

Contact Us Toll Free at 1.866.208.3430

Sexual Issues - Women

Education

Sexual issues are very common in people suffering from multiple sclerosis (MS). MS attacks affect areas in the central nervous system (CNS) where sexual emotions and arousal takes place. In some cases, sexual symptoms may result from MS damaging the nerve pathways to sexual organs. This damage to the nerves can cause problems with sexual arousal and even orgasm. Other MS symptoms, such as fatigue, pain, or spasticity, can affect sexual mood and function.

Examples of Sexual Symptoms in Women

- Vaginal dryness
- Difficulty achieving an orgasm
- Loss of sexual desire or mood
- Decreased sensitivity or sensation in the vaginal/clitoral area (ask Diplomat about compounding a prescription topical cream to stimulate sensation)
- Painful sensations during sexual activities

Tips dealing with sexual problems

- Work with your partner to establish a channel of open communication as it relates to sexuality. Communication is the best way to identify and solve problems in a relationship.
- Vaginal dryness can be relieved with over the counter lubricants and vaginal moisturizers
- Sometimes other MS symptoms (such as pain, spasticity, fatigue, bladder or bowel symptoms) can "get in the way" of sex. In these cases, try to reduce the symptoms prior to sexual experiences. Talk to your Patient Care Coordinator and your physician regarding ways to help control these other MS Symptoms.

Medical Treatment

Before treatment can be considered, a full evaluation should be conducted by your physician. Several different treatment options exist for people suffering from MS with sexual problems. The National MS Society also suggests counseling by a mental health professional or trained sexual therapist.

For questions or concerns regarding any of the above statements or recommendations, please feel free to contact Diplomat Specialty Pharmacy Toll Free at 1.866.208.3430.