Recent Updates
From the world of Sexual Medicine

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A Masterclass in Sexual Problems, BASHH 2018

Outline

• Broader themes
  LGBTQ+
  Asexuality
  Hypersexuality/Sex addiction/Chemsex/Porn

• Sexual Problems
  Ejaculatory Disorders

• Specific treatments
  Erectile Dysfunction

LGBTQ+(NH-NH)

• Similarities: masculinity, menopause, desire
• Differences: WSM > orgasm, anal sensory loss MSM, Dysfunction & distress in cis vs trans
• Unknown: anodyspareunia, lesbian bed death

• Lack of sexual function measures (heteronormative, heterosexist wording) McDonagh (2014)

• Poor definitions: Premature ejaculation IVELT
  “Quality data regarding sexual dysfunction are considerably lacking” Sobicz-Rauch et al (2018)

Asexuality

• “Lack of sexual) attractiveness”

• 0.4% (Natsal 2) to 3% (Finnish women, Hogland 2014)

• Heterogenous group
  Gray A, Demisexual, Asexual
  Romantic vs Sexual

• Not a mental disorder
• Not a sexual dysfunction
• Possible unique sexual orientation

Asexuality: Further Reading


Hypersexuality

• Compulsive sexual behavior (Kafka 2010)

• Controversies
  Normality spectrum
  Symptom of another problem Part of a wider disease spectrum (Kafka, 2014)

• Increased sexual activity/urges leading to distress
Sexual Problems

- DSM V (2013)
  Gender included
  Hypersexuality excluded
  Women desire/arousal
- ICD 11 (2018)
  Gender in Sexual Health
  Sexual compulsivity
- ICSM (2015)

4th ICSM

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<th>Female</th>
<th>Male</th>
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<td>Hypoactive Sexual Desire Dysfunction</td>
<td>Male Hypoactive Sexual Desire Disorder</td>
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<td>Female Genital-Pelvic Pain Dysfunction</td>
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<td>Persistent Genital Arousal Disorder</td>
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<td>Restless Genital Syndrome</td>
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Specific Treatment: ED

PDE5I non-responders
- Counselling, education, Rx underlying problem
- Daily dose tadalafil +/- on demand PDE5I
  (Daily dose sildenafil/ Double dose sildenafil)
- Topical PGEi (Vitaros, transurethral MUSE)
  Useful in combination with PDE5I, nerve damage, soft glans syndrome after penile implant
- Intracavernosal injections
  Caverject (PGE1), Invicorp (VIP +Phentolamine)

Invicorp

- Aviptadil (VIP)/ Phentolamine mesalate
- Efficacy studied in 1998
  (Dinsmore et al), renewed interest in 2007
  (Shah, et al), MHRA 2015
- Similar efficacy and cost to alprostadil (70-80%)
- Erections not painful (3% vs 30% with alprostadil)
- Need sexual stimulation (= more natural)
- Less discontinuation rates reported
- SE: facial flushing, headache<2%, priapism 0.06%

Dinsmore & Wyllie, 2008

Summary

- Broader themes
  LGBTQ+
  Asexuality
  Hypersexuality/Sex addiction/Chemsex/Porn
  Psychotherapy, Mindfulness
- Sexual Problems
- Ejaculatory Disorders
- Specific treatments
- Erectile Dysfunction
- Specialist group
  People living with HIV