

Sexual Dysfunction - Northwest Indiana OB/ GYN Dr. Yessenow Helps Women

The lack of sex drive and inability to get sexually aroused when participating in intercourse is what most women term as sexual dysfunction. Both these factors could be more a result of dissatisfaction than a disorder.

Some other symptoms of this disorder include the inability to climax or achieve orgasm, diminished blood flow to or dryness of the vagina, an aversion to sex due to any traumatic experience.

Causes of Sexual Dysfunction - Northwest Indiana

Organic causes of sexual dysfunction stem from medical conditions such as diminished blood flow to the pelvic region or damage to nerves in the area. As embarrassing and stressful as the situation might be, the organic causes are treatable and can effectively restore your sex drive to normalcy.

Due to lack of proper or comprehensive knowledge about the subject, there are many loose definitions regarding what causes this condition. Some wrongly blame it on their monthly cycle and the associated hormonal fluctuations. Yes, your cycle does play havoc with your libido; however, it does not result in sexual dysfunction.

Other causes include:

- High levels of stress
- Depression
- Performance anxiety
- Addiction, especially alcohol and smoking
- Major illness
- A negative body image
- Hysterectomy or any surgery near the abdomen or the reproductive – urinary area

Sexual Dysfunction: Munster OB/GYN Dr. Yessenow, Diagnoses the Problem

To ascertain whether it is a sexual aversion or real medical condition which is causing it, your physician will have a thorough consultation with you.

Sexual Dysfunction: Munster OB/GYN Dr. Yessenow, Offers Treatments

Depending upon the underlying cause, this condition could be treated in three different ways.

Education about the Female Anatomy

- If it is a psychological cause, your physician may educate both you and your spouse about the sexual anatomy and ways and techniques of arousal, troubleshooting your doubts and errors. Talking and counseling about the actual act of sex, foreplay and intercourse.

Hormonal Replacement Therapy (HRT)

- If your hormonal levels are low or are fluctuating, your physician may advise hormonal replacement therapy. This will restore the hormones that may have got affected due to reasons such as surgery or age related issues such as menopause.

Topical Treatments

- For women suffering from it due to diminished blood flow, sometimes a topical cream or gel would do the trick of restoring your sex drive. However, in case of serious medical issues like nerve damage, a surgery might be recommended.

Sexual Dysfunction - Common Problems for Women

According to Merck Medline Library, between 30 and 50% of women experience some kind of dysfunction during her lifetime, so it is a common problem and women should know they are not alone. However, sexual dysfunction is not an easy thing to discuss and it can have a profound effect on a woman's mind-set as well as the health of her relationship. This is why it is important to address these issues. Ignoring them will only exacerbate the problem and further inhibit intimacy. First of all, it is important for a woman to understand what is dysfunctional, what causes it and how she can overcome it.

What is considered dysfunctional for a woman?

Pain during sex and painful vaginal muscle spasms are physical signs of sexual dysfunction. Physical and mental symptoms that cause distress are a lack of desire and an inability to become aroused or orgasm. The key word here is distress. It is normal for a woman's libido to fluctuate, but when it is chronic and causes serious emotional pain, it may be caused by a sexual dysfunction.

What causes sexual dysfunction in women?

There are many different reasons for a woman's inability to embrace sexual intimacy. The main sexual dysfunction causes are: physical, mental and medications.

Some physical problems such as thin vaginal tissues, pelvic endometriosis and the presence of uterin fibroids can cause pain during sexual intercourse, which can destroy a woman's desire. Chemically, women who have elevated levels of prolactin and hypothyroidism in their body can also diminish sexual desire. Women who have extreme fatigue, from lack of sleep or from a medical condition, or some other illness is likely to suffer from sexual dysfunction.

Mental causes for sexual dysfunction are often more painful than the physical one. A woman who has been sexually abused, either by a stranger or a previous lover, in her childhood or older has trouble making herself vulnerable even to a trusted partner. It is very painful for a woman to

try and overcome past sexual abuse, no matter how hard she wants to and no matter how desperately she wants to be intimate with her partner.

Fear is also a huge emotional factor in sexual dysfunction. A woman may be afraid of the vulnerability, relinquishing control and of simply exposing her body for someone else to see. Cultural and social mores also instill certain ideas in a woman's mind about sex and this may adversely affect her ability to pursue a healthy sex life. Fear and self-esteem go hand in hand. Depression and overwhelming stress also inhibit her ability to perform normally.

Certain drugs can cause physical changes to the body that make sex less than pleasurable such as anti-depressants and certain hormones.

How can they be treated?

For the physical factors, surgery may be necessary to remove obstructions like fibroids. Lubricants can help with friction against the thinned vaginal walls as well as vaginal dryness. Experimenting with different positions can also help eliminate the pain factor.

When sexual dysfunction is caused by a mental issue, it is important for women to seek counseling and deal with her past trauma. Simply by working through this issue, she can begin to feel more comfortable with herself and her partner, which can lead to better intimacy. If she is taking an anti-depressant or birth control, there are a variety of medications that may have less of an effect on libido than others. She should try switching her medication to see what works best and still lets her lead a normal sexual life.

Communication is extremely important- both with her partner and with her doctor. Couples who can discuss their problems are more apt to work through them. They can experiment with new things, plan for a relaxing evening with no distractions or simply spend an evening cuddling and talking. All of these improve the trust and intimacy level, making a woman feel more secure about herself and her relationship.

Discussing any problems with her doctor is key to overcoming sexual dysfunction. Addressing the symptoms offers a woman the chance to embrace her sexuality and enjoy the most intimate act between two people. Dr. Yessenow is available for your sexual dysfunction problems.