



Introduction, Epidemiology and New Research

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Orgasm “variable, transient peak sensation of intense pleasure creating an altered state of consciousness, usually accompanied by involuntary, rhythmic contractions of the pelvic striated circumvaginal musculature, often with concomitant uterine and anal contractions and myotonia that resolves the sexually induced vasocongestion (sometimes only partially), usually with an induction of well-being and contentment”

International Consultation on Sexual Medicine - 2004

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FOD “There is a persistent or recurrent delay in, or absence of, orgasm following a normal sexual excitement phase (women exhibit wide variability in the type or intensity of stimulation that triggers orgasm; the diagnosis of female orgasmic disorder should be based on the clinician's judgment that the woman's orgasmic capacity is less than would be reasonable for her age, sexual experience, and the adequacy of sexual stimulation she receives). The disturbance causes marked distress or interpersonal difficulty. The orgasmic dysfunction is not better accounted for by another Axis disorder (except another Sexual Dysfunction) and is not due exclusively to the direct physiological effects of a substance (e.g., a drug of abuse, a medication) or a general medical condition.”

Diagnostic and Statistical Manual of Mental Disorders, 4th Edition Revised

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- 20.5% of women have orgasm difficulties
- 4.7% of these women have distress

Shifren JL, Monz BU, Russo PA, Segreti A, Johannes CB. Sexual problems and distress in United States women: prevalence and correlates. *Obstet Gynecol.* 2008;112:970-8.

Shifren JL, Johannes CB, Monz BU, Russo PA, Bennett L, Rosen R. Help-seeking behavior of women with self-reported distressing sexual problems. *J Womens Health (Larchmt).* 2009;18:461-8.

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Current Research

- Physiology of orgasm ✓
- Female orgasmic disorder ✓
- Language used by women ✗

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Single Site Interview Trial of Women with Female Orgasmic Disorder

San Diego Sexual Medicine

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15 women met inclusion/exclusion
Pre- and post-menopausal
Primary and secondary anorgasmia

Completed FSDS-DAO, structured interview

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What one word would you used to describe
your orgasm difficulties?

Frustrated	9
Disappointed	2
Pariah	1
Sub-human	1
Desperate	1
Concerned	1

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Affect on Day-to-Day Life

Inability to orgasm affected day-to-day life 53%

Many of them claimed inability to orgasm did not affect day-to-day life because they actively suppressed thoughts about not being able to orgasm

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“It’s strained my marriage. Intercourse feels ‘broken’ and I don’t feel normal, I don’t feel like a woman”

“Not being able to orgasm has caused me desperate feeling and I’ve stopped seeking relationships”

“Every man I’m with gets frustrated with me because I can’t have an orgasm. Men that I date break off the relationship because I can’t get ‘turned on’ ”

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FSDS-DAO

Question 15: Frustrated by problems with orgasm
Answers ranged from 2-4 (mean 3.6)

0-4 scale (never [0], rarely [1], occasionally [2], frequently [3] or always [4])

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Further Research in Orgasm

A placebo-controlled, randomized, double-blind, parallel-group dose finding trial to evaluate the efficacy and safety of TBS-2 Intranasal Testosterone Gel in pre-menopausal women with acquired Female Orgasmic Disorder