Sexual Problems in Women

URL of this page: http://www.nlm.nih.gov/medlineplus/sexualproblemsinwomen.html

There are many problems that can keep a woman from enjoying sex. They include

- Lack of sexual desire
- Inability to become aroused
- Lack of orgasm, or sexual climax
- Painful intercourse

These problems may have physical or psychological causes. Physical causes may include conditions like diabetes, heart disease, nerve disorders or hormone problems. Some drugs can also affect desire and function. Psychological causes may include work-related stress and anxiety. They may also include depression or concerns about marriage or relationship problems. For some women, the problem results from past sexual trauma.

Occasional problems with sexual function are common. If problems last more than a few months or cause distress for you or your partner, you should see your healthcare provider.

Start Here
- Your Sexual Health [http://www.acog.org/~/media/For%20Patients/faq072.ashx] (American College of Obstetricians and Gynecologists) - PDF

Overviews
- Also available in Spanish [http://familydoctor.org/online/famdoces/home/women/reproductive/sex-dys/612.printerview.html]

Latest News

Treatment
- Sex Therapy [http://www.mayoclinic.com/health/sex-therapy/MY01349/METHODO=print] (Mayo Foundation for Medical Education and Research)
- Therapeutic Use of Androgens in Women
  [http://www.hormone.org/sitecore%20modules/web/~/media/Hormone/Files/Patient%20Guides/Womens%20H]
Disease Management

- Self-Help Tips for Vulvar Skin Care [National Vulvodynia Association]
- Vaginal Dryness [Mayo Foundation for Medical Education and Research]

Specific Conditions

- Anorgasmia in Women [Mayo Foundation for Medical Education and Research]
- Chronic Pelvic Pain [Mayo Foundation for Medical Education and Research]
- Dyspareunia: Painful Sex for Women [American Academy of Family Physicians]
  Also available in Spanish
- Female Genital Cutting [Department of Health and Human Services, Office on Women's Health]
- Female Genital Mutilation [World Health Organization]
- Low Sex Drive in Women [World Health Organization]
- Painful Intercourse (Dyspareunia) [Mayo Foundation for Medical Education and Research]
- Pelvic Pain [NIH (National Institute of Child Health and Human Development]
- When Sex Is Painful [American College of Obstetricians and Gynecologists]

Related Issues

- Am I Sexually Normal? [InteliHealth]
- Dealing with Sexual Problems [American Cancer Society]
  Also available in Spanish
- Vaginal Atrophy [Mayo Foundation for Medical Education and Research]
- Viagra for Women: Why Doesn't It Exist? [Mayo Foundation for Medical Education and Research]
- Women and Sexuality: The Myth of the First Time
- Women's Sexual Health: Talking about Your Sexual Needs [Mayo Foundation for Medical Education and Research]

Anatomy/Physiology

- Female Reproductive System (For Parents) [Nemours Foundation]
  Also available in Spanish
- ClinicalTrials.gov: Vaginismus [NIH ClinicalTrials.gov search/open/condition=22Vaginismus22]
Sexual Problems in Women: MedlinePlus (Print Version)

(National Institutes of Health)
- ClinicalTrials.gov: Dyspareunia [http://clinicaltrials.gov/search/open/condition=%22Dyspareunia%22] NIH
(National Institutes of Health)

Journal Articles
References and abstracts from MEDLINE/PubMed (National Library of Medicine)

Organizations
- womenshealth.gov [http://womenshealth.gov/] (Department of Health and Human Services, Office on Women's Health)
  Also available in Spanish [http://womenshealth.gov/espanol/]

Seniors
- Healthy Aging – Sexual Health [http://womenshealth.gov/aging/sexual-health/] (Department of Health and Human Services, Office on Women's Health)
  Also available in Spanish [http://www.womenshealth.gov/espanol/encejecimiento/salud-sexual/]

Patient Handouts
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/001953.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/article/001487.htm]
  Also available in Spanish [http://www.nlm.nih.gov/medlineplus/spanish/ency/patientinstructions/000663.htm]

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