



Female Sexual Dysfunction (FSD)



Overview

This is a name we give to issues that lower your desire for sex or make sex unsatisfying for you. FSD is common and can affect you at any age. It can cause confusion and stress in your relationships.

Physical issues

What causes FSD? It's a complex problem. Sometimes it's linked to a physical issue. For example, a medical condition could make sex painful or difficult for you. Or, a medication you take could lower your desire or response. Fatigue can also play a role.

Hormone changes

For some people, hormones are the cause. Your hormones play a role in sexual desire. But your hormone levels don't stay the same forever. They change during pregnancy. They also change as you get older. And as these levels change, you can have vaginal dryness, loss of sensitivity, pain and other issues.

Emotional issues

And finally, your thoughts and feelings play a big role in sex. Things like anxiety, depression and the feelings you have about yourself and your partner can take away your desire to have sex.

Symptoms

What are the symptoms of FSD? Well, you can have little or no desire to have sex. You may not be able to become aroused or stay aroused, even if you want to. You may not be able to have an orgasm. And, sex may be painful for you.

Treatment

How do we treat it? Proper diet and nutrition, healthy lifestyle habits and counseling may be effective. If you have an underlying problem, we may be able to treat or manage it. And, you may benefit from hormone therapy or other medications. Your doctor will create a care plan that's right for you.