

Medications that may cause a sexual dysfunction (not a complete list) compiled by J
Buster in Fert & Stert 2013(4):905-915

Psychotropics:

- Antipsychotics
- Barbiturates
- Benzodiazepines
- Lithium
- SSRIs/SNRT
- TCA's
- Trazedone
- Venlafaxine

Antidepressants

Hormonal/antihormonal

- Danazol
- GNRH Agonists
- OC's
- Antiandrogens
- Tamoxifen
- Aromatase inhibitors

Narcotics

CV and antihypertensives:

- Lipid lowering agents
- Beta blockers
- Clonidine
- Digoxin
- Spirolactone and other diuretics
- Methyldopa

Other:

- H2 receptor blockers
- Indomethicin
- Ketoconazol
- Phenytoin Sodium
- Chemotherapeutic agents

These lists are not all inclusive, merely a list of most common.

Vaginal moisturizers may provide long term relief of dryness, must be used several times a week, not to be used as lubricants.

Some examples of moisturizers available:

Replens*

Levana*

KY Liquibeads

KY Longlasting

Emerita

Moist Again

Atonement*

Pre-seed*

*These have published effectiveness results

Lubricants are used for intercourse or sexual play, they decrease friction and irritation. Other examples: gels, liquids, oils (eg. coconut/almond etc). Avoid perfumes, flavors, warming gels, may be irritating. Glycerin based can dry quickly and increase yeast infections. The following are examples of Water-based lubricants:

KY

KY Intrigue

Astroglide

Embrace

Frixxion

Maximos

Liquid Silk

Oh My

Probe

Slippery Stuff

Sensual Organics

Wet Platinum

Liquibeads

Pink

Vaginal estrogens/hormones only, (no systemic hormones listed).

Estradiol ring: Estring

Estradiol tablet: Vagifem, Imvexxy

Estradiol cream: Estrace, NeoEst

Conjugated estrogenscream: Premarin

Synthetic DHEA vaginal suppository (prasterone) Intrarosa

Other:

EROS (suction device fits over clitoris)

Sex toys: vibrators, dildos, erotic videos, vaginal dilators, erotic massage.

Patient/practitioner resources:

NAMS www.menopause.org. They have member and patient information

American Cancer Society www.cancer.org

NIH breast cancer patient version www.cancer.gov/types/breast

Sinclair Institute (erotic videos recommended by PHS) www.BetterSex.com

Program in Human Sexuality, U of MN Sexualhealth.umn.edu

Books:

Any book by Ann Katz

Assisted Loving: The Journey through Sexuality and Aging by Ginger T. Manley

Dr. Marty Klein Newsletter: dr_Marty_Klein@yahoo.com@ccsend.com

For those of you who treat cancer patients, the VERY best book on this is Cancer, Intimacy and Sexuality by Yacov Reisman and Woet L. Gianonotten