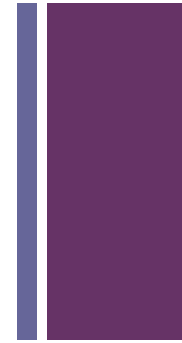


# Anorgasmy

Viktorija Rogova  
SMFV

# + Content

- Definition
- Statistics
- Types
- Cause
  - Physical
  - Psychological/emotional
  - Medications
- Diagnostic criteria
- Diagnosis
- Therapy



# + Definition

- Greek:
  - “an” – without
  - “orgasmos” - swell
- Anorgasmy or anorgasmia:
  - Failure to achieve climax during sexual intercourse
  - Psychosexual dysfunction
    - Psychological
    - Emotional
- Affects 11-41% of females
- Male population 3.8-5%

<http://www.ncbi.nlm.nih.gov/pubmed/22005203>

Kaplan and Sadock's Synopsis of Psychiatry p. 692

# + Statistics

- Orgasmic dysfunction: prevalence and risk factors from a cohort of young females in Mexico (2014)
- Females 18-40 y/o. Orgasm domain from Female Sexual Function Index was used to identify OD via online questionnaire.
- Results:
  - OD prevalence 18,3%
  - Younger age ( $p=0.01$ )
  - Lower degree of education ( $p=0.02$ )
  - Single marital status ( $p=0.038$ )
  - Dissatisfaction with partners penis thickness/size ( $p=0.01$ )

<http://www.ncbi.nlm.nih.gov/pubmed/24697945>

# + How does an orgasm work?



<https://www.youtube.com/watch?v=hpc2NjUAtOY>

# + Types

- Lifelong type
- Acquired type
  
- Generalized type
- Situational type
  
- Due to psychological factors
- Due to combined factors



# + Causes

- Stress
- Anxiety
- Depression
- Fatigue
- Worry
- Guilt
- Meds (SSRIs, psychotropics)
- Physical disorder
- Fear of
  - Painful intercourse
  - Pregnancy
- Undesirability of
  - Partner
  - Setting
- Substance abuse
  - Alcohol
  - drugs

<http://www.medicinenet.com/script/main/art.asp?articlekey=12289>

# + Physical conditions



Male **Pain** Female

- STD's
  - Nerve damage post surgery/trauma
  - Diabetes – OD in 20%
  - Hypertension
  - Chronic pain
  - MS
  - Hormonal
- Vaginal dryness
  - Vaginismus
  - STD's – warts, gonorrhea, herpes, syphilis
  - Vaginitis
  - PID
  - Nerve damage post surgery/trauma

# General condition

<http://www.issm.info/education-for-all/sexual-health-ga/what-causes-anorgasmia-in-men>  
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3659270/>  
<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2861494/>



+ Psychological & emotional

# Past experiences

- Performance anxiety
- Past sexual abuse
- Embarrassment
- Depression, neuroticism

# Psychological state

- Cultural beliefs
- Unrealistic expectations
- Reactions upon bringing partner's sexual problems to light  
shame, guilt
- Lack of trust or connection
- Stress/financial pressure
- Poor partner's performance

# Interpersonal relationship

- Guilt
- Fear (pregnancy, STD's)

# relationship

# + Study. Sexual function and depressive symptoms among female NA medical students (2011)

- 1 241 females with complete data on online questionnaire.
- Mean age 25,4 years
- Depressive symptoms present in 46% of respondents
- Least likely to report depressive symptoms – Caucasian, <28y/o, heterosexual, in a relationship
- High risk of female sexual dysfunction was significantly associated with greater likelihood of depressive symptoms
- More than 50% met criteria for HRFSD

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3565606/>

# + Medications

- Includes – BP medication (B bloc), antihistamines, anxiolotics, anticonvulsants, barbiturates, venlafaxine, antidepressants
- SSRI's (Prozac, Zoloft) – 17-41% of females has a sexual dysfunction after using SSRI's (increasing prolactine levels – decreasing libido)

<http://anorgasmia.net/causes/>

## + Diagnostic criteria (DSM-V) for males and females

- Persistent or recurrent delay or absence of orgasm after sexual excitement phase
- The disturbances cause marked distress or interpersonal difficulty
- Not due to substance or medication abuse or a general medical condition



# + Diagnosis

- Labs
  - CBC
  - Chemistry panel
  - Hormone panel
    - Thyroid (TSH, free T4)
    - Estradiol
    - FSH and LH
    - Prolactin
    - Testosterone (total and free)
  - B-12 and folate levels



# + Therapy

- First - determine the cause
- Treat physical condition – BP, DM etc
- Lifestyle changes
- Adjust medications – change meds/dosage
- Psychotherapy
  - CBT
  - Sensate focus tx
  - Adjunctive tx (sex education, communication skills training)
  - Direct masturbation
  - Eros clitoral tx device
  - Couples or family tx
- Meds – Bupropion, Phosphodiesterase 5 inhibitors (sildenafil), apomorphine



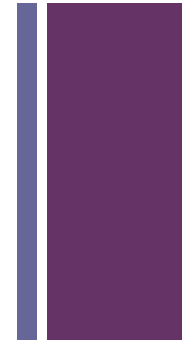
Placebo study: <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC2859204/>

## The use of medical devices :

### 1- The Eros-Clitoral Therapy Device(\$395)

- It is the only such treatment approved by the FDA for FOD
- The device works by applying a gentle vacuum to the clitoris, which increases its blood flow
- It increased lubrication in 70% and increased ability to have orgasm in 60% of patients in a small study





An orgasm a day keeps  
the angels away

**Thank  
you!**

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