
Psychosexual Disorders in Menopausal Women

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housekeeping...

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 - Berlex, GlaxoSmithkline, Pfizer
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- **Consultant:**
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Learning Objectives:

At the end of this presentation, you will know:

- ② **Sexuality is a core human function**
- ② **Post-menopausal women are sexual**
- ② **Menopause creates some new challenges for sexual functioning**

Female Sexual Dysfunction

- **Sexual aversion disorder**
- **Sexual arousal disorder**
- **Orgasmic disorder**
- **Sexual pain disorders**
- **Hypoactive sexual desire disorder**

Sexual Aversion Disorder

- **Persistent/recurrent avoidance of sexual contact**
 - Lifelong or acquired, generalized or situational
 - Single or multiple etiologies
- **Women generally fearful of sexual contact, avoid it**
- **Rx: trauma therapy, other types of psychotherapy**
- **Menopausal:**

Sexual Arousal Disorder

- **Inability to attain or retain sexual excitement**
 - Lifelong or acquired, generalized or situational
 - Single or multiple etiologies
- **Inadequate engorgement, vaginal lubrication**
- **Develop performance anxiety, conflict with partner**
- **Rx: oral, topical or other estrogen applications**
 - Topical lubricants
 - Couples or sex therapy

Orgasmic Disorder

- **Difficulty attaining orgasm following sufficient sexual stimulation and arousal**
 - Lifelong or acquired, generalized or situational
 - Single or multiple etiologies
- **Multitude of organic and psychosocial causes**
- **Rx: origin-specific**
 - SSRI-associated absent or delayed orgasm
 - Time, dosage reduction, drug holidays, change of medication, augmentation strategies

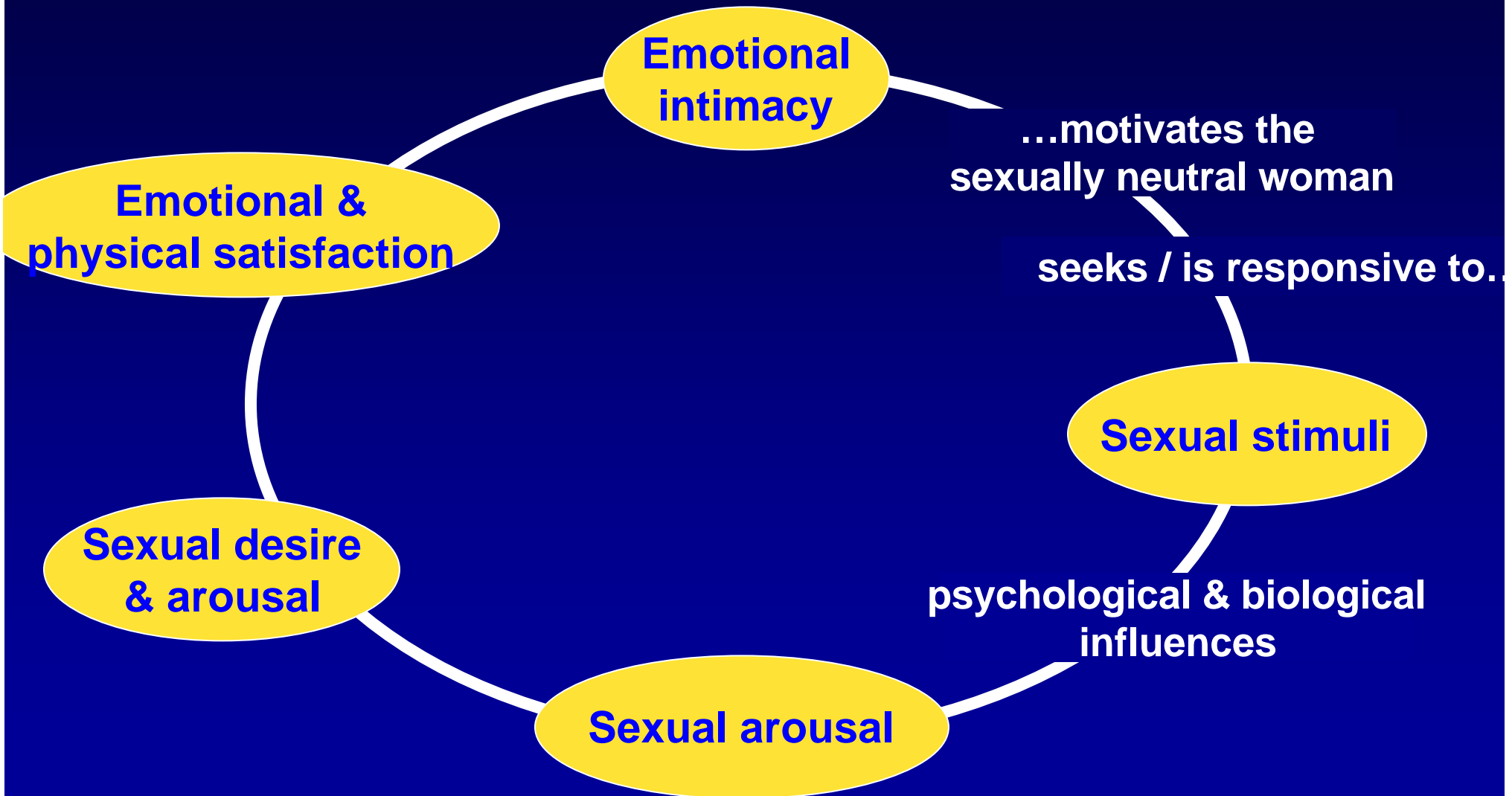
Sexual Pain Disorders

- **Dyspareunia, vaginismus, noncoital genital pain**
 - Lifelong or acquired, generalized or situational
 - Single or multiple etiologies
- **33% of menopausal women have dyspareunia**
 - 10-15% of younger women
- **Re: origin-specific**
- **Also anatomic education, cognitive therapy**

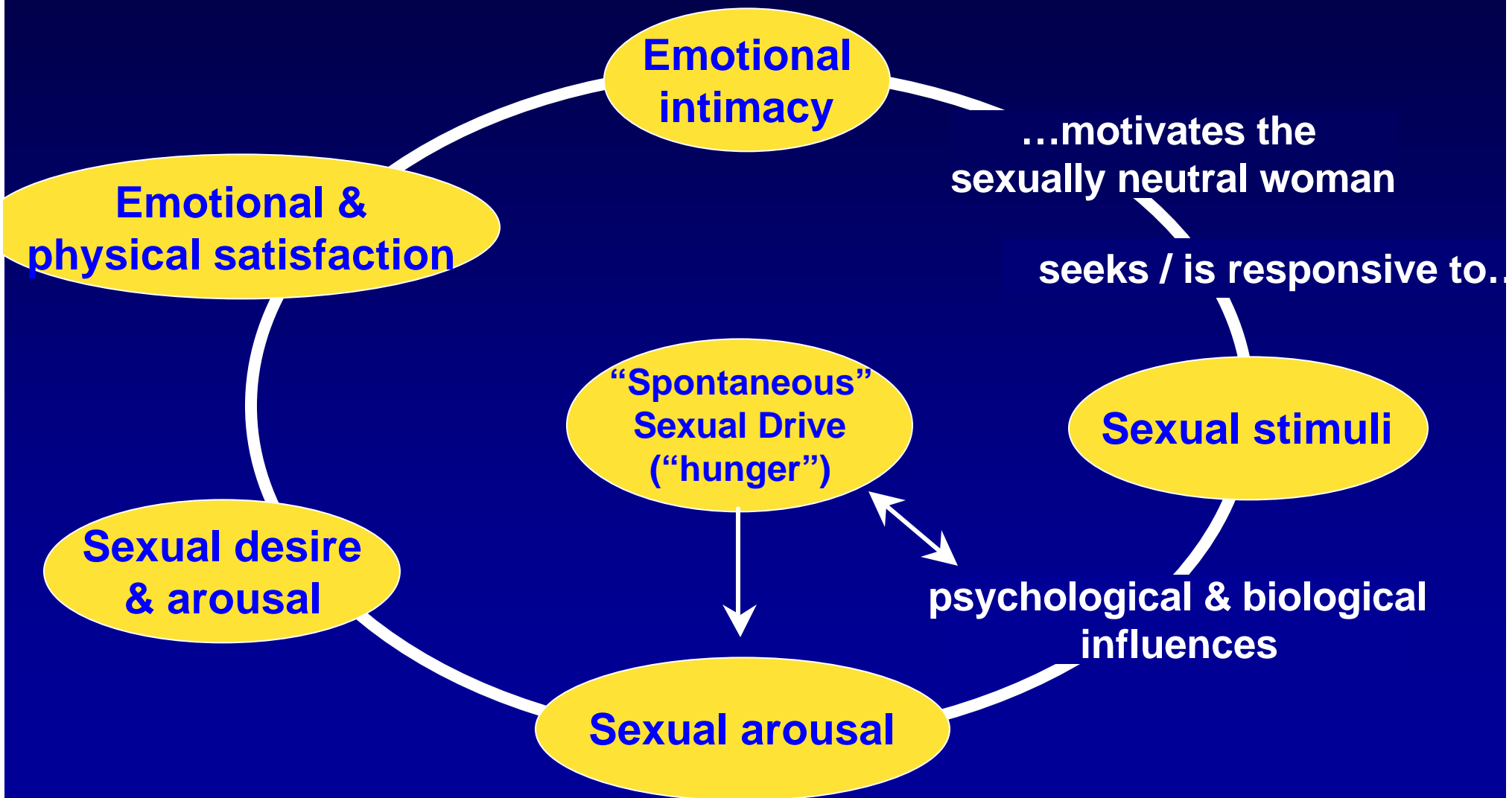
Hypoactive Sexual Desire Disorder

- **Deficiency of sexual fantasies/thoughts and/or desire for or receptivity to sexual activity**
 - Lifelong or acquired, generalized or situational
 - Single or multiple etiologies
- **Personal distress (partner distress insufficient)**
- **Endocrine changes: estrogen, testosterone**
- **Psychogenic causes: depression, stress, SA, fatigue**
- **Social role shifts changes**
 - Student/worker, daughter
 - Professional/worker, housewife, mother, daughter, friend, lover
 - Lover-role diminishes as responsibility in other roles increases

Basson: Human Sex-response Cycles



Basson: Human Sex-response Cycles



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