Updates in Female Sexual Health

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Disclosures

Speaker
- Shionogi
- Actavis

Advisory Board
- Actavis
- Female Health Company
- Shionogi

Overview

- Prevalence of female sexual dysfunction (FSD)
- Updated diagnostic categories
- ICD 10 coding
- Screening tools
- Updated treatment options
FSD
Review and Updates

The Erogenous Zones
National Health and Social Life Survey

Prevalence of Sexual Dysfunction

Women 43% vs. Men 31%


44% vs. 12%

### Prevalence of Female Sexual Dysfunction

<table>
<thead>
<tr>
<th>Female Sexual Dysfunction</th>
<th>Prevalence Range</th>
</tr>
</thead>
<tbody>
<tr>
<td>Desire Disorder</td>
<td>16% - 75%</td>
</tr>
<tr>
<td>Orgasmic Difficulties</td>
<td>16% - 48%</td>
</tr>
<tr>
<td>Arousal Disorders</td>
<td>12% - 64%</td>
</tr>
<tr>
<td>Pain Disorders</td>
<td>7% - 58%</td>
</tr>
</tbody>
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### Female Sexual Dysfunction

- **Sexual Desire Disorders**
  - Hypoactive Sexual Desire Disorder
  - Sexual Aversion Disorder
- **Sexual Arousal Disorders**
  - Female Sexual Arousal Disorder
- **Orgasmic Disorders**
  - Female Orgasmic Disorder
- **Sexual Pain Disorders**
  - Dyspareunia
  - Vaginismus
  - Noncoital pain

AFUD Consensus Panel

DSM vs. ICD

“Mental, Behavioral and Neurodevelopmental Disorders” vs “Symptoms, Signs and Ill-Defined Conditions”
### Female Sexual Dysfunction: DSM-IV-TR Codes and Definitions

#### Sexual desire disorders

<table>
<thead>
<tr>
<th>Condition</th>
<th>Code(s)</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hypoactive sexual desire disorder</td>
<td>302.71 or 799.81</td>
<td>Absence or deficiency of sexual interest and/or desire</td>
</tr>
<tr>
<td>Sexual aversion disorder</td>
<td>302.79</td>
<td>Aversion to and avoidance of genital contact with a sexual partner</td>
</tr>
</tbody>
</table>

#### Sexual arousal disorders

<table>
<thead>
<tr>
<th>Condition</th>
<th>Code(s)</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female sexual arousal disorder</td>
<td>302.72</td>
<td>Inability to attain or maintain adequate lubrication-swelling response of sexual excitement</td>
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</table>

#### Orgasmic disorders

<table>
<thead>
<tr>
<th>Condition</th>
<th>Code(s)</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Female orgasmic disorder</td>
<td>302.73</td>
<td>Delay in or absence of orgasm after a normal sexual excitement phase</td>
</tr>
</tbody>
</table>

#### Pain disorders

<table>
<thead>
<tr>
<th>Condition</th>
<th>Code(s)</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dysspareunia</td>
<td>302.76 or 625.0</td>
<td>Genital pain associated with sexual intercourse</td>
</tr>
<tr>
<td>Vaginismus</td>
<td>306.51 or 625.1</td>
<td>Involuntary contraction of the perineal muscles preventing vaginal penetration</td>
</tr>
</tbody>
</table>

Am Psych Assoc 2000; Buck, et al. 2008

### Female Sexual Dysfunction: DSM-V Changes

- Female sexual interest/arousal disorder
  - *Sexual aversion disorder removed*

- Female orgasmic disorder

- Genito-pelvic pain/penetration disorder

**SIGNIFICANT DISTRESS**
**Hypoactive Sexual Desire Disorder**

Absence of sexual fantasies, thoughts, and/or desire for, or receptivity to, sexual activity, which causes *distress*

- Most common female sexual complaint
- ~10% of women = Low sexual desire with distress.


**ICD-9**

Hypoactive Sexual Desire Disorder 302.71
Low libido 799.81

**ICD-10**

Hypoactive Sexual Desire Disorder F52.0
Low libido R68.82
Sexual Aversion Disorder

Phobic aversion to and avoidance of sexual contact with a sexual partner, which causes distress


ICD-9

Psychosexual Dysfunction, NEC 302.71

ICD-10

Sexual Aversion Disorder F52.1
Sexual Arousal Disorder

Inability to attain or maintain sufficient sexual excitement causing distress

May be expressed as a lack of subjective excitement, or genital (lubrication/swelling) or other somatic responses


ICD-9

Inhibited Sexual Excitement 302.71
Symptoms Associated with Female Genital Organs, NEC 625.8

ICD-10

Female Sexual Arousal Disorder F52.22*
Vaginal Dryness (other specified conditions a/w female genital organs) N94.89
Orgasmic Disorder

Delay in or absence of attaining orgasm following sufficient sexual stimulation and arousal, which causes distress


ICD-9

Female Orgasmic Disorder 302.73

ICD-10

Female Orgasmic Disorder F52.31*
Sexual Pain Disorders

- Dyspareunia: Genital pain associated with sexual intercourse that causes distress (Vestibulodynia, Atrophy, Infection)
- Vaginismus: Involuntary spasm of the musculature of the outer third of the vagina that interferes with vaginal penetration, which causes distress
- Noncoital Pain: Genital pain induced by noncoital sexual stimulation (vulvodynia)


ICD-9

Psychogenic Dyspareunia 302.76
Dyspareunia 625.0
Pelvic congestion syndrome 625.5

ICD-10

Dyspareunia not due to a substance or known physiological condition F52.6
Dyspareunia N94.1
### ICD-9

**Vaginismus 625.1**

### ICD-10

**Vaginismus not due to a substance or known physiological condition F52.5**  
**Vaginismus N94.2**

### Additional Pain Codes

<table>
<thead>
<tr>
<th>Condition</th>
<th>ICD-9 Code</th>
<th>ICD-10 Code</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vulvodynia</td>
<td>625.70</td>
<td>N94.818/9</td>
</tr>
<tr>
<td>Vulvar Vestibulitis</td>
<td>625.71</td>
<td>N94.810</td>
</tr>
<tr>
<td>Atrophic Vaginitis</td>
<td>627.3</td>
<td>N95.2</td>
</tr>
<tr>
<td>Pelvic/Perineal Pain</td>
<td>625.9</td>
<td>R10.2</td>
</tr>
<tr>
<td>Pain in joint, pelvic region and thigh</td>
<td>719.45</td>
<td>M25.559</td>
</tr>
</tbody>
</table>
Assessment

Screening Tools

- FSFI – Female Sexual Function Index (1)
- FSDS/FSDS-R – Female Sexual Distress Scale (Revised) (2)
- DSDS – Decreased Sexual Desire Screener (3)
- HSDD Hypoactive Sexual Desire Disorder Screener (HSDD) (4)
  - (postmenopausal women)
- SFQ28 – Sexual Function Questionnaire (5)
- ASFQ – Abbreviated Sexual Function Questionnaire (6)
- SQOL-F – Sexual Quality of Life-Female (7)

Female Sexual Function Index

Instructions: These questions ask about your sexual feelings and responses during the past 4 weeks. Please answer the following questions as honestly and clearly as possible. Your responses will be kept completely confidential. In answering these questions the following definitions apply:

Sexual activity includes coitus, foreplay, masturbation, and vaginal intercourse. Sexual abstinence is defined as complete cessation of any of the above.

Sexual desire or interest: includes fantasies or wanting to have a sexual experience, feeling receptive to a partner's sexual advances, and daydreaming about having sex.

Sexual arousal includes both physical and mental aspects of sexual excitement. It may include feelings of warmth or tingling in the genitalia, lubrication/venereal, or muscle contractions.

Name: ________________________
Date: __________

1. Over the past 4 weeks, how often did you feel sexual desire or interest?
   - High frequency (at least once per week) (3)
   - Moderate/occasional (once per week to once per month) (2)
   - Rarely (less than once per month) (1)
   - Never, not at all (0)

2. Over the last 4 weeks, how would you rate your level of sexual desire or interest?
   - Very high
   - High
   - Moderate
   - Low
   - Very low or no interest

3. Over the past 4 weeks, how often did you feel sexually aroused during sexual activity or intercourse?
   - Almost always or sometimes (1)
   - Most times (more than half the time) (2)
   - Some times (about half the time) (3)
   - A few times (less than half the time) (4)
   - Almost never or never (5)

4. Over the past 4 weeks, how would you rate your level of sexual arousal during sexual activity or intercourse?
   - Very high
   - High
   - Moderate
   - Low
   - Very low or no arousal

5. Over the past 4 weeks, have you had difficulty achieving or maintaining an erection?
   - No
   - Yes, sometimes
   - Yes, most of the time
   - Yes, always

Female Sexual Distress Scale - Revised

Below is a list of feelings and problems that women sometimes have concerning their sexuality. Please read each item carefully, and check the box that best describes how often you have had these feelings or problems. Please check only one box for each item, and make sure not to skip ANY items. Next to each item, please give a score on how much these feelings or problems bother you:

1. How often do you feel distressed about your sex life?
   - Never
   - Rarely
   - Occasionally
   - Frequently
   - Always

2. How often do you feel anxious about your sexual appearance?
   - Never
   - Rarely
   - Occasionally
   - Frequently
   - Always

3. How often do you feel guilty about your sexual difficulties?
   - Never
   - Rarely
   - Occasionally
   - Frequently
   - Always

4. How often do you feel frustrated by your sexual problems?
   - Never
   - Rarely
   - Occasionally
   - Frequently
   - Always

5. How often do you feel distressed about sex?
   - Never
   - Rarely
   - Occasionally
   - Frequently
   - Always

6. How often do you feel angry about your sex life?
   - Never
   - Rarely
   - Occasionally
   - Frequently
   - Always

7. How often do you feel worried about sex?
   - Never
   - Rarely
   - Occasionally
   - Frequently
   - Always

8. How often do you feel sexually insensitive?
   - Never
   - Rarely
   - Occasionally
   - Frequently
   - Always

9. How often do you feel nervous about your sexuality?
   - Never
   - Rarely
   - Occasionally
   - Frequently
   - Always

10. How often do you feel embarrassed about sexual problems?
    - Never
    - Rarely
    - Occasionally
    - Frequently
    - Always

11. How often do you feel emotionally/physically disconnected?
    - Never
    - Rarely
    - Occasionally
    - Frequently
    - Always

12. How often do you feel satisfied with your sex life?
    - Never
    - Rarely
    - Occasionally
    - Frequently
    - Always

13. How often do you feel off balance by sex acts?
    - Never
    - Rarely
    - Occasionally
    - Frequently
    - Always

14. How often do you feel emotionally/physically disconnected?
    - Never
    - Rarely
    - Occasionally
    - Frequently
    - Always

Total: ________
Physical Assessment

• Vital Signs
• General presentation (hygiene, psych state)
• Gait and posture
• Skin (including mucosal)
• General neurologic exam
• Complete urogenital/pelvic exam
• Tanner Stage

Physical Assessment

• Vulvovaginal/Pelvic Exam
  • Skin/tissue integrity
  • Q-tip touch test
  • Neuro
    • biothesiometry
  • Vaginal/pelvic muscle strength
    • perineometry
  • Wet prep/pH
Labs

- Estradiol/FSH/LH
- Testosterone
- DHEA-S
- Dihydrotestosterone
- Sex Hormone Binding Globulin (SHBG)
- Prolactin
- Thyroid panel

Causes of FSD
Pharmaceuticals that can increase risk for Sexual Dysfunction

<table>
<thead>
<tr>
<th>Antidepressants and mood stabilizers</th>
<th>SSRIs</th>
<th>Benzodiazepines</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>SNRIs</td>
<td>Antiepileptics</td>
</tr>
<tr>
<td></td>
<td>Tricyclics</td>
<td>MAOIs</td>
</tr>
<tr>
<td></td>
<td>Antipsychotics</td>
<td></td>
</tr>
<tr>
<td>Antihypertensives</td>
<td>Beta-blockers</td>
<td>Diuretics</td>
</tr>
<tr>
<td></td>
<td>Alpha-blockers</td>
<td></td>
</tr>
<tr>
<td>Cardiovascular agents</td>
<td>Lipid-lowering agents</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>Digoxin</td>
</tr>
<tr>
<td>Hormones</td>
<td>Oral contraceptives</td>
<td>Antiandrogens</td>
</tr>
<tr>
<td></td>
<td>Estrogens</td>
<td>GnRH agonists</td>
</tr>
<tr>
<td></td>
<td>Progestins</td>
<td></td>
</tr>
<tr>
<td>Other</td>
<td>Histamine H2-receptor blockers</td>
<td></td>
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<tr>
<td></td>
<td>Narcotics</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Amphetamines</td>
<td></td>
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<tr>
<td></td>
<td>Anticonvulsants</td>
<td></td>
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</tbody>
</table>

Medical Conditions That Can Increase Risk for FSD

- Depression
- Diabetes
- Thyroid disease
- Cardiovascular disease
- Neurologic diseases
- Androgen insufficiency
- Estrogen deficiency

Treatment
1 **FDA APPROVED** TREATMENT FOR HYPOACTIVE SEXUAL DESIRE DISORDER (HSDD)

- FDA approved treatments for arousal/orgasmic dysfunction

2 FDA approved treatments for dyspareunia related to atrophy
**Viagra**

**Intrinsa**

**Flibanserin**

**Tibolone**

**Libigel**

**Bremelanotide**

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**Sexual Response Models**

- Excitement
- Plateau
- Orgasm
- Resolution


Adapted from Masters & Johnson. (1966) *Human Sexual Response*
Men

Women
Flibanserin

- Hypoactive Sexual Desire Disorder (HSDD)
- Premenopausal women
- Increases dopamine, NE and decreases serotonin
  - NOT Viagra
- Approved August 2015, release October 2015
- REMS program
- 100mg Qhs
- Adverse Events
  - Somnolence, dizziness, nausea
  - 9.6% discontinuation rate flibanserin (3.7% placebo)
- 3rd phase 3 trial:
  - 53% improvement in desire
  - 29% reduction in distress
  - 6-8 more satisfying sexual events (SSEs) per month

Katz, et. al., 2013 Efficacy of flibanserin in women with hypoactive sexual desire disorder: results from the BEGONIA trial. Journal of Sexual Medicine, 10(7);1807-15.
**Clit Pumps**

- **EROS, NuGyn** $395
  - * No longer available

- Womanizer rechargeable clitoral stimulator, $189
  - Goodvibes.com

- Vibrating clit pump, $32
  - Goodvibes.com

**Company Website, fiera.com:**

“Fiera was specifically created for “Before-Play,” in comparison to vibrators, which are designed for orgasm.”

- **N = 12**
- **15 minutes of Fiera use**
  - 8/12 completed Fiera session
  - 4/12 ended <15 min due to experiencing orgasm
  - Mean 4.5 min to experience “sexual arousal”
  - Endorsement of feeling “in the mood”
  - All participants agreed with statement
  - Statistically significant differences in scores across FSFI domains
    - Sexual satisfaction, orgasm and arousal scored highest
  - Statistically significant temperature increases from baseline
    - Clitoris – 0, 2, 4, 6, 8, 10 min
    - Vestibule – 0, 2, 4, 6, 8, 10 min
    - Labia – 0, 2 min only

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Off Label and non medicinal Treatment Options for Sexual Interest/Arousal/Orgasmic Disorders

- ADD/ADHD meds
- Testosterone/DHEA-S replacement
  - Women use ~ 1/10 of male dose
  - Monitor closely and calculate FAI (Total T x 3.47/SHBG)
- Herbs
  - L-Arginine
- Serotonin Antagonist
  - Buspirone
- Dopamine Agonists
  - Bupropion, Capergoline, Ropinirole
- Oxytocin
  - Troches, spray, lozenge
- PDE5 Inhibitors
- Topical arousal creams
  - aminophylline, L-arginine, sildenafil, nitroglycerin, phentolamine, zesta
- Psychotherapy/Sex Therapy
- Erotica

Pain - GSM

*Genitourinary Syndrome of Menopause (GSM) – AKA: Atrophic Vaginitis*

- Cream
- Vaginal pill
- Vaginal ring
- Oral pill
- CO2 laser
- Alternative options
  - Coconut oil (lavender)
  - EmuAid
  - Acid
  - Triamcinolone/Marcaine injections with vaginal dilation
Vulvovaginal Personal Care

- The vagina is a self cleaning oven
  - NO SELF TREATING
  - Glycerin free lubricant
  - No harsh scrubbing/soaps
  - No douching
  - Chlorine/bleach free hygiene products (including pads/Depends)
  - Coconut oil is a great natural vaginal moisturizer

Vulvovaginal Skin Care Guidelines

- Give to all appropriate female patients
- Email bmfaught@ua-pc.com for copy of WISH document

Take Home

- Comprehensive assessment
- Individualized care
- Holistic treatment plan
- Counseling/patient education in a nonjudgmental manner
Get involved:

- ISSWSH – International Society for the Study of Women’s Sexual Health
- ISSM – International Society for Sexual Medicine
- SMSNA – Sexual Medicine Society of North America
- NVA – National Vulvodynia Association
- ISSVD - The International Society for the Study of Vulvovaginal Disease
- AASECT – American Association of Sex Educators, Counselors and Therapists
- SSTAR - Society for Sex Therapy and Research

References


