

# **LOW SEXUAL DESIRE**

*Everyone – Everyone – Everyone! these days, even young women and some men are experiencing low desire for sexual relations. YOU ARE NOT ALONE!!!! There may be a hormonal component or, a physical issue, but most often there is a huge lifestyle problem. People in today’s society are too busy, too rushed, and too stressed to remember to take time out for pleasure. Women may feel bad about themselves, uncomfortable with their bodies, be angry with their partner, or have emotional and financial stressors. These all contribute to less inclination towards sexual intimacy.*

*Women need to feel loved, nurtured, heard and appreciated. They need to know that their work, social and family obligations are all met before they take time for themselves. Women, especially mothers, typically put themselves and their own needs at the bottom of their “To Do” list. They feel like it is selfish, over indulgent, unnecessary and the furthest thing from their mind. I often hear my patients say that they “. . . could not care less if they never had sex again, ever”. People in a long-term relationship can get stuck in a rut, become bored and disinterested. Many women with a history of abuse or stringent religious beliefs will have even more deeply ingrained hurdles to clear.*

*So what can be done? PLAY! HAVE FUN! SPICE IT UP! GO ON A DATE! GO TO A LOCAL MOTEL! WATCH A SEXY MOVIE! USE MULTIPLE VIBRATORS! CUDDLE. HUG. TOUCH. LAUGH. GIVE MASSAGES. FOOL AROUND. GO ON VACATION! HAVE NO GOALS! Make “fore” play the “whole” play. Enjoy the sensations that every part of your body can feel: feet, fingers, lips, etc. Try to let go of obligations for just a brief time. See a counselor. Make a good relationship even better.*

*If you have tried **every single one** of the above suggestions and things are not much better, then maybe hormones such as Estrogen or Testosterone may be right for you. There are some contraindications, and some side effects of these medicines that we must discuss to know if they are right for you and your own individual history. Some women like to follow their hormonal levels on a frequent and regular basis. I find that is not necessary for most patients. I check levels only if we are not seeing an expected response at a reasonable dose. We begin at low to medium levels and increase every 4 – 8 weeks or so until we see an effect. The expected response is VERY subtle. Some people get no improvement at all, since hormones were not the cause of the original problem.*

*Remember, this is not an exact science. There is no easy answer. Any chance to change your life requires hard work and a firm commitment to improvement. It will take time to get it right. Please have patience. Go within. Rediscover what makes you happy. Other things that you can consider are complementary and alternative health practices such as Yoga, Massage, Acupuncture, Homeopathy, Naturopathy, Herbal Medicine, Energy Medicine, etc. to get your life and body more in balance and harmony.*

*I hope this handout helps you with understanding and treating this issue. If you have any further questions or problems, please call me at 603-516-0000 or email me at [drterri@bestgyn.com](mailto:drterri@bestgyn.com).*

*I am always at your service,*

*~ Dr. Terri Vanderlinde*