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# Pregnant and Postpartum Bodies

Pregnancy and the postpartum period bring significant changes to the body. The sexual health dimensions are almost entirely absent from routine care.

**Postpartum people report high rates of sexual health concerns — pain during sex, changes in desire, body image difficulties — that go unaddressed because providers don't ask and people don't know they can raise them.**

Routine antenatal and postnatal care focuses on fetal wellbeing and physical recovery, with little acknowledgment of how pregnancy and birth affect desire, comfort, body image, or intimate relationships. People are largely left to navigate these changes without information or support.

