

Anorgasmia in women

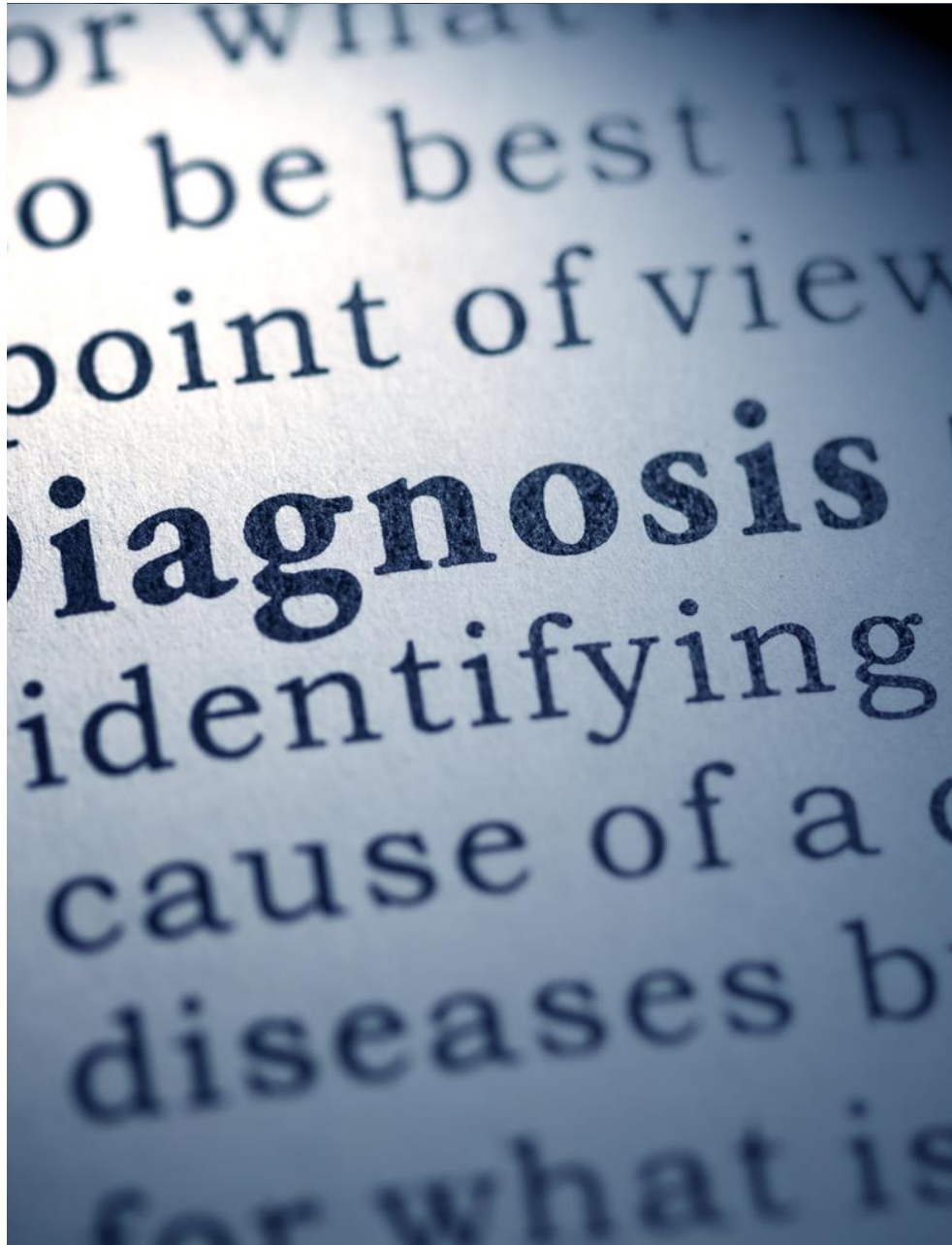
Evaluation and Management

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MD, FRCOG, FFSRH, Dip PST, Dip EBHC, MDCH

Gynaecology, Menopause, Sexual Health, Urinary incontinence





Orgasmic Dysfunction Clinical Diagnosis DSM V

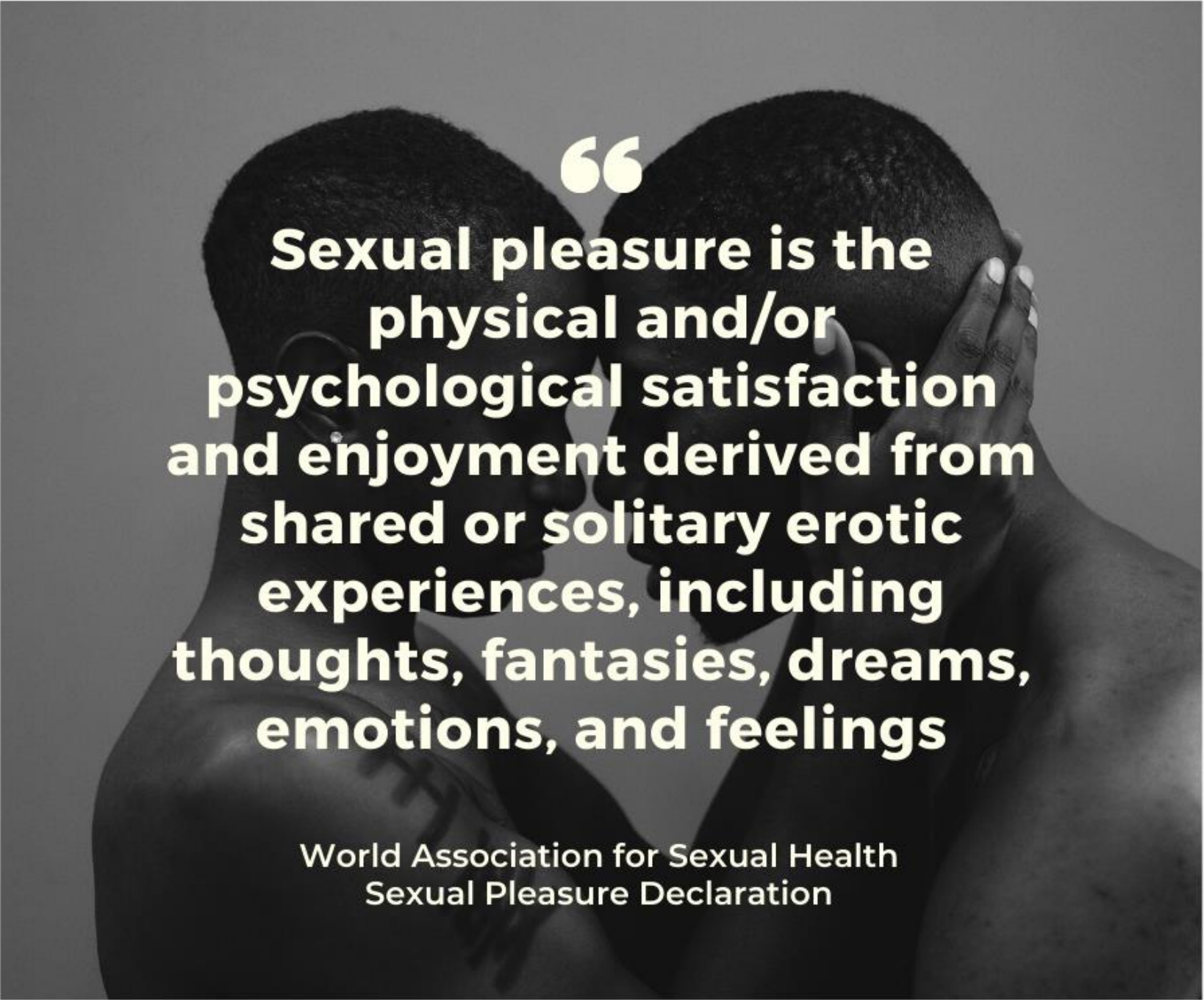
Delayed, infrequent, absent, markedly diminished in response to stimulation despite normal levels of subjective arousal.

Primary

Secondary

Distress or interpersonal problems due to orgasmic dysfunction

Symptoms present for > 6 months



**“
Sexual pleasure is the
physical and/or
psychological satisfaction
and enjoyment derived from
shared or solitary erotic
experiences, including
thoughts, fantasies, dreams,
emotions, and feelings**

**World Association for Sexual Health
Sexual Pleasure Declaration**

World Association for Sexual Health. *Declaration of sexual rights*. 2014. Retrieved March 10, 2016, from http://www.worldsexology.org/wp-content/uploads/2013/08/declaration_of_sexual_rights_sep03_2014.pdf.

Recommended by *Relate*

BECOMING ORGASMIC

A SEXUAL AND PERSONAL GROWTH
PROGRAMME FOR WOMEN

JULIA REHEIMAN
AND JOSEPH LOPICCOLO

DR. LAURIE MINTZ

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WHY ORGASM EQUALITY MATTERS—
AND HOW TO GET IT

An orgasm a day
keeps heart disease
away!

Sod the apple!



Women
who cannot
orgasm
could be
sick

ORGASM

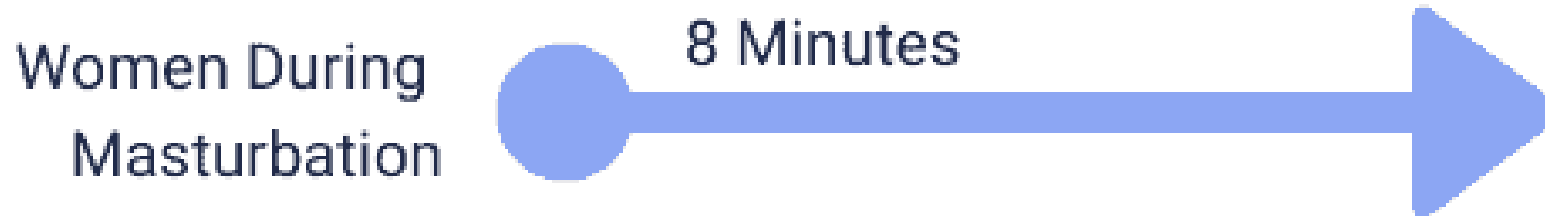
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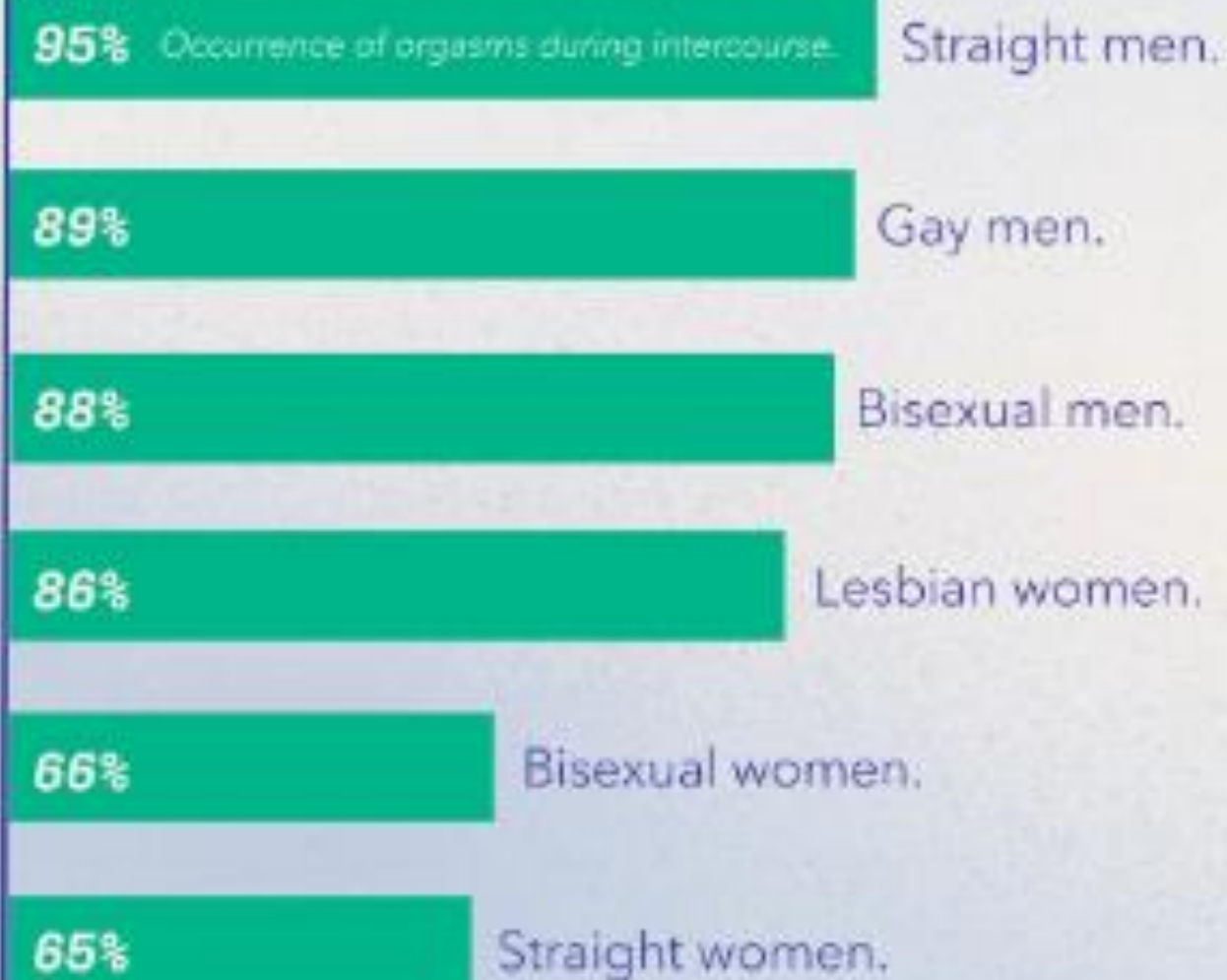
THE MIDWEEK
SUN

Exciting & Revealing

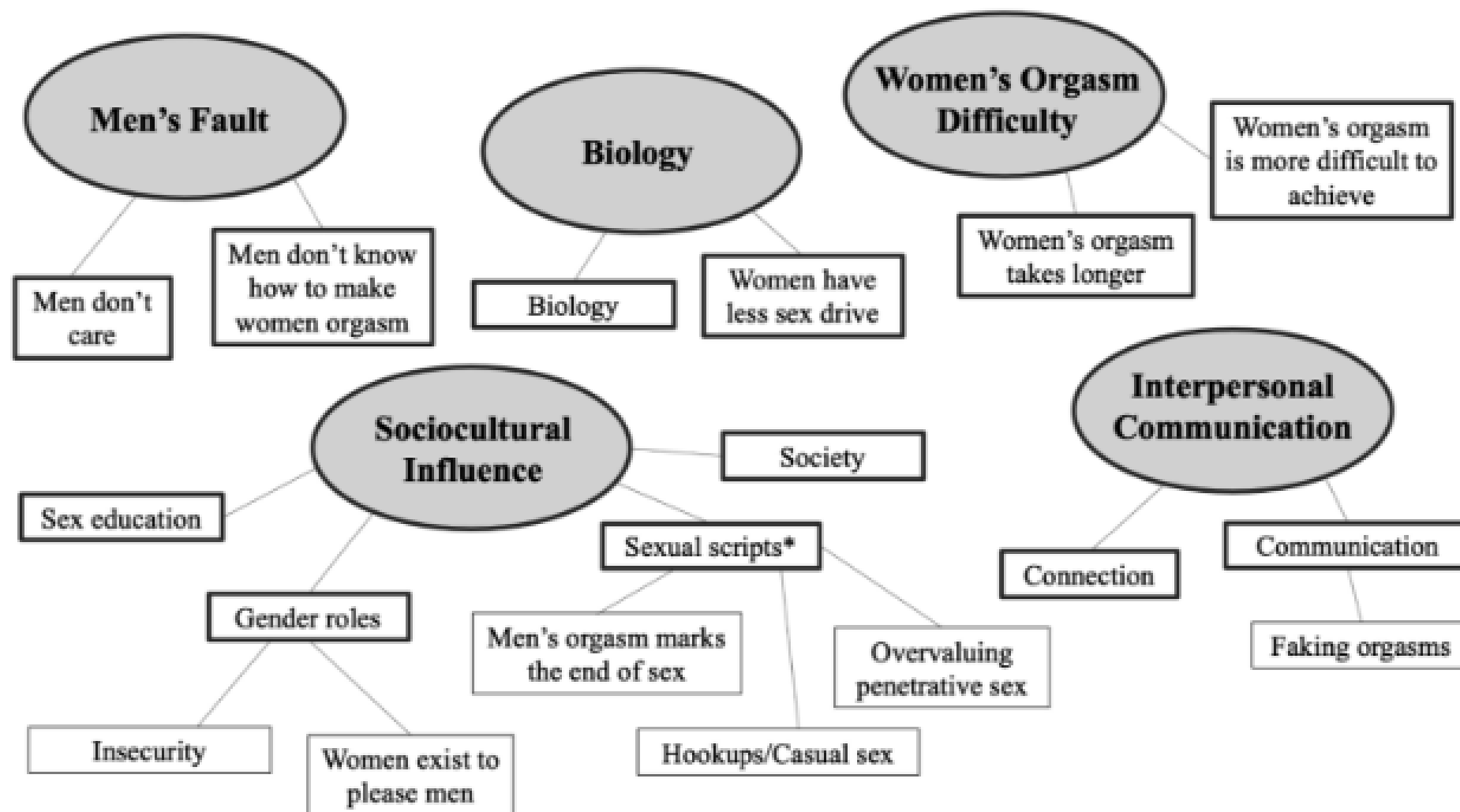
Average Time It Takes To Orgasm



The Orgasm Gap



Frederick, D.A., John, H.K.S., Garcia, J.R. et al. Differences in Orgasm Frequency Among Gay, Lesbian, Bisexual, and Heterosexual Men and Women in a U.S. National Sample. *Arch Sex Behav* 47, 273-288 (2018). <https://doi.org/10.1007/s10508-017-0939-z>

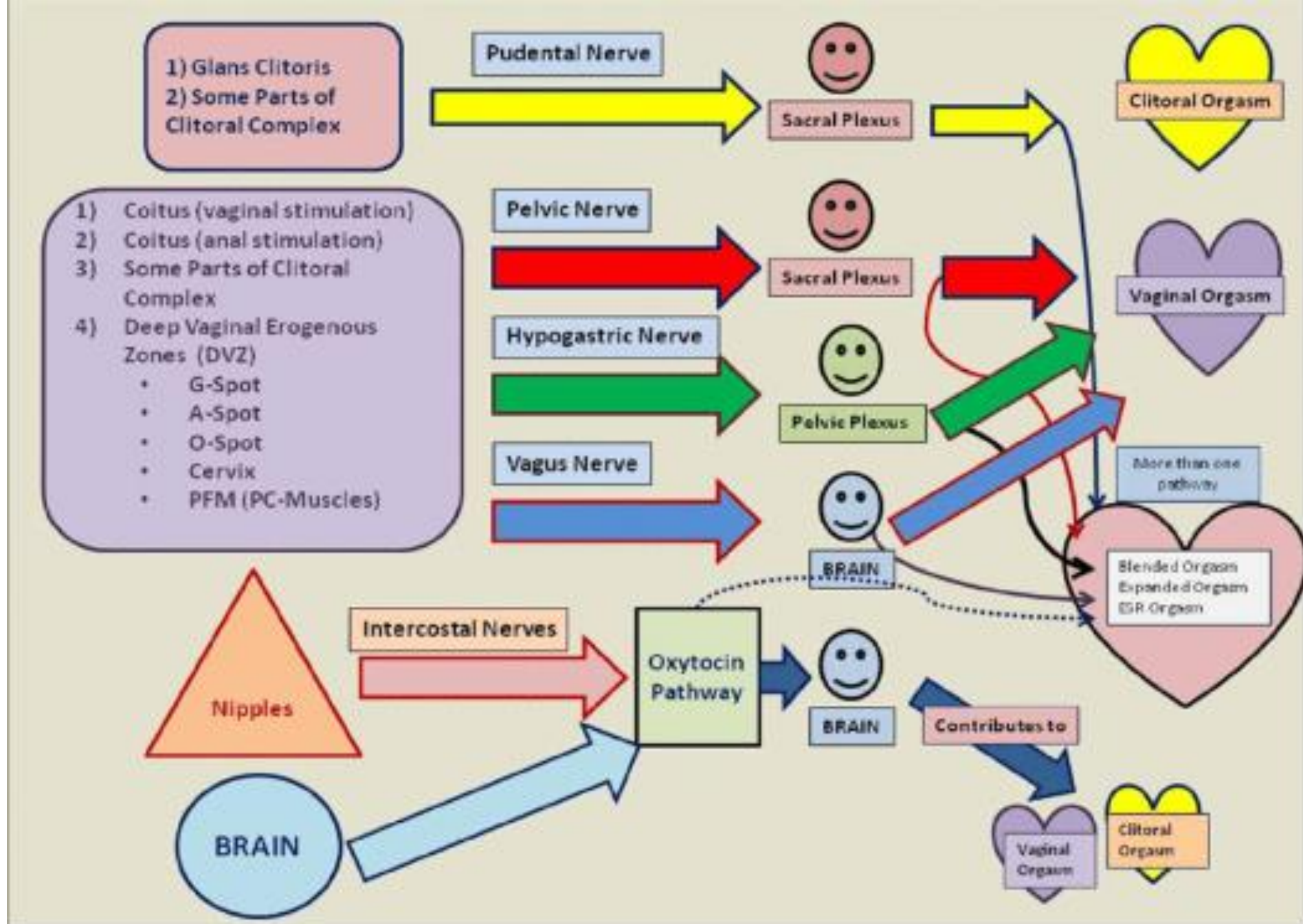


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Heterosexual Young Adults' Experience With and Perceptions of the Orgasm Gap: A Mixed Methods Approach

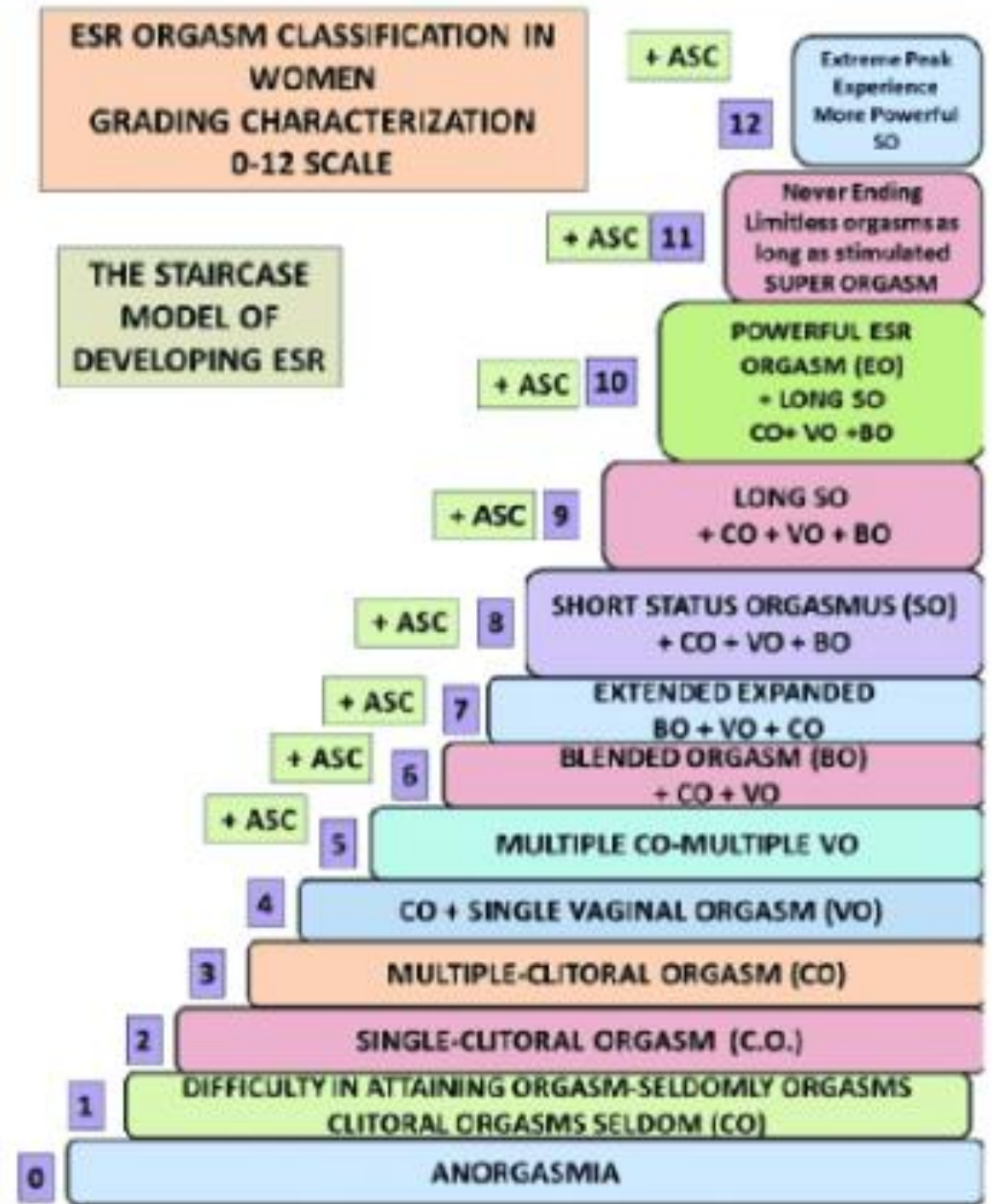
[Grace M. Wetzel](#) and [Diana T. Sanchez](#) [View all authors and affiliations](#)

[Volume 46, Issue 2](#) | <https://doi.org/10.1177/03616843221076410>



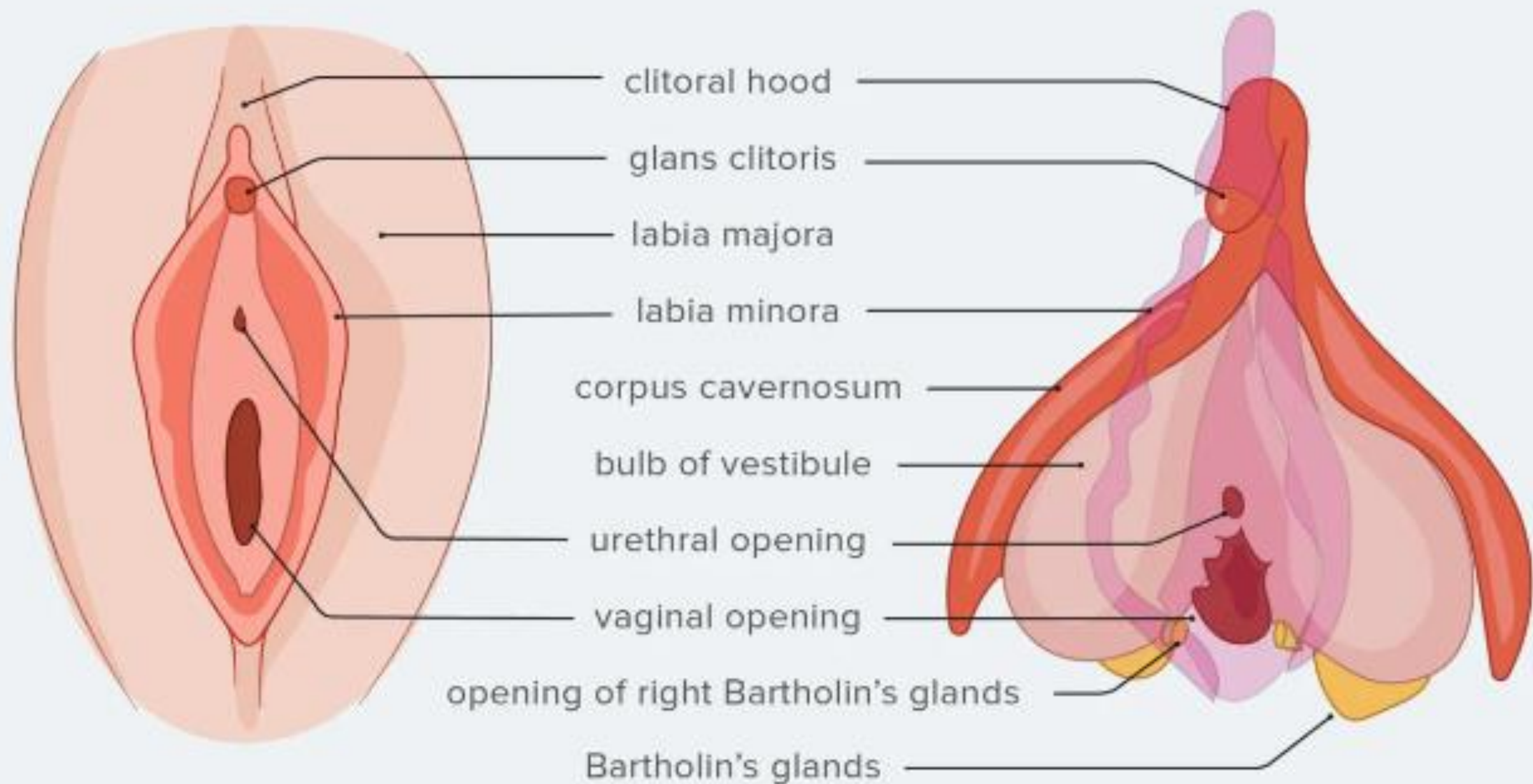
ESR – Expanded Sexual Response

EO – Expanded Orgasms

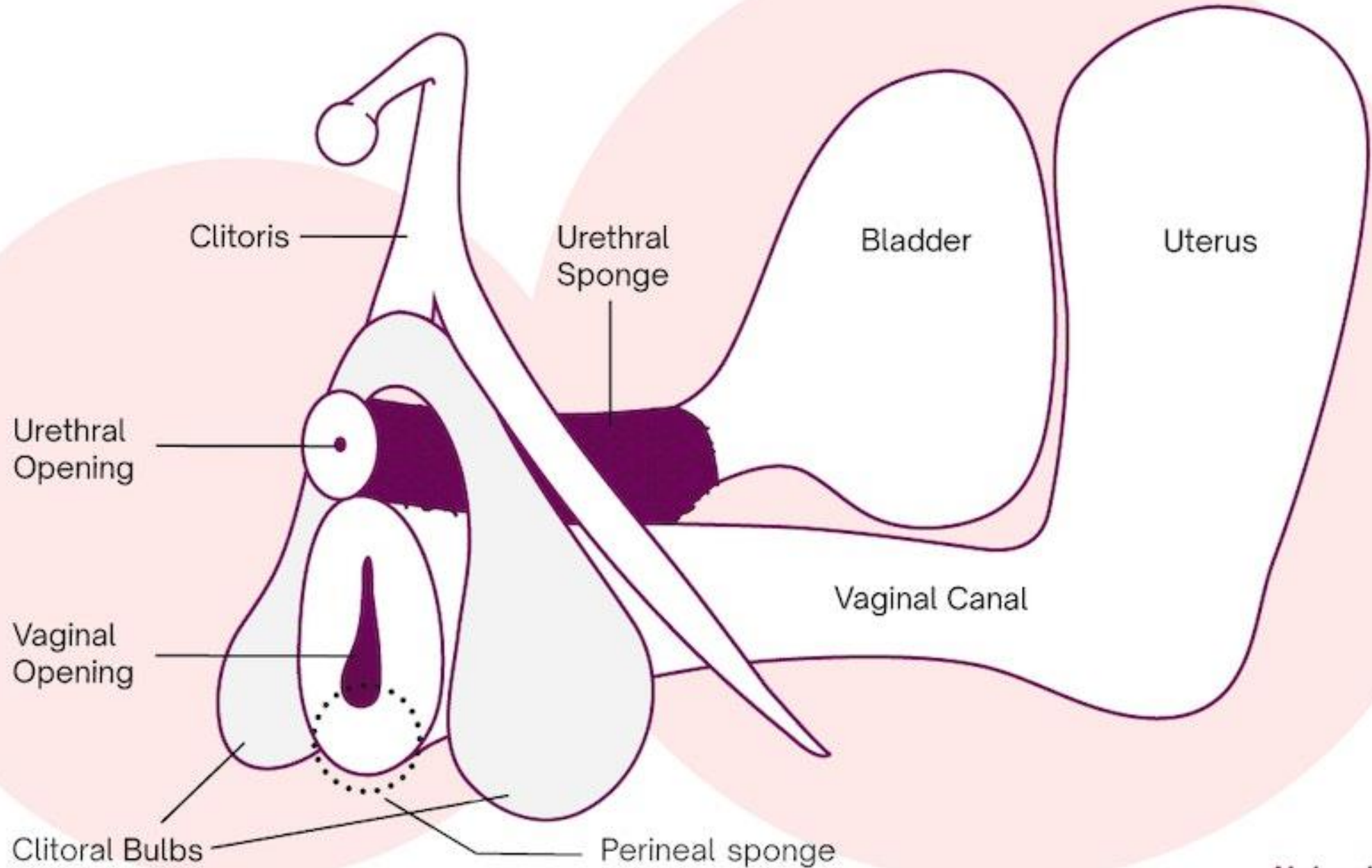


The Vulva

The Clitoris



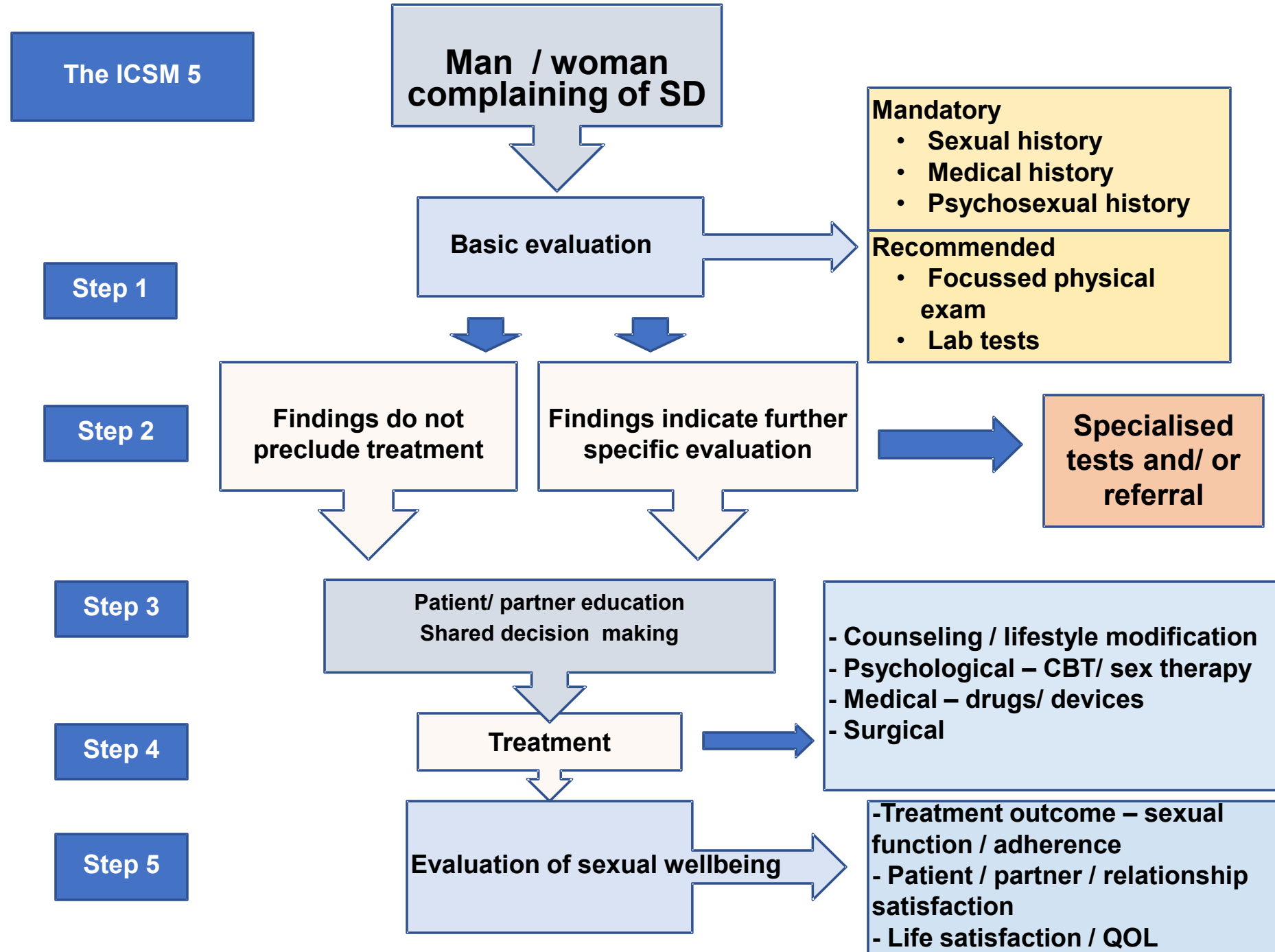
The Clitoris-Urethra-Vagina (CUV) complex:

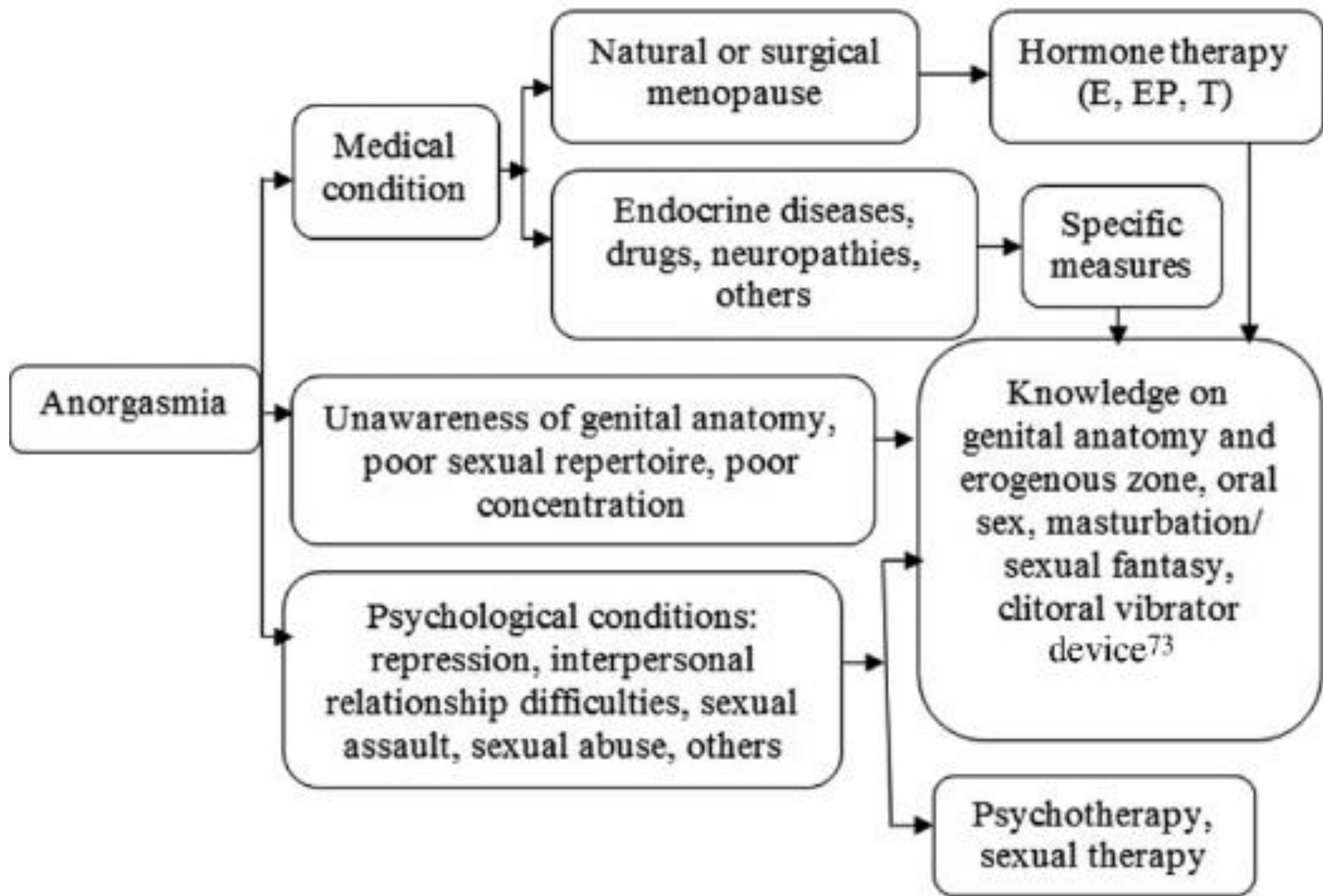


Natural Cycles

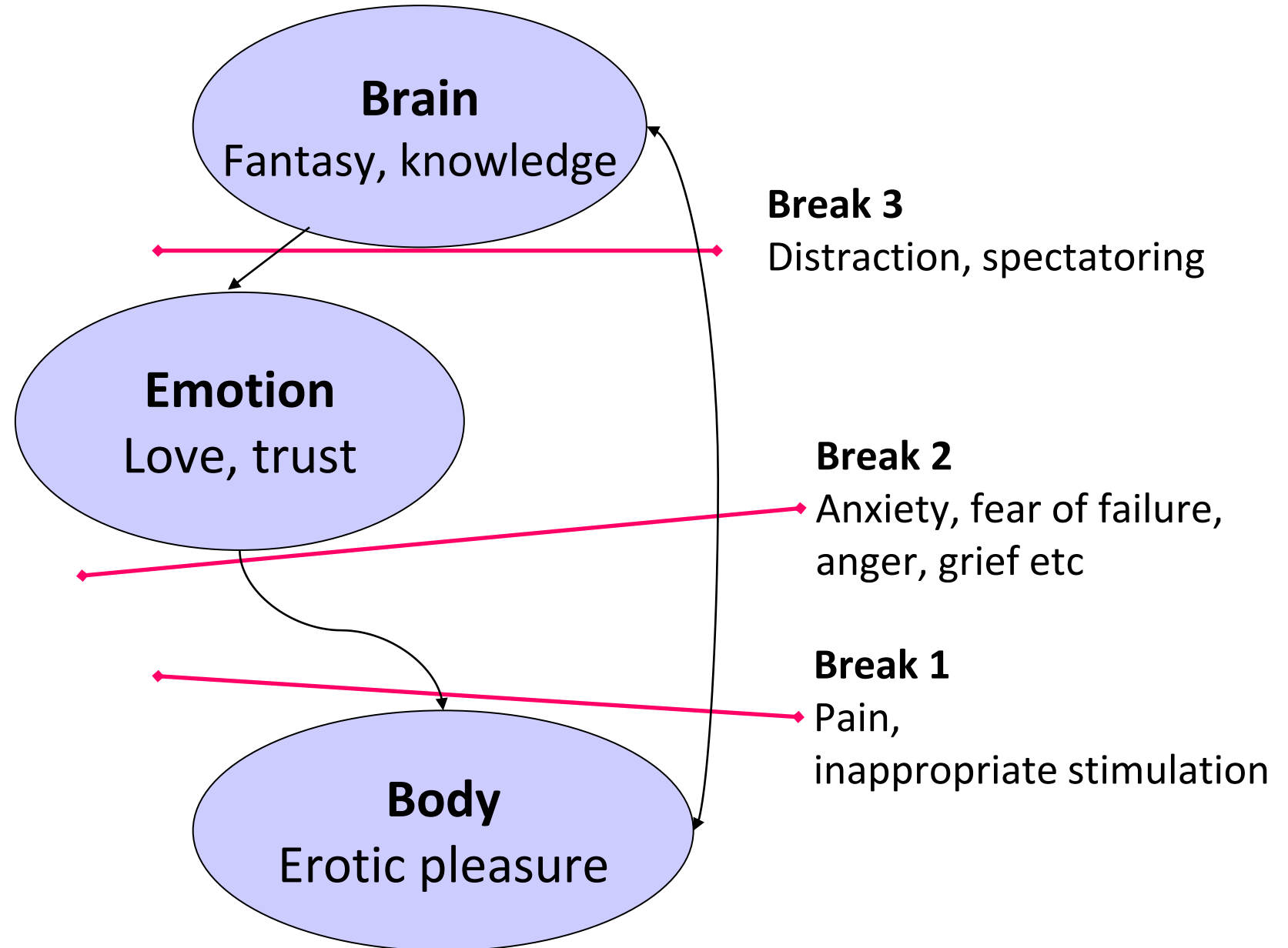
Inhibitors of orgasm

- Bio-Psycho-Social norms
- Expectations
- Negative emotions
- Trauma and disengagement from the body
- Beliefs about Body, Self, Relationship and Sexuality
- Perspective on pleasure
- Medication





Sexual arousal circuit



Myths about orgasms

- Vaginal penetration alone causes the right orgasm
- Squirting isn't real
- Masturbation ruins orgasms with a partner
- Good sex means you have to orgasm
- Women don't experience discomfort after unresolved stimulation
- You should have multiple orgasms
- Faking orgasms makes you a bad lover
- Everyone has orgasms
- Sex is over once the man ejaculates

Predictors of Orgasms?

- Communication & Sex
- Health and fitness
- ESR



Orgasmic triggers – tips for optimal response





Vibrators And Sexual Satisfaction For Heterosexual Women

Partner Doesn't Know or
Disapproves of Vibrator Use

Partner Knows of And Likes
Her Vibrator Use



Sexual
Dissatisfaction

Sexual
Satisfaction

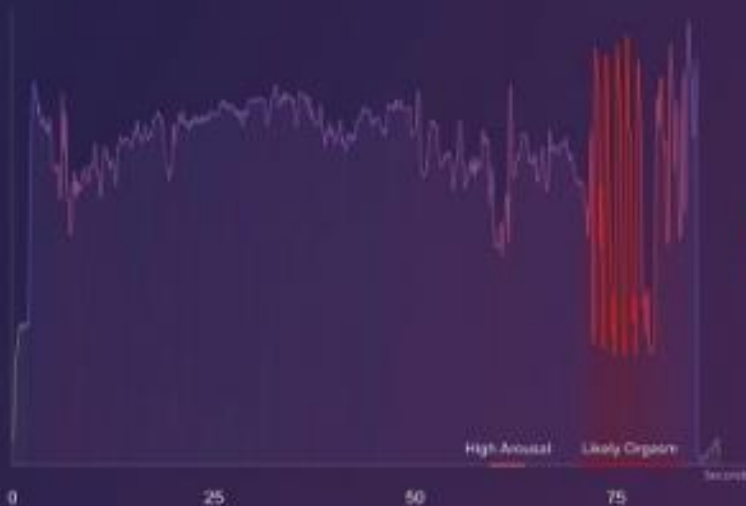
AI and orgasms

Lioness AI sex toy can teach you about your orgasms



Festival

Sober



You consistently orgasm in 1.1 minutes when you tag

Sober

Do you want to replay the vibrations from this session?

Yes

No

Knowledge is power.
And pleasure.

Have better orgasms more often with **AI-assisted guidance**, backed by years of research and analysis of over 30,000 orgasms.



LIONESS
Generation 2

All-new

Lioness 2.0

Track your pleasure and make it better



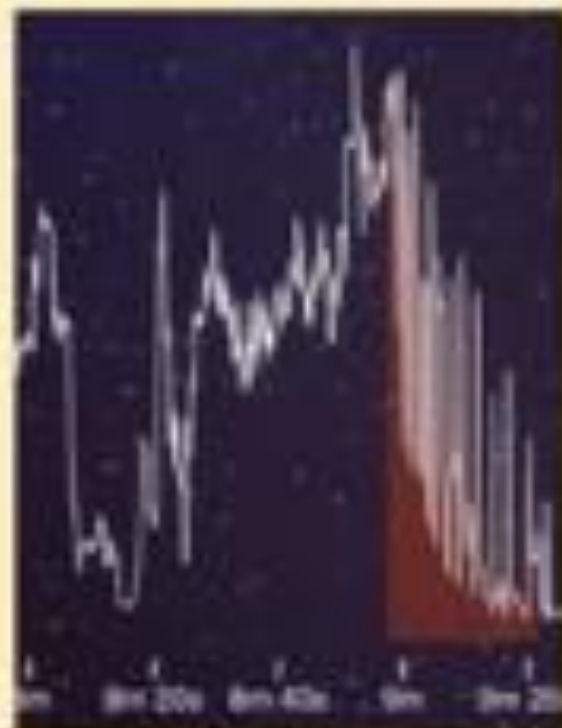
Orgasm Patterns Using The Lioness Vibrator



Orgasm Patterns



Ocean Wave

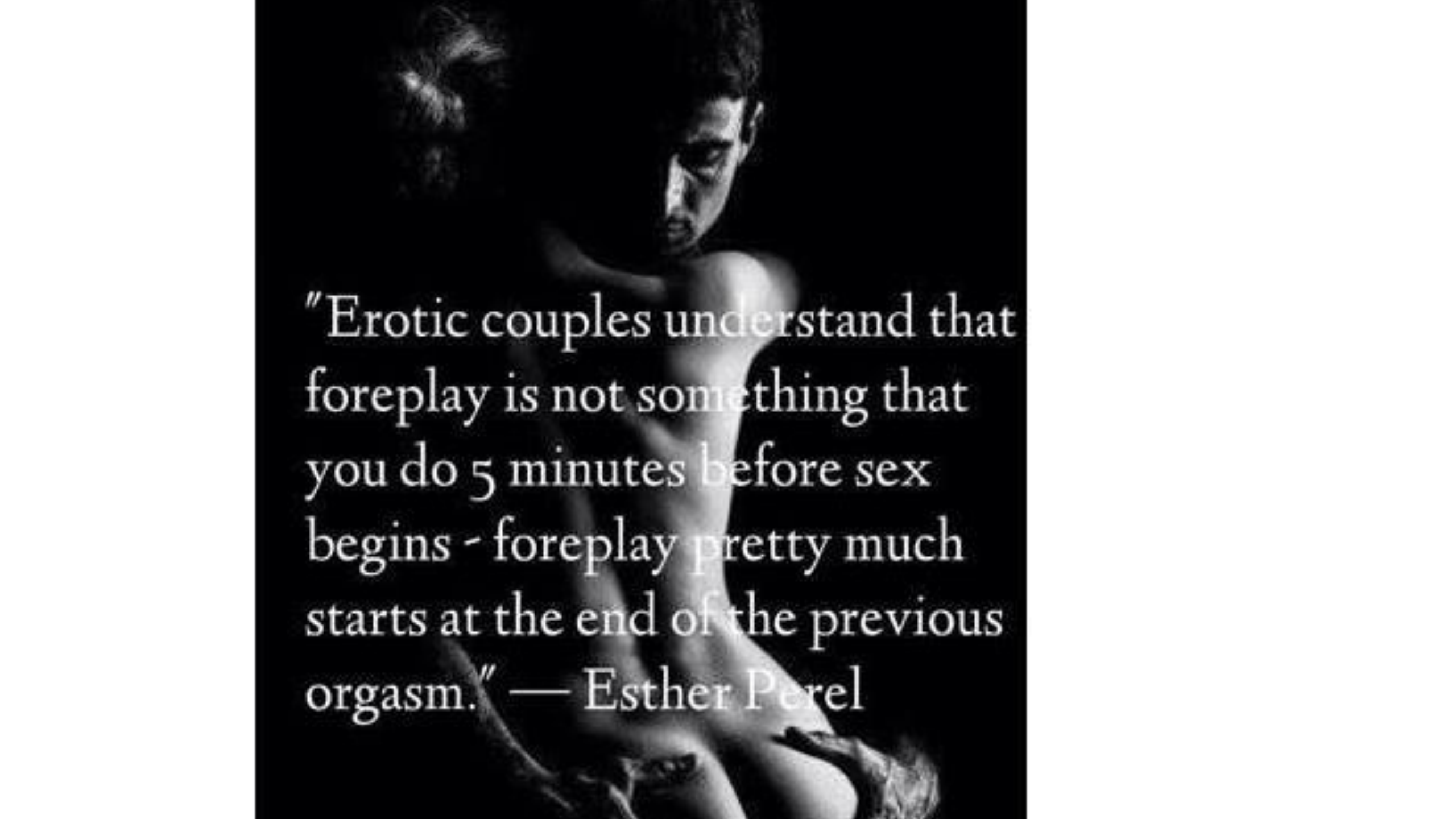


Avalanche



Volcano





"Erotic couples understand that foreplay is not something that you do 5 minutes before sex begins - foreplay pretty much starts at the end of the previous orgasm." — Esther Perel

references

- <https://pleasurebetter.com/orgasm-statistics/>
- <https://journals.sagepub.com/doi/full/10.1177/03616843221076410>. Wetzel, G. M., & Sanchez, D. T. (2022). Heterosexual Young Adults' Experience With and Perceptions of the Orgasm Gap: A Mixed Methods Approach. *Psychology of Women Quarterly*, 46(2), 131–146.
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- <https://www.thegreatwallofvulva.com/>
- <https://cardiacrehab.ucsf.edu/sexual-activity-and-your-heart>
- <https://www.healthline.com/health/healthy-sex/female-orgasm#ejaculation>