


Slide 4

Sexual Response


- Arousal involves communication/nervous conduction between brain and the rest of the bodies (genitals included).
- Genital arousal involves blood flow to the genitalia in response to sexual stimulation
- Hormones are chemical mediators that play a major role in sex drive and desire for sex
- Chemicals in like dopamine also play a role in sex drive and desire



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What Effects Sexual Health?

- Any medical condition that can impact nervous conduction/communication (for example-chronic head, neck or back issues, diabetes, stroke, Parkinson's disease and other neurological disorders), any medical condition that can impact blood flow (for example-elevated cholesterol, high blood pressure, cardiovascular issues)
- Any treatment or condition that can impact hormones (for example chemotherapy for cancer and other medications)
- Psychological and relationship issues




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Sexual Dysfunction

- The persistent impairment of a couple's normal or usual patterns of sexual interest and/or response

– AFUD consensus conference, 1998 (Basson, et al, 2000)



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Classifications/Categories for SD

- Sexual Desire Disorders
 - Hypoactive Sexual Desire Disorder (HSDD-decrease Libido)
- Sexual Arousal Disorder- erectile dysfunction, premature ejaculation, lack of lubrication
- Orgasmic Disorder – delayed/diminished climax
- Sexual Pain Disorder-dysparenia and vaginismus
- Persistent Genital Arousal

-Basson,R et al. (2004). Revised definitions of women's sexual dysfunction. Journal of Sexual Medicine, 354:1497-1505




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Male Sexual Dysfunction

- Desire disorder- decreased libido
- Ejaculation Disorders: Retarded (delayed) or Rapid Ejaculation-Ejaculation that occurs too early during sexual relations
- Peyronie's Disease- Curvature
- Orgasmic disorder- Inability to reach orgasm. Decreased Sensation to penis
- Erectile Dysfunction-"The consistent or recurrent inability to attain and/or maintain a penile erection sufficient for sexual performance."

- WHO-ISR. 1st International Consultation on ED, 1999



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Hardwired for Connection-Not Optional



The Human Connection

Daniel Goleman. (2007). Social Intelligence. Bantam Publishing.




Slide 10

Daring Greatly-Being Authentic and Connecting with Others

- You are beautifully made and broken and your authentic self is enough!
- We are all hard wired for connection to others- it is not optional!
- Vulnerability is scary and we shield ourselves from hurtful emotions
- You can't selectively shield or avoid vulnerability- you numb and shield everything when you do that
- Vulnerability is also the path to connectedness, love and creativity

– Brown, Brene. The Gifts of Imperfection, Daring Greatly and Rising Strong




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National Health & Social Life Survey

- 3000 men & women
- Ages 18-59
- 31% of men reported sexual dysfunction & 43% of women
- Most common-desire disorder

– Lauman, E. Paik, A. & Rosen, R. (1999). Sexual dysfunction in the United States: Prevalence and predictors. Journal of the American Medical Association, 281, 537-544.




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Sexual Dysfunction During Last Sexual Encounter (Age 18-59)

- Men: Erectile dysfunction 17%. Unable to orgasm 8.7%
- Women: 34% had some issues with lubrication; 30.3% reported some pain with only 9.3% reporting moderate or greater pain; 35.6% reported no orgasm

– Herbenick, et al. (2010). An event-level analysis of the sexual characteristics & composition...Journal of Sexual Medicine, 7(Supp 5), 346-361.



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Prevalence & Correlates of Female Sexual Disorders and Determinants of Treatment Seeking (PRESIDE) Survey-43% reported FSD

Category of FSD	Overall Percentage	Considering Doctors
Desire	~35%	~15%
Arousal	~25%	~10%
Orgasm	~20%	~10%

- 31,581 US Women (63% response rate)
- Shifren et al. (2009). Sexual problems and distress in United States women: prevalence and correlates. *Obstetrics & Gynecology*, 112(5), 970-8.

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Prevalence of ED

- Cross sectional analysis of 2126 American men from 2001/02 National Health and Nutrition Examination Survey: Overall Prevalence rate of men over 19 is 18.4% (95% CI = 16.2-20.7) - Sevin et al. (2007). Prevalence and risk factors for erectile dysfunction in the US. *American Journal of Medicine*, 120, 151-157.
- Approximately 40-50% of men over 60
- Approximately 23% of men 40-49 and 32% of men 50-59
 - MMAS-Feldman, H.A., Goldstein, J., Hatzichristou, D.G., et al. (1994). Impotence and its medical and psychological correlates: Results of the Massachusetts Male Aging Study. *Journal of Urology*, 151, 54-61.
 - Johannes, C.B., Araujo, A.B., Feldman, H.A., et al. (2000). Incidence of erectile dysfunction in men 40 to 69 years old: Longitudinal results from the Massachusetts male aging study. *Journal of Urology*, 163(2), 460-463.
- Comorbidities- DM, HTN, hyperlipidemia, heart disease, LUTS, & Depression
 - Rosen, R.C., Wang, R., Schweizer, S., Gendrano, N. (2005). Epidemiology of erectile dysfunction: The role of medical comorbidities and lifestyle factors. *Urologic Clinics of North America*, 32, 403-417.

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Multiple Therapies


- Counseling/Behavioral Therapy
- Pelvic Floor Physical Therapy
- Hormonal
 - Estrogens
 - Testosterone
 - DHEA
- Vacuum Devices
- Pharmacological Agents
- Surgery
- Herbs

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Desire

- Definitions: "The sum of forces that lean us toward & push us away from sexual behavior" – Levine, 2003 p. 280
- "A subjective and motivating feeling state triggered by both internal and external cues, which may or may not result in overt sexual behavior" Leiblum, S., 2010, p. 4 – originally 1988
- Components:
 - Drive- biological
 - Expectations/Wishes-cultural and reflect beliefs/values
 - Motivation- psychological/relational



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Sexual Healing



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Resources for Patients


- <http://www.northshore.org/urological-health/patient-education/sexual-health-videos/>
- <http://www.cancer.gov/cancertopics/pdq/supportivecare/sexuality/Patient/page2>
- <http://www.middlesexmd.com/> (for women)
- <http://www.sexualhealthmatters.org>
- <https://www.aasect.org/referral-directory-> find a counselor or therapist



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Summary/Conclusion

- Sexual dysfunction is a common problem
- There are multiple treatments available for sexual dysfunction
- Help is available



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