

# Dr Elna Rudolph

MySexualHealth.co.za • Integrative Medical Centre, 2 Eaton Avenue, Bryanston, JHB  
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# 2017

## Resume

Dr Elna Rudolph is a medical doctor and Sexologist working exclusively in the field of sexual medicine. She is the clinical head of My Sexual Health – a multidisciplinary team of Sexual Health Professionals in Pretoria, Johannesburg, and Cape Town. She has a Higher Diploma in Sexual Health and HIV Medicine through the Colleges of Medicine in South Africa and obtained a Master's Degree in Sexual Health through the University of Sydney, Australia. She is a Fellow of the European Committee for Sexual Medicine, an Honorary Fellow of the Council of Sex Education and Parenthood (International) as well as an Executive Board member and Director of the South African Sexual Health Association (SASHA) and a member of the Executive Committee of the World Association for Sexual Health (WAS). She has done STI research in collaboration with the University of Pretoria, published her work in the prestigious International Journal for Sexual Medicine, written various chapters in Textbooks and has been invited to speak at international conferences all over the world.

## Education

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- MBChB (University of Pretoria, South Africa) 2005
- HDip Sexual Health and HIV Medicine (Colleges of Medicine, South Africa) 2009
- MHSc: Sexual Health (University of Sydney, Australia) 2010
- FECSM: Fellow of the European Committee for Sexual Medicine 2012

## Experience

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**Clinical Head – MySexualHealth:** Managing a multi-disciplinary team that has become renowned for the management of sexual pain disorders, sexual dysfunctions, sexually transmitted infections and other genital disorders, sexual health screening and the management of HIV.

**Committees:** Executive Board Member of SASHA (2014 and ongoing); Executive Committee Member of WAS as well as chair of the Membership Committee of WAS (2013 and ongoing); Bayer Pharmaceutical: Men's Health Advisory Board (2012 and ongoing); Nativa Health: Femagene Advisory Board (2013 and ongoing). Expert Committee to rewrite the Sexual Rights Charter in NYC (2014)

**International Speaker:** Invited Plenary speaker at the World Congress for Sexual Health in Brazil in 2013 and 2017 the Indian Sexology Conference in 2014 and the African Health Summit in 2017, Poster Presentation at the International Society for Female Sexual Health in San Diego in 2014, Presenter at the World Congress for Sexual Health in Singapore in 2015 as well as the African Society for Sexual Medicine Conference in December 2015. She has also been an invited speaker and lecturer at over 100 public, academic and industry-sponsored meetings in South Africa.

**Academic Contributions:** First author of an invited commentary in the International Journal for Sexual Medicine, Co-author of a chapter in the European Society for Sexual Medicine Textbook, author on a publication on MS and Sexuality, an article about Sex and Infertility as well as a chapters on Sexual Pain in the MIMS Handbook of Pain and Pain Syndromes and ED in the Elderly in the MIMS Handbook of Geriatrics.

**Research Interests:** Involved in STI research in collaboration with the University of Pretoria as well as Pelvic Pain/Penetration Disorders in Private Practice.

**Media Contributions:** Official sex and relationships contributor for Men's Health Magazine and previously for Women's Health Magazine and Health Intelligence Magazine. Also frequently featured in newspapers, magazines, on television and radio.

**Memberships:** SASHA, WAS, Colleges of Medicine of South Africa, South African HIV Clinician Society, International, European and African Society for Sexual Medicine, Sheffield Society for Sex and Relationships Therapists.