

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

FEMALE

ALL

MALE

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| <ul style="list-style-type: none"> History of sexual abuse Psychosocial factors Gynecological: menopause, genitourinary syndrome of menopause (GSM), infections, endometriosis Medical conditions: arthritis, hypertension, neuromuscular, neurodegenerative disorders Medications: oral contraceptives, cardiovascular medications, psychotropics (i.e. barbiturates, lithium) | <ul style="list-style-type: none"> Traumatic sexual experiences Emotional or psychological stress Malignancy and cancer treatment Medical conditions: depression, anxiety, diabetes mellitus, vascular disease (atherosclerosis) Neurological conditions: spinal cord injury, multiple sclerosis Medications: Antidepressants (SSRIs, TCAs), hypertensive medications | <p><u>Erectile dysfunction</u></p> <ul style="list-style-type: none"> <u>Anatomical</u>: micropenis, penile fracture, Peyronie's disease Obesity Smoking <u>Medical conditions</u>: dyslipidemia, metabolic syndrome, Alzheimer's disease, Parkinson's disease <u>Ketoconazole (antifungal medication)</u> <p><u>Premature ejaculation</u></p> <ul style="list-style-type: none"> Family history Inhibitory serotonergic pathway impairment |
| <ul style="list-style-type: none"> 43% experience sexual dysfunction <ul style="list-style-type: none"> 64% hypoactive sexual disorder 35% orgasmic difficulty 31% arousal difficulty 26% sexual pain More prevalent at ages 45-64 <p><u>Hypoactive sexual desire disorder</u></p> <ul style="list-style-type: none"> Lack of motivation/desire for sexual activity <p><u>Female sexual arousal disorder</u></p> <ul style="list-style-type: none"> Difficult to attain or maintain mental excitement with sexual activity <p><u>Persistent general arousal disorder</u></p> <ul style="list-style-type: none"> Intrusive, distressing feelings of genital arousal <p><u>Female orgasm disorders</u></p> <ul style="list-style-type: none"> Distressing compromise of orgasm frequency/intensity/timing/pleasure Aversive symptoms occurring before/during/after orgasm <p><u>Genito-pelvic pain/penetration dysfunction</u></p> <ul style="list-style-type: none"> Difficulties with vaginal penetration Vulvovaginal/pelvic pain during genital contact Fear or anxiety in anticipation of pain Hypertonicity or overactivity of pelvic floor | | <ul style="list-style-type: none"> 31% experience sexual dysfunction <p><u>Erectile dysfunction</u></p> <ul style="list-style-type: none"> 2-12% of men 40-49 years old 50-100% of men > 70 years old <p><u>Premature ejaculation</u></p> <ul style="list-style-type: none"> 21-30% of sexually active older men |
| <p><u>Hypoactive sexual desire disorder</u></p> <ul style="list-style-type: none"> Selective estrogen receptor modulator, DHEA, androgens <p><u>Female sexual arousal disorder</u></p> <ul style="list-style-type: none"> Bremelanotide, Flibanserin, Bupropion Foreplay, nonpenetrative sexual activity, vibrator use <p><u>Female orgasm disorders</u></p> <ul style="list-style-type: none"> Masturbation instruction, communication/focus exercises, desensitization Personal lubricants, moisturizers <p><u>Genito-pelvic pain/penetration dysfunction</u></p> <ul style="list-style-type: none"> Local estrogen therapy Pelvic floor physical therapy, vaginal dilators, progressive relaxation therapy, desensitization Personal lubricants, moisturizers | <ul style="list-style-type: none"> All persons should be regularly screened for sexual dysfunction | <p><u>Erectile Dysfunction</u></p> <ul style="list-style-type: none"> International Index of Erectile Function-5 Duplex Doppler ultrasound of the penis Nocturnal Penile Tumescence and Rigidity (NPTR) Test Intracavernous Injection Test <p><u>Premature ejaculation</u></p> <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) |
| <p><u>Hypoactive sexual desire disorder</u></p> <ul style="list-style-type: none"> Selective estrogen receptor modulator, DHEA, androgens <p><u>Female sexual arousal disorder</u></p> <ul style="list-style-type: none"> Bremelanotide, Flibanserin, Bupropion Foreplay, nonpenetrative sexual activity, vibrator use <p><u>Female orgasm disorders</u></p> <ul style="list-style-type: none"> Masturbation instruction, communication/focus exercises, desensitization Personal lubricants, moisturizers <p><u>Genito-pelvic pain/penetration dysfunction</u></p> <ul style="list-style-type: none"> Local estrogen therapy Pelvic floor physical therapy, vaginal dilators, progressive relaxation therapy, desensitization Personal 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 | <p><u>Erectile dysfunction</u></p> <ul style="list-style-type: none"> Medications: PDE-5 Inhibitors CVD risk: Cardiac stress testing before treating <p><u>Premature ejaculation</u></p> <ul style="list-style-type: none"> Medications: SSRI (alone or combined with PDE-5 inhibitor) |

