days?

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Admission or guided day-care, as doctor advises

Habits need time
Breaking the worry cycle takes steady weekly practice

Body needs time
Sugar, BP and medicine changes settle over weeks

Couples need time
Trust and communication rebuild step by step

Your 90-Day Roadmap

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Day 1-30
Understand

- Full medical and mind assessment
- Clear myths with correct facts
- Start treatment of root causes

Day 31-60
Rebuild

- CBT for worry and confidence
- Sensate-focus couple sessions
- Review medicines and progress

Day 61-90
Sustain

- Practise skills at home
- Healthy lifestyle routine
- Relapse-prevention plan

Your Care Team at Bharosa

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Every patient in the 90-Day Sexual Wellness Program is cared for by:

- **Psychiatrists**
- **Psychologists**
- **General physicians**
- **Dietitians**
- **Yoga trainers**
- **Fitness trainers**
- **Nurses, 24×7**
- **Family counsellors**

A Typical Program Day

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7:00 AM	9:00 AM	11:00 AM	1:00 PM	3:00 PM	5:30 PM
					
Yoga and breathing	**Doctor review**	**Health education class**	**Balanced diet lunch**	**CBT or couple session**	**Exercise and walk**

Medicines on time · therapy every day · healthy food · safe, calm rooms · weekly family update

For Partners and Family

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Do

- Listen calmly, without blame
- Attend couple sessions together
- Encourage a qualified doctor visit
- Keep matters private and respectful

Avoid

- Mock, compare or criticise
- Push roadside or online remedies
- Blame one partner alone
- Share private matters with others

Choose Your Nearest Bharosa

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L.B. Nagar

Standard & mid-range care

East Hyderabad

Kothapet

Standard & mid-range care

Close to the city centre

Banjara Hills

Premium private rooms

Privacy and comfort

Achampet

Long-term rehabilitation

Healing close to nature

The same 90-Day Sexual Wellness Program and the same care team at every branch.

Take the First Step Today

Join the Bharosa 90-Day Sexual Wellness Program

1

Reply 1 on WhatsApp

Our counsellor calls you today

2

Confidential assessment

At your nearest branch this week

3

Visit any branch

L.B. Nagar · Kothapet
Banjara Hills · Achampet

Your questions now

Dr. Uday Kiran answers live



Emergency: 112 · Tele-MANAS 14416 (free, 24×7)

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