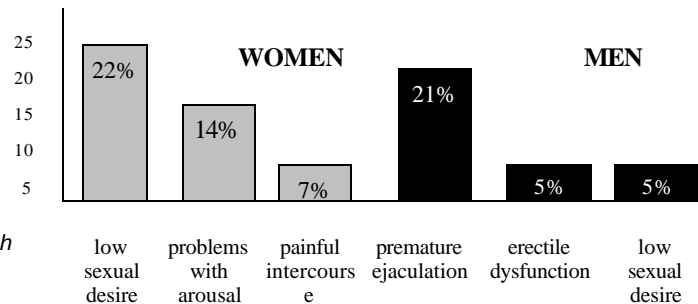


Do I Have A Sexual Problem?

According to *Dr. Ruth's Encyclopedia of Sex (1994)*, **sexual dysfunction** is any problem that causes dissatisfaction with a persistent aspect of sexual performance, sensation, or satisfaction at any stage during the sex act. If you have lost most or all sexual desire for your mate, it is more likely to be an emotional or relationship problem than a sexual problem. Problems such as boredom with the same routine and worries about the context of sexual fantasies are not sexual dysfunction problems and may require sexual education rather than treatment. If you are experiencing sexual dysfunction, you are not alone. National surveys report that approximately 40% of women and 30% of men admit to experiencing sexual dysfunction, but few individuals seek treatment to solve their sexual problems. (*Information and graph taken from Laumann 1999, JAMA. 281(6): 210.*)



SEXUAL DYSFUNCTION AND WOMEN

ANORGASMIA The most common concern for many women is the inability to experience orgasm, particularly through penile intercourse. Anorgasmia is commonly associated with psychological causes (*see Causes of Sexual Dysfunction*), a general lack of sexual desire, sexual inhibition, lack of knowledge about sexual stimulation, or not enough stimulation. Many women are only able to experience orgasm through masturbation and manual or oral stimulation from their partner(s).

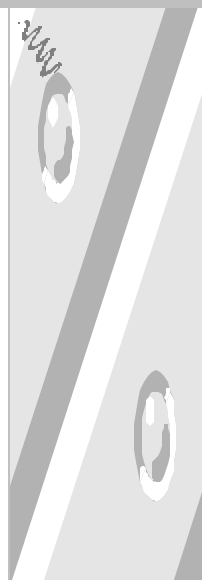
PAINFUL INTERCOURSE Pain during intercourse, a condition called **dyspareunia**, can be caused by a number of physical and psychological problems, including hormonal changes, poor vaginal lubrication, vaginitis (the inflammation of the vagina), sexually transmitted diseases, and the use of spermicides. **Vaginismus**, a painful involuntary spasm of the muscles that surround the vaginal entrance, may interfere with sexual intercourse, especially if the woman is fearful that penetration may be painful.

Causes Of Sexual Dysfunction

PHYSICAL CAUSES

Underlying physical conditions can cause sexual problems. Some conditions which may affect sexual functioning may include the following:

- diabetes
- heart disease (including hypertension)
- neurological disorders
- pelvic surgery or trauma
- side effects of medications
- chronic disease like kidney or liver failure
- hormonal imbalances
- alcoholism and drug abuse or heavy smoking
- prostate or genital-urinary problems



PSYCHOLOGICAL CAUSES

Many sexual problems have psychological causes, which may include the following:

- stress or anxiety about sex or from other sources (school, work, etc.)
- concern about poor sexual performance
- poor body image or self-esteem
- relationship discord or difficulties
- unresolved sexual orientation
- depression
- feelings of guilt, shame, or that sex is "bad" or "dirty"
- previous traumatic sexual experience or abuse

IF YOU ARE EXPERIENCING SEXUAL DYSFUNCTION, YOU ARE NOT ALONE. MANY PEOPLE EXPERIENCE SEXUAL PROBLEMS, BUT DON'T SEEK TREATMENT.



SEXUAL DYSFUNCTION AND MEN

ERECTILE DYSFUNCTION Also known as **impotence**, erectile dysfunction is the inability to achieve or maintain an erection for satisfactory sexual intercourse. Erectile dysfunction can be a sign of a medical condition or the result of psychological or situational causes.

EJACULATORY DISORDERS

Premature ejaculation typically refers to ejaculation that occurs before or soon after penetration during intercourse. Many males become frustrated or have feelings of inadequacy when this occurs. Simple techniques for treatment of this problem have a high rate of success for delaying orgasm. **Inhibited ejaculation** occurs when a male cannot achieve orgasm within a reasonable time after he decides to achieve it. **Retrograde ejaculation** occurs when the ejaculate is forced into the bladder rather than out of the body through the urethra.

TREATMENT OF SEXUAL DYSFUNCTION

Most types of sexual dysfunction can be corrected by treating the underlying physical or psychological problems. Discuss treatment options with your medical provider.

CAMPUS RESOURCES:

Student Health Service <i>for physical examination or psychological assessment, counseling, etc.</i>	Counseling Center <i>for counseling on relationships, self-esteem, etc.</i>
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To Contact Us

General Information(252) 328-6841
Appointments.....(252) 328-6841
Immunizations.....(252) 328-6841
Health Education(252) 328-6794
Pharmacy(252) 328-6793
Fax (252) 328-4007 or 4397

gotquestions@mail.ecu.edu

Hours of Operation

Fall and Spring

(Effective mid August 2001)

8:00 a.m. - 7:00 p.m., Monday - Thursday
8:00 a.m. - 5:00 p.m. Friday
9:00 a.m. - 12:00 p.m., Saturday & Sunday, Urgent Care

Fall and Spring Pharmacy Hours

8:00 a.m. - 6:00 p.m. Monday - Thursday
8:00 a.m. - 5:00 p.m. Friday

Summer

(Mid May - Mid August)

7:30 a.m. - 5:00 p.m., Monday - Thursday
7:30 a.m. - 11:30 a.m., Friday

After hours emergencies dial 911

STUDENT HEALTH SERVICE
EAST CAROLINA UNIVERSITY
GREENVILLE, NC 27858

Division of Student Life

Shgh-03

06/01

SEXUAL DYSFUNCTION:

Common
Problems
During
Sexual
Intercourse

