



WOMEN'S HEALTH

Understanding The Emotional Impact Of Low Sexual Desire And Associated Distress Of Women

(NAPSA)—Women are known to talk about their personal matters—from everyday topics like their jobs, to intimate details about their relationships. But when the details get a little too personal—especially for women experiencing problems such as low sexual desire—many women hide their feelings rather than risk embarrassment. But wouldn't it be better to just talk about it and find out what's going on?

“People who suffer from a sexual problem often experience immense feelings of guilt and despair, which may negatively affect their personal lives and relationships,” said Sheryl Kingsberg, Ph.D., Chief of Behavioral Medicine at University Hospitals, Case Medical Center and former President of the International Society for the Study of Women's Sexual Health (ISSWSH).

In fact, a new survey found that women who have low sexual desire and associated distress said they often feel guilty (36 percent), frustrated (28.5 percent) or even inferior because of their sexual problem (18.1 percent). Some women with this condition said they are dissatisfied with their sexual relationship (36.3 percent) and are unhappy about their sex life (28.7 percent). These women also said that sex makes them feel stressed (21.6 percent). Well, they are not alone.

“Nearly one in 10 women suffer from low sexual desire with associated distress, which may be a condition called Hypoactive Sexual Desire Disorder or HSDD,” Dr. Kingsberg said. “It is important for women with HSDD or any sexual problem to talk openly with their health care provider about



A growing body of research may provide insights into a medical condition that affects women and their relationships.

their issue rather than bottling up their emotions. That way, they can get the help they need.”

HSDD is a decrease or lack of sexual desire that causes distress for the patient, may put a strain on their relationship with their partner, and is not due to the effects of a substance, including medications, or another medical condition.

To better understand women who suffer from HSDD, the New England Research Institutes in Watertown, Mass., is conducting the first-ever registry in female sexual health. By collecting data on each woman's medical history, lifestyle and relationships, the HSDD Registry for Women will hopefully provide a more complete picture of the natural history of HSDD and the long-term impact of the condition on women.

For additional resources on women's sexual health, visit www.SexandaHealthierYou.org.