

PALTmed Texas Geriatrics Annual Conference 2026: *Houston: We Have Geriatrics!*
Session Objectives and Speaker Bio(s)

Speaker(s): Ana Mosquera, MD, MSCP

Title: *Sexual Health and Intimacy in the Elderly Population*

Date: Friday, July 31, 2026

Time: 3:15 pm to 4:15 pm

Objectives:

1. Identify the major domains of female sexual dysfunction and describe patterns of sexual dysfunction in older women.
2. Apply how to obtain a comprehensive, patient-centered sexual history in the primary care setting and how to incorporate the biopsychosocial model to the evaluation of sexual concerns in midlife and older women.
3. Recognize common vulvovaginal disorders, including genitourinary syndrome of menopause (GSM), and review safe treatment plans for the patient. This will include how to perform a focused vulvar examination and distinguish normal from pathologic findings relevant to sexual pain and dysfunction.
4. Analyze the impact of common medical conditions and medications on female sexual function.
5. Formulate practical counseling strategies to help patients cope with, plan for, and adapt to changes in sexual function.

Ana Mosquera, MD, MSCP

Dr. Ana Mosquera is a board-certified OB/GYN with specialized training in menopause and sexual medicine. She earned her medical degree from University of Puerto Rico, Medical Sciences Campus and completed her residency in Obstetrics and Gynecology at Baylor College of Medicine, where she developed a strong foundation in comprehensive women's health care. She is a Certified Menopause Practitioner through The Menopause Society (TMS) and an active member of International Society for the Study of Women's Sexual Health (ISSWSH), reflecting her commitment to advancing evidence-based, practical approaches to sexual health care. She currently practices at the University of Texas Health Science Center at Houston, where she focuses on midlife and older women's health, with particular expertise in sexual dysfunction, genitourinary syndrome of menopause (GSM), vulvar disorders, and hormonal management. Dr. Mosquera is passionate about helping clinicians confidently address sexual health in aging patients. Her work emphasizes the integration of the biopsychosocial model, efficient sexual history-taking, and recognition of common yet often underdiagnosed vulvovaginal conditions. Through her teaching, she provides practical tools that can be readily applied in primary and geriatric care settings to improve quality of life, intimacy, and overall well-being in older adults.