

Educational Links (English):

- ❖ <https://www.plannedparenthood.org/learn/womens-health>
- ❖ <http://www.ashasexualhealth.org/sexual-health/womens-health/>
- ❖ <http://www.healthywomen.org/healthcenter/sexual-health>
- ❖ <http://www.mayoclinic.org/diseases-conditions/female-sexual-dysfunction/basics/definition/con-20027721>
- ❖ <https://medlineplus.gov/sexualproblemsinwomen.html>
- ❖ <http://www.webmd.com/women/guide/sexual-dysfunction-women#1>

Lumos Psychiatric Services



Educational Booklet: Female Sexual Disorders

Sexual dysfunctions are characterized by an alteration of sexual desire, psychophysiological changes in the cycle of sexual response and the provocation of discomfort ("distress") and interpersonal problems. Female sexual dysfunction can occur at any stage of life. It can be throughout life or be acquired later in life. It can occur only in certain sexual situations or in all sexual situations.

There are 4 general types:

- ❖ Those that affect a person's sexual desire, called "Desire Dysfunctions"
- ❖ The ones that prevent a person from getting excited, called "Dysfunctions of Arousal"
- ❖ The ones that prevent people from achieving orgasm: "Orgasm dysfunctions"
- ❖ These that can affect both desire, arousal or orgasm; sexual pain, including:
 - ❖ *Vaginismus* - The muscles around the vagina contract, "tighten," so it is very difficult or impossible to insert the penis into the vagina.
 - ❖ *Dyspareunia* - When they feel physical pain in or around the genital area either during or after sexual activity



What are the causes?

- ❖ **Physics:** Any number of medical conditions, including cancer, kidney failure, multiple sclerosis, heart disease and bladder problems, can lead to sexual dysfunction. Certain medications can decrease your sex drive and your body's ability to experience orgasm.
- ❖ **Hormonal:** Estrogen levels tend to decrease after menopause, making changes in genital tissues and sexual response. A decrease in estrogen leads to decreased blood flow to the pelvic region, which may result in the need for more time to build arousal and reach orgasm.
 - ❖ The lining of the vagina also becomes thinner and less elastic, especially if it is not sexually active. These factors can lead to painful sex. Sexual desire also decreases when hormone levels drop.
 - ❖ Your body's hormone levels also change after childbirth and during breastfeeding, and can affect your desire to have sex.
- ❖ **Psychological and Social:** Anxiety or untreated depression can cause or contribute to sexual dysfunction, as can long-term stress and a history of sexual abuse. Pregnancy concerns and demands of being a new mother can have similar effects.
 - ❖ Conflicts with your partner - about sex or other aspects of your relationship
 - ❖ Cultural and religious issues
 - ❖ Problems with corporal imaging can also contribute to

What are the symptoms?

Generally speaking, female sexual dysfunction can have multiple causes and various forms of presentation, but its symptoms are common: lack of interest in initiating or engaging in sexual acts, lack of receptivity sexual activity and the absence of sexual thoughts or fantasies.

Risk factors include:

- ❖ Depression or anxiety
- ❖ Heart and blood vessel diseases
- ❖ Neurological conditions, such as spinal cord injuries or multiple sclerosis
- ❖ Liver or kidney failure
- ❖ Certain medications, such as antidepressants or medications for hypertension
- ❖ Emotional or psychological stress, especially when it comes to your relationship with your partner
- ❖ A history of sexual abuse

What's the treatment for female dysfunction?

Female sexual dysfunction has many symptoms and possible causes, treatment may vary.

Medication-Free Treatment:

- ❖ Talking and listening: Open communication with your partner, get used to talking about your tastes and dislikes
- ❖ Practicing healthy habits: Limiting alcohol use, being physically active, learning ways to reduce stress
- ❖ Seek professional help: Talk to a counselor or therapist who specializes in sexual and partner issues.
- ❖ Lubricant use: A vaginal lubricant may be useful during sex if you have vaginal dryness or pain during sex.
- ❖ Dilators or Vibrators: Arousal can be improved with self-guided stimulation.

Even for the effective treatment should be excluded medical conditions or hormonal changes. Your doctor may recommend:

- ❖ Adjust or change medication that has sexual side effects.
- ❖ Treat a thyroid problem or other hormonal condition.
- ❖ Optimize treatment for depression or anxiety.
- ❖ Treat strategies to relieve pelvic pain or other pain problems.

For questions or concerns, discuss it with your doctor.