

Anything that prevents one from feeling pleasure from or ability to maintain sexual activity.

	FEMALE	ALL	MALE
Risk Factors/Pathophysiology	<ul style="list-style-type: none">History of sexual abusePsychosocial factorsGynecological: menopause, genitourinary syndrome of menopause (GSM), infections, endometriosisMedical conditions: arthritis, hypertension, neuromuscular, neurodegenerative disordersMedications: oral contraceptives, cardiovascular medications, psychotropics (i.e. barbiturates, lithium)	<ul style="list-style-type: none">Traumatic sexual experiencesEmotional or psychological stressMalignancy and cancer treatmentMedical conditions: depression, anxiety, diabetes mellitus, vascular disease (atherosclerosis)Neurological conditions: spinal cord injury, multiple sclerosisMedications: Antidepressants (SSRIs, TCAs), hypertensive medications	<u>Erectile dysfunction</u> <ul style="list-style-type: none"><u>Anatomical</u>: micropenis, penile fracture, Peyronie's diseaseObesitySmoking<u>Medical conditions</u>: dyslipidemia, metabolic syndrome, Alzheimer's disease, Parkinson's disease<u>Ketoconazole (antifungal medication)</u> <u>Premature ejaculation</u> <ul style="list-style-type: none">Family historyInhibitory serotonergic pathway impairment
Prevalence	<ul style="list-style-type: none">43% experience sexual dysfunction<ul style="list-style-type: none">64% hypoactive sexual disorder35% orgasmic difficulty31% arousal difficulty26% sexual painMore prevalent at ages 45-64		<ul style="list-style-type: none">31% experience sexual dysfunction <u>Erectile dysfunction</u> <ul style="list-style-type: none">2-12% of men 40-49 years old50-100% of men > 70 years old <u>Premature ejaculation</u> <ul style="list-style-type: none">21-30% of sexually active older men
Presentation	<u>Hypoactive sexual desire disorder</u> <ul style="list-style-type: none">Lack of motivation/desire for sexual activity <u>Female sexual arousal disorder</u> <ul style="list-style-type: none">Difficult to attain or maintain mental excitement with sexual activity <u>Persistent general arousal disorder</u> <ul style="list-style-type: none">Intrusive, distressing feelings of genital arousal <u>Female orgasm disorders</u> <ul style="list-style-type: none">Distressing compromise of orgasm frequency/intensity/timing/pleasureAversive symptoms occurring before/during/after orgasm <u>Genito-pelvic pain penetration dysfunction</u> <ul style="list-style-type: none">Difficulties with vaginal penetrationVulvovaginal/pelvic pain during genital contactFear or anxiety in anticipation of painHypertonicity or overactivity of pelvic floor		<u>Erectile dysfunction</u> <ul style="list-style-type: none">Inability to attain or maintain erection satisfactory for sexual performance <u>Premature ejaculation</u> <ul style="list-style-type: none">No control over timing of ejaculationEjaculation within 1 minute of penetrationInability to control/delay ejaculationHigh level of distress with symptoms
Diagnostics/Screening	Four Step Model Diagnostic criteria: <ul style="list-style-type: none">Sexual problems causing significant distress or interpersonal difficultySymptoms present for a minimum of 3 months with at least 75% of sexual experiences.Not better accounted for by another disorder, medical condition, or substanceCharacterized by mild, moderate, or severe and duration	<ul style="list-style-type: none">All persons should be regularly screened for sexual dysfunction	<u>Erectile Dysfunction</u> <ul style="list-style-type: none">International Index of Erectile Function-5Duplex Doppler ultrasound of the penisNocturnal Penile Tumescence and Rigidity (NPTR) TestIntracavernous Injection Test <u>Premature ejaculation</u> <ul style="list-style-type: none">Self-estimated intravaginal ejaculatory latency time (IELT)Premature Ejaculation Diagnostic Tool (PEDT)Premature Ejaculation Profile (PEP)Index of Premature Ejaculation (IPE)
Treatment	<u>Hypoactive sexual desire disorder</u> <ul style="list-style-type: none">Selective estrogen receptor modulator, DHEA, androgens <u>Female sexual arousal disorder</u> <ul style="list-style-type: none">Bremelanotide, Flibanserin, BupropionForeplay, nonpenetrative sexual activity, vibrator use <u>Female orgasm disorders</u> <ul style="list-style-type: none">Masturbation instruction, communication/focus exercises, desensitizationPersonal lubricants, moisturizers <u>Genito-pelvic pain penetration dysfunction</u> <ul style="list-style-type: none">Local estrogen therapyPelvic floor physical therapy, vaginal dilators, progressive relaxation therapy, desensitizationPersonal lubricants, moisturizers	<ul style="list-style-type: none">Psychosexual Therapy<ul style="list-style-type: none">Assessing patient's ability to talk with partner(s) and coaching for better communication	<u>Erectile dysfunction</u> <ul style="list-style-type: none">Medications: PDE-5 InhibitorsCVD risk: Cardiac stress testing before treating <u>Premature ejaculation</u> <ul style="list-style-type: none">Medications: SSRI (alone or combined with PDE-5 inhibitor)