



Improving Women's Sex

A recent comprehensive review of 36 studies published in the prestigious journal Lancet confirmed that postmenopausal women using testosterone supplements reported statistically significant improvements in all aspects of sex. In these randomized controlled trials (the most stringent type of clinical study) women receiving testosterone reported increases in sexual desire, the frequency of satisfactory sexual events, responsiveness, arousal, and, orgasm. They also felt better about their self-image and the quality of their relationship with their partners.

“Testosterone acts directly on the brain to influence sexual functioning at a central level (sexual desire, fantasy, thoughts, etc.) and it also increases blood flow to the genitalia so women are more likely to feel the sensation of arousal and orgasm,” said Susan Davis, senior author of the study.

Concern about the negative effect of testosterone on a women's blood cholesterol was only seen when oral pills were used, not with topical skin preparations. Some women experienced increases in weight, mild acne, and unwanted hair growth. Nevertheless, regular monitoring by a physician is essential.

Alternatively, a new herbal preparation called Ristela[®], which has been used in Europe for many years, also demonstrated to improve sex in a clinical study for both reproductive-aged and postmenopausal women. While there is only limited information it is another option for both men and women.

Unfortunately, the FDA has not approved testosterone preparations to help women, but it can be prescribed by a physician typically using products approved for men at much lower doses or compounded by a licensed pharmacist. Consequently, health insurance rarely pays for them but you may be able to apply for reimbursement through your flexible health savings accounts.

Sexual desire is complex, honestly more so in women, as it can be affected by many factors including interpersonal relationship issues, psychiatric disorders (eg. Depression, anxiety, stress), poor self-image, fatigue, pain, and medications. Please schedule a consultation if you would like to learn more about using testosterone to improve your sex life.

Kindly,

Scott Kramer MD

“If you don't take time to care for yourself, you won't be able to care for those you care about most”