

SEXUAL PLEASURE AND DYSFUNCTION



LEILA CG FRODSHAM

CONSULTANT GYNAECOLOGIST,

PSYCHOSEXUAL MEDICINE LEAD, FOUNDATION TRAINING PROGRAMME DIRECTOR, GSTT

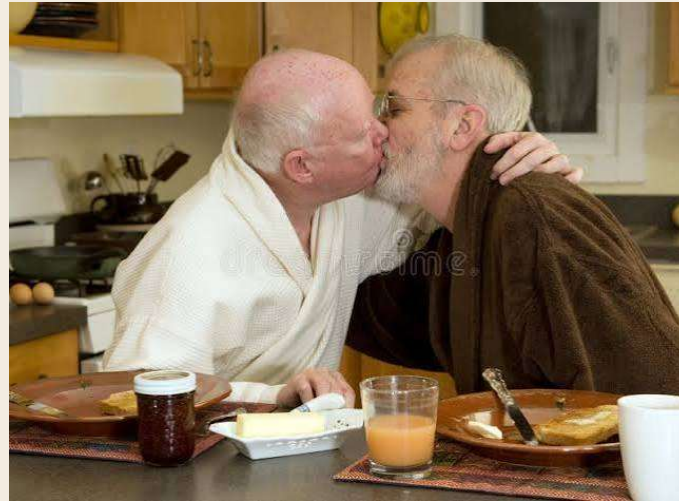
HONORARY SENIOR LECTURER, MODULE LEAD TRANSITION TO F1, WOMEN'S HEALTH BLOCK CO LEAD

SENIOR ES, GSTT SITE

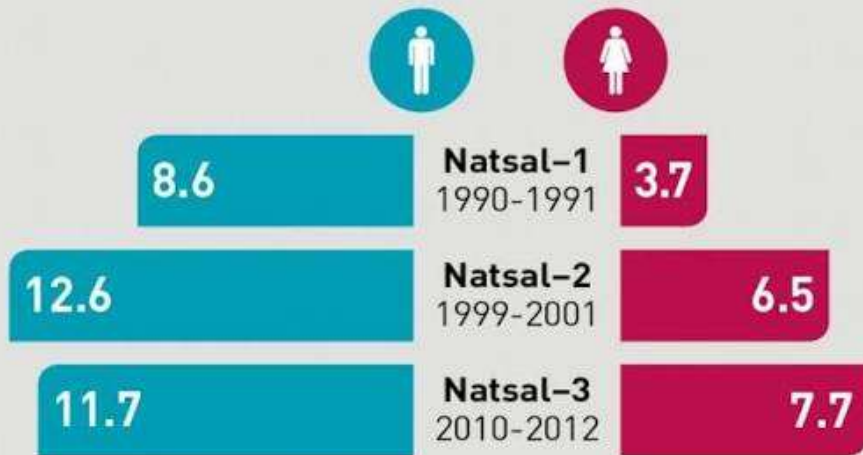
STAGE 3 MBBS, KCL

INTRODUCTION

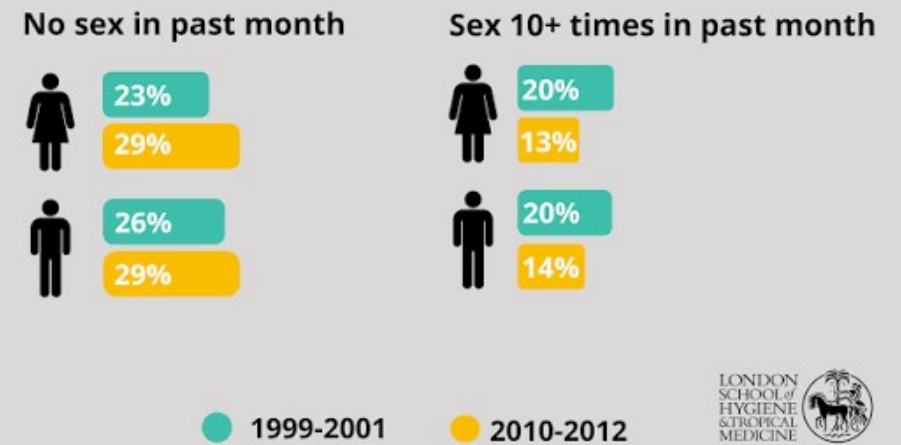
- Sexual pleasure
- Prevalence of sexual difficulties
- Approaching sexual problems
- What is Psychosexual Medicine?
- Sex and Ageing
- Menopause and Sex



Average (mean) number of opposite-sex partners, lifetime (people aged 16-44)



Changes in sexual frequency in Britain among 16-44 year olds



CURRENT TRAINING SITUATION

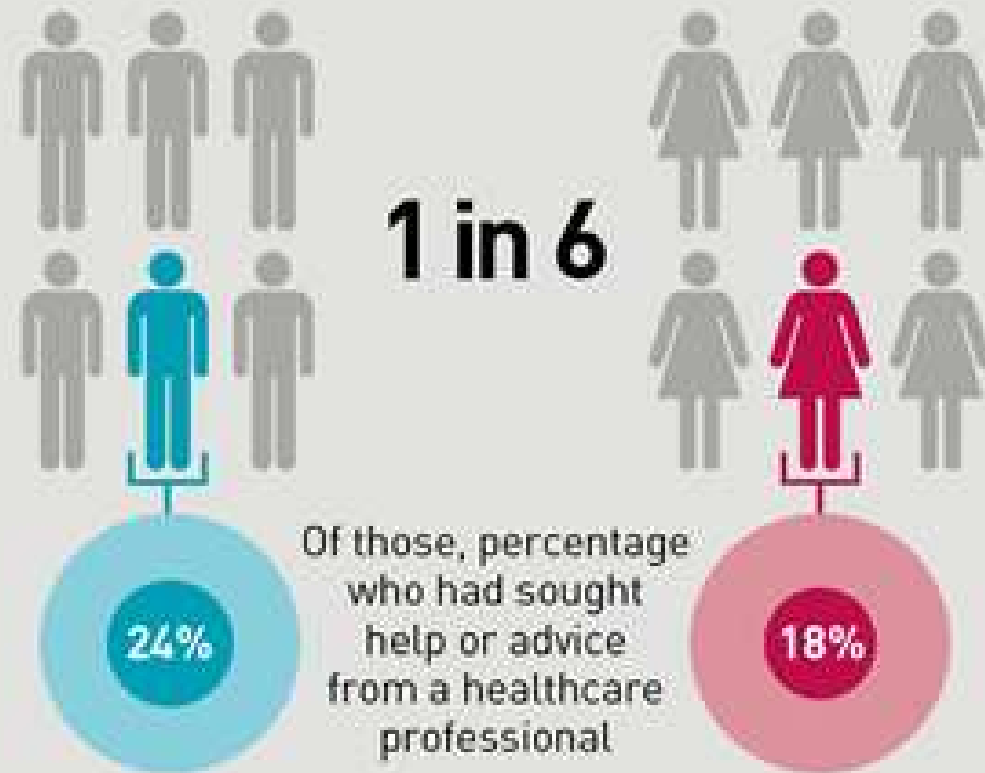
- Nearly 70% of medical students nationally received no training
 - 100% wanted it
- 51% O &G trainees received postgraduate training (core curriculum requirement)
 - 71% rated the teaching received as satisfactory, poor or very poor
- Only 15% and 28% of all medical students and O&G trainees received teaching from a trained PSM specialist
- The Importance of Psychosexual Medicine (PSM) Training for Undergraduate and Postgraduate Trainees in the UK
 - Cowan and Frodsham, RCOG World Congress 2016
 - BUT-MLA now includes sexual difficulties!



NATSAL- 3

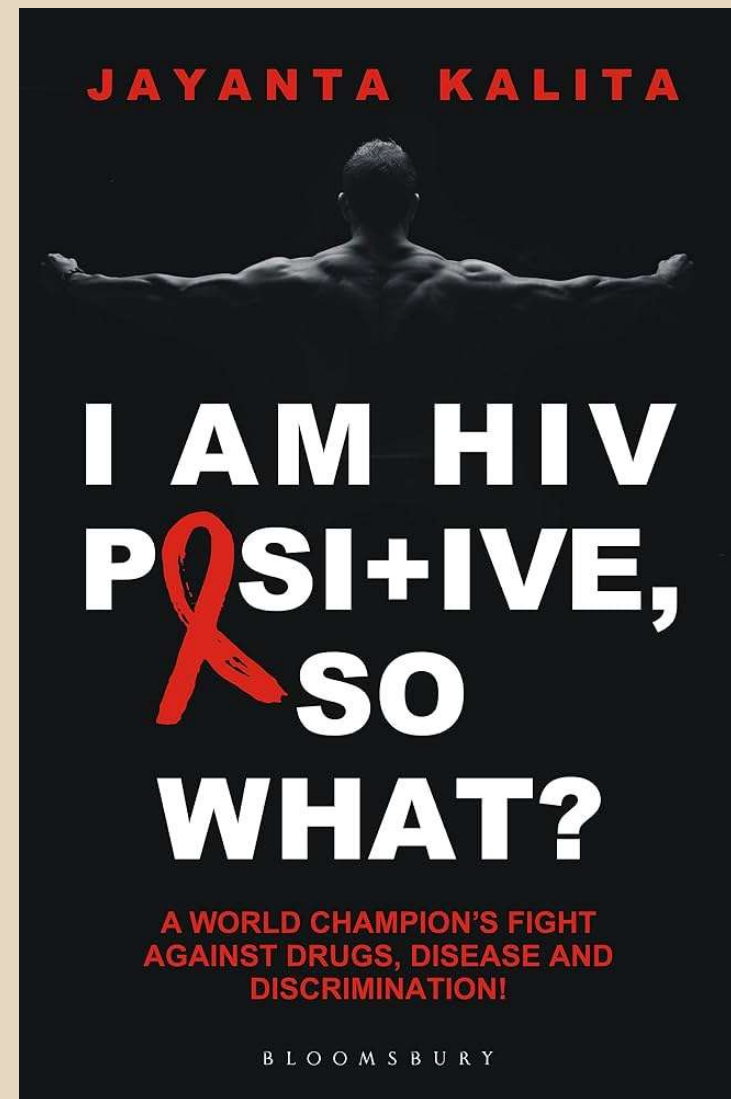


Percentage reporting a health condition that affected their sex life in the past year



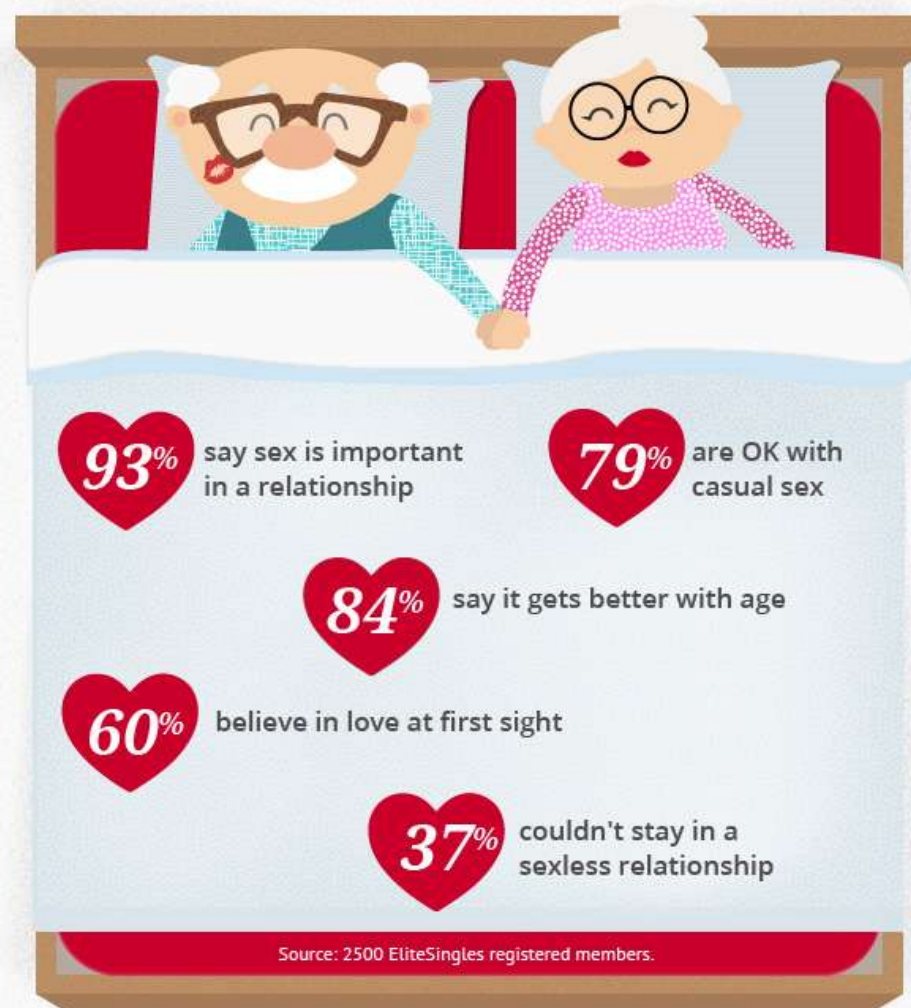
PREVALENCE IN PEOPLE AFFECTED BY HIV

- Higher than general population
- BUT questionnaires can be poor measures
- Men
- Depends on social groups
 - Less likely to present if LGBTQ or BAME
- 4x higher in young men
- Women
- Rates vary 27-89%
- In the older person consider socioeconomic situation
- Higher rates of poverty and loneliness in LGBTQ groups

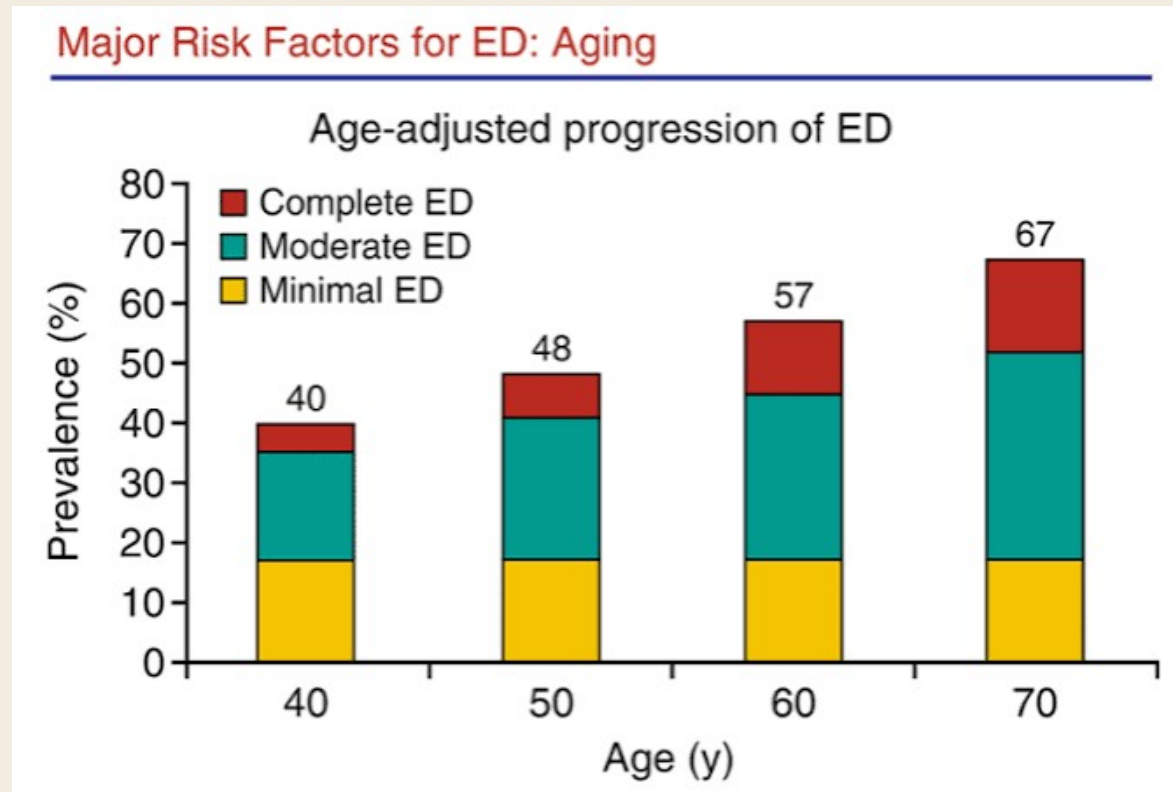


SENIORS IN THE SACK

The surprising sex lives of the over 70s



ERECTILE DIFFICULTIES



SEXUAL REPRODUCTIVE HEALTH



THE GP



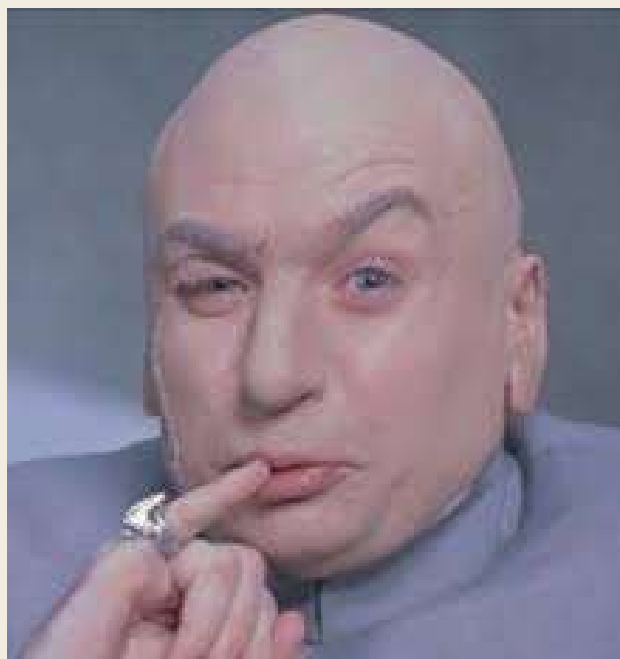
PANDORA'S BOX?



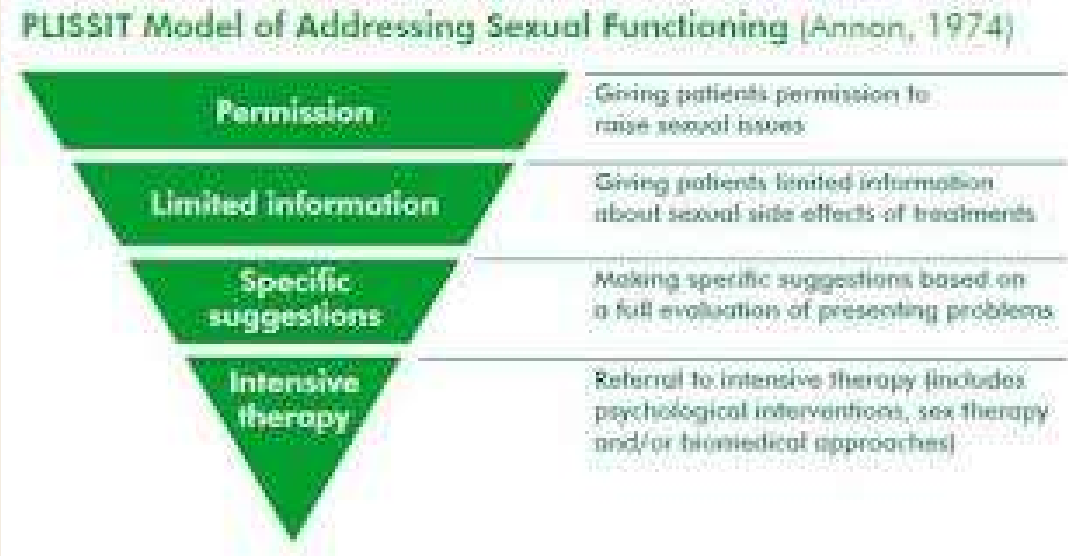
THE SEX THERAPIST







WHO SHOULD HELP PATIENTS WITH SEXUAL DIFFICULTIES?



PSYCHOSEXUAL MEDICINE-WHAT IS IT?

- Non directive counselling
- Elements of psychodynamic and psychoanalytical therapy
- Active listening and reflecting
- Clinician patient relationship
- **Genital examination** used as part of psychotherapeutic process
 - 'moment of truth'



PSYCHOSEXUAL MEDICINE

- Mind and Body interaction
 - Physical
 - Psychotherapeutic
- Clinician/patient consultation skills
 - Patient is the expert
 - Clinician the mirror



SEXUAL PAIN DISORDERS

- Very common
- Nationally 7.4% of women-population study RCOG 2018
- NATSAL-33% between 16-24 & 55-64
- Increased at start of sex life, fertility, childbirth and menopause
- In endometriosis-50% of women present
 - (BUT up to 66% won't discuss sex, BMS)



DEEP OR SUPERFICIAL-HOW TO ASK



EVIDENCE FOR DILATORS

Nil

Vaginal dilator therapy for
women receiving pelvic
radiotherapy

Tracie Miles, Nick Johnson,
Cochrane Review, 08
September 2014

If used must be with support:
physio/therapist



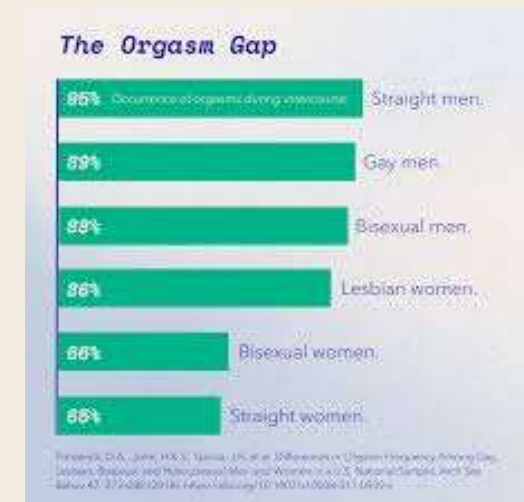
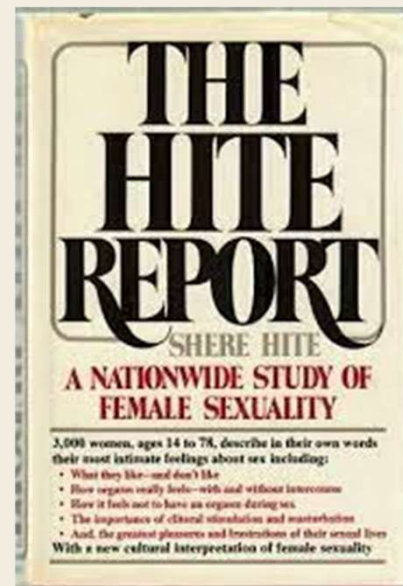
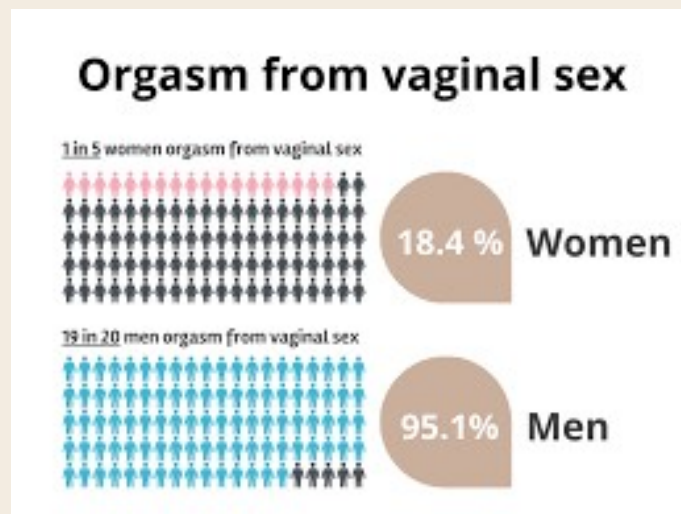
BETTER TOOLS

- 73% reduction in pain from 5-6x use per week
 - <https://www.tandfonline.com/doi/full/10.1080/14681994.2017.1419557>
 - Genital vibration for sexual function and enhancement: a review of evidence
 - Jordan E. Rullo et al



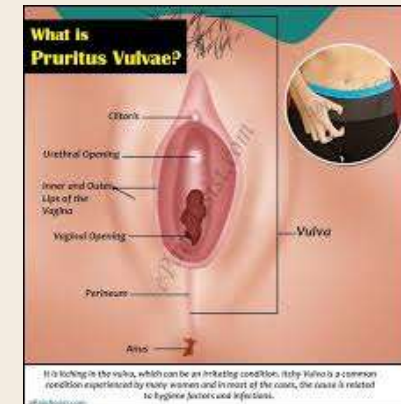
'NORMAL' SEXUAL FUNCTION

- Importance of Vulvas>>>vaginas



GENITAL SYNDROME OF MENOPAUSE

- Symptoms:
 - Itch
 - Burning
 - Dyspareunia
 - Discharge
 - Urinary frequency/urgency/incontinence
 - Clitoral atrophy/ reduced intensity of orgasm



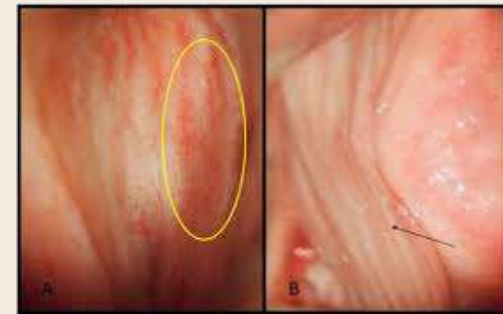
PREVALENCE

- Commonly unrecognised by clinicians
- Commonly unrecognised by women & partners
- Affects >45% of post reproductive women
- <https://thebms.org.uk/publications/consensus-statements/genitourinary-syndrome-of-menopause-gsm/>



SIGNS

- Loss of rugae
- Pallor
- Petechiae
- Phimosis of the clitoral hood
- Friability
- Stenosis
- Many no clinical signs-SYMPTOMS ARE KEY



TOPICAL OESTROGENS

- 1mg systemic absorption per annum
- Hyperplasia as common as in PM women with no Rx (Controls)
 - No need for Progestogenic cover
- Tablet
 - 25mcg-greatest improvement-5-10pg/ml
 - 10mcg-<5pg/ml (70% effective)
- Cream
 - oestriol-less potent
- Ring
 - Similar efficacy-ease of use-possibly better for bladder symptoms and with ring pessaries in elderly



TREATMENTS



TREATMENTS- ALTERNATIVES

- Communication
- Position/Routine changes-'Bridging'
- Lubricants-no KY or Replens..
- Devices for minimising depth of penetration
- Sex toys



TREATMENTS FOR MEN



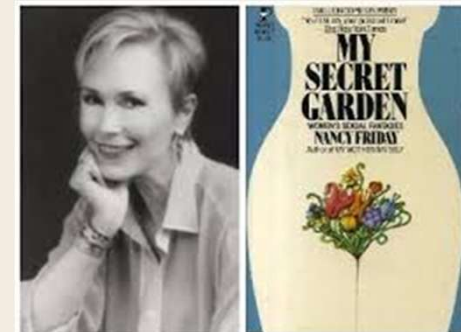
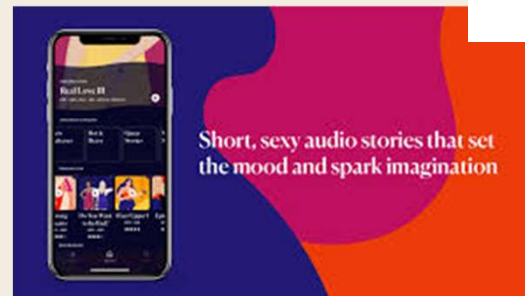
LGBTQ PROSTATE CANCER SUPPORT

- <https://info.guyscanceracademy.co.uk/living-with-prostate-cancer/index.html>



SEXUAL RESPONSIVENESS

- Sex toys/orgasm oils
- Erotic reading/listening



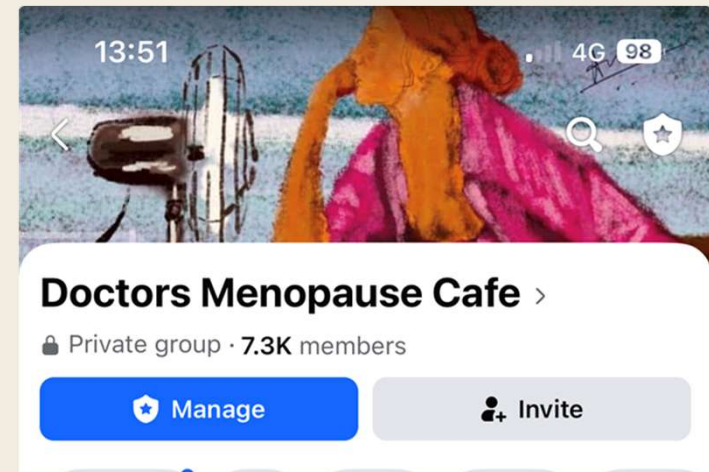
HOW TO GET SEX BACK

- Communicate
- Schedule-this can be exciting
- Consider banning penetration
 - Reduce negative association
 - Limit pain response



DOCTOR'S MENOPAUSE CAFE

- Perfect storm-Covid and BMA survey
 - Furious women denied care on Twitter
 - Exhausted GP's unable to provide care and desperate for help
 - Need for accessible education
- Collaboration between Karen Edwards (ED consultant) and me-(BMS specialist)
 - 4 moderators- **Run DMC**
Olivia Hum, Rebecca Moore, Alison Macbeth, Nadira Awal
- Now 7k+ members and winner of first prize at British Menopause Society 2021



SUMMARY

- The best treatment is **listening**
- The second best is basic advice/signposting
 - Your patient is the expert-detailed knowledge is not required
- Don't forget
 - The penis needs exercise
 - Oestrogen to the vulva and vagina
- Very few need Psychosexual Clinics
 - BUT please support psychosexual services



THANKS FOR LISTENING



Introduction to Psychosexual Medicine Seminars



- Suitable for doctors: GPs, GUM, O&G, family planning, dermatology, psychiatry, urology
- Also open to nurses, physiotherapists, health advisers and others working in sexual health
- Twelve hours total CPD divided into sessions of 2,3 or 4 hours. Whole day courses also available
- Sessions consist of teaching, discussion and case presentation by group members
- Fee: £260 payable to IPM (£200 for non-medical participants) or one off fee for whole group by arrangement
- Certificate of attendance issued by IPM
- Option to join on going seminar working towards Diploma in Psychosexual Medicine

If interested please register on IPM.org.uk