

Sexual Medicine Reviews: Highlights from 2015



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Managing Recurrent Bacterial Vaginosis: Insights for Busy Providers

Alison O. Marshall, RN, MSN, FNP-C

What we know: Bacterial vaginosis (BV) and recurrent BV are common. Sexual practices, hygiene practices, and the type of sexual partner all affect the rate of BV recurrence.

Study results: Vaginal reacidifiers, probiotics, and simple behavioral changes may offer effective alternatives to the current antimicrobial regimens.

What this adds/changes: This review summarizes practical therapeutic approaches for management of recurrent BV.

A Comprehensive Review of the Clitoris and Its Role in Female Sexual Function

Donna Mazloomdoost, MD and Rachel N. Pauls, MD

What we know: The clitoris is critically important in female sexual function.

Study results: This comprehensive review explains the vascular and neural networks of the clitoris, reviews historical perspectives and normal functioning, the impact of surgeries and female genital cutting.

What this adds/changes: This review summarizes existing knowledge and points out gaps for future research.

Devices and Methods to Measure Female Sexual Arousal

Tuuli M. Kukkonen, PhD

What we know: Multiple methods and devices are available for the assessment of female sexual response, each with strengths and limitations that can impact the interpretation of results.

Study results: This is a comprehensive review of the various methods to elicit/record female sexual arousal.

What this adds/changes: Improved understanding of women's sexual experiences can provide objective data to highlight the significant impact of sexual health on quality of life.

Genetics of Human Sexual Behavior: Where We Are, Where We Are Going

Emmanuele A. Jannini, MD, Andrea Burri, PhD, Patrick Jern, MD, and Giuseppe Novelli, PhD

What we know: Both genetics and experiences (nature and nurture) influence sexuality.

Study results: This review explores potential genetic contributions to sexually-related behaviors previously presumed to be related to cultural influences (e.g., mating strategies, propensity to infidelity) or dysfunctions (e.g., premature ejaculation or female sexual dysfunction).

What this adds/changes: Current evidence supports biological and congenital factors regulating human sexuality.

Natural Aphrodisiacs—A Review of Selected Sexual Enhancers

Elizabeth West, MD and Michael Krychman, MD

What we know: Many products claim the ability to enhance sexual arousal, desire or performance, though they are not regulated by the FDA.

Study results: Risks may outweigh benefit for yohimbine, Spanish fly, mad honey, and Bufo, and these products should be avoided. Other products, such as Maca, Tribulus, Ginkgo, and ginseng, have limited but emerging data.

What this adds/changes: Additional research is suggested, and concerns about potential drug interaction, purity, reliability and safety are raised.

Is the Uterus a Sexual Organ? Sexual Function Following Hysterectomy

Ranee Thakar, MD, FRCOG

What we know: Hysterectomy can impact sexual functioning through not only effects on vascular and nerve supply, but also due to impact on pelvic muscles/organs and psychological factors.

Study results: Most women with hysterectomy have unchanged or improved sexual function short term, but a significant minority experience sexual dysfunction.

What this adds/changes: Although most will not experience sexual dysfunction after hysterectomy, education regarding possible adverse sexual health effects may improve satisfaction.

Testosterone Therapy for Female Sexual Dysfunction

Mohit Khera, MD, MBA, MPH

What we know: Female sexual dysfunction is common; testosterone therapy is associated with improvements in sexual desire, arousal, pleasure and satisfaction.

Study results: This study reviews the current literature regarding testosterone therapy for sexual dysfunction in women. Existing though limited safety data are reassuring.

What this adds/changes: Studies show that testosterone improves sexual function in both pre- and postmenopausal women. Long-term safety data are lacking and additional study is needed.

Vulvar Dermatoses: A Primer for the Sexual Medicine Clinician

Susan Kellogg Spadt, PhD, CRNP, IF and Elizabeth Kusturiss, MSN, CRNP

What we know: Vulvar dermatoses are common dermatological conditions that can cause considerable pain and irritation, and have an adverse impact on sexual function.

Study results: This paper reviews the presentation, diagnosis and treatment of common vulvar dermatoses and their effects on sexual function.

What this adds/changes: This review educates providers on the importance of identifying and appropriately treating vulvar dermatoses.

Sexual Medicine Reviews 2016

- Submit your reviews on women's sexual health for 2016!
- We are hoping to be Pub Med indexed in 2016