LIBIDO LIMBO
MELISSA J. HAGUE, MD
CLINICAL ASSISTANT PROFESSOR
UNIVERSITY OF KANSAS
SCHOOL OF MEDICINE-WICHITA
DISCLOSURES

I have no disclosures, but if I discover a potion for improving sex drive for women, I will let someone pay me for my secrets.
OBJECTIVES

Define libido

Recognize medications and medical conditions that can hamper libido in women

Discuss a multidisciplinary approach to treatment of decreased libido

Learn about treatments available, and those on the horizon
WE WON’T HAVE TIME TO...

Discuss the current controversies including bioidenticals and particularly using testosterone in women

Specifically address diagnosis and treatment of dyspareunia or anorgasmia (though that would be fun!)
LIBIDO

CLINICAL DEFINITION

Libido in Latin means "desire, longing, fancy, lust, or rut." Although the adjective libidinous, meaning lustful, has been used in English for 500 or so years, libido only entered the language in 1913, thanks to Sigmund Freud and other psychoanalysts who applied the term to psychic energy or drive, and especially to the sexual instinct.

“A person’s desire to have sex”-Merriam-Webster

“Instinctual psychic energy that in psychoanalytic theory is derived from primitive biological urges (as for sexual pleasure or self-preservation) and that is expressed in conscious activity”-also Merriam-Webster

Decreased libido is also known as “Hypoactive Sexual Desire Disorder” (HSDD)
“GOOD” LIBIDO
DEFINITIONS FROM MY PATIENTS

I want to do “it”

Wanting to take the time and effort to have a sexual experience with my partner

Being willing to have sex when I’m too tired

Wanting to have sex at least half as often as my husband wants to
TRIAGE QUESTIONS

Do you like your partner?
- “Good sex is like good bridge. If you don't have a good partner, you'd better have a good hand.”
  — Mae West

Does it hurt?
- Pavlov response

Do you have an orgasm with most sexual encounters?
- “No woman gets an orgasm from shining the kitchen floor.”
  — Betty Friedan
DRUGS, DRUGS, AND MORE BAD DRUGS

Medications can cause decreased libido

- SSRI (increased available seratonin supresses sex drive)
- OCP (may be long-term due to increase of SHBG)
- Antihistamines (temporarily, also causes dryness)
- Opiods (decrease everything)
- Beta blockers
- Tegretol (decreases nerve conduction)
- Tricyclics
- Marijuana
MEDICAL CONDITIONS CAN DECREASE LIBIDO

Depression or other psychiatric illness
Diabetes
Multiple sclerosis or other neurologic disorders
Cancer, especially breast cancer
Hypertension
Arthritis
Irritable bowel syndrome
OTHER CONSIDERATIONS

Body habitus, self image
History of sexual or physical trauma
Drug or alcohol use
Fatigue
Poor physical shape
Unstable relationship

“I blame my mother for my poor sex life. All she told me was ‘the man goes on top and the woman underneath.’ For three years my husband and I slept in bunk beds.”

— Joan Rivers
PHYSICAL EXAM

Pelvic floor pain
Decreased sensation over the perineum
Tight hymenal ring
Vaginal atrophy
Infection
TREATMENT

Relationship wellness – counseling
- Certified Sex Therapists
- Be sensitive to cultural and religious backgrounds and make recommendations accordingly

Pelvic floor pain/Anorgasmia
- Vibrator therapy
  - Cheap, readily available, not always culturally/religiouisly acceptable
- Physical therapy
  - Spine care
  - Biofeedback
  - Perineal massage and training
CURRENT FDA APPROVED MEDICATIONS

For male sexual dysfunction: 26
For female sexual dysfunction: 0
OFF LABEL MEDICATIONS

Testosterone
Wellbutrin (boosts dopamine levels)
Viagra (may increase blood flow to genitals)
Vaginal preparations – lidocaine, amitriptyline, estrogen
COMING SOON...MAYBE

Flibanserin: non-hormonal, increases dopamine and norepinephrine levels and suppresses serotonin (causes sexual inhibition)

- FDA did not approve last year, citing concerns over side effects
INTERNATIONAL SOCIETY FOR THE STUDY OF WOMEN’S SEXUAL HEALTH

ISSWSH is committed to advancement of women’s sexual concerns
Annual meetings, education for providers
Largest supporter of meetings that started Monday at the FDA to hear from patients and providers about the gender disparity in sexual health
END NOTES

Someday every woman will have orgasms- like every family has color TV- and we can all get on with the business of life. ”

Erica Jong, *How to Save Your Own Life*

“I don't know the question, but sex is definitely the answer.”

Woody Allen

“Remember, sex is like a Chinese dinner. It ain't over 'til you both get your cookie.”

Alec Baldwin