

WOMAN TO WOMAN NEWS

August, 2005

SEX: IT CAN BE GREAT!

BY MICHELLE BECHER, DO, FACOGG

Joe can't reach orgasm. Old, little Joe just isn't performing the way he used to. How long will it be before Joe is thinking crisis...doctor... Viagra...fix it? Maybe a week.

But what if Joe's wife, Jane, can't have an orgasm? Instead, she does a Meg Ryan-in-the-deli "I'll have what she's having" routine? Nobody talks about it and no one's the wiser.

Until now. Finally the art and science of female sexual dysfunction is getting long overdue attention from doctors, sex therapists, the media, and if any luck, from the women's partners.

So, what is meant by good sex?

Before we start trying to 'fix' women, let's discuss what constitutes women's sexual dysfunction. The idea seems to be that sex is all or mainly about being physical and that dysfunction is mainly about problems with intercourse. Sex is much more

than physical interaction, and so is female sexual dysfunction. Maybe you have low sexual desire because your mate is not meeting your needs on a variety of levels. Sexual response is complex, and many elements are necessary for sex to be the wonderful thing it was meant to be.



Female Sexual Dysfunction

About 2/3 of women have some type of sexual dysfunction, and 1 in 4 between the ages of 21-30 have low sexual drive. These numbers increase with age, but tend to be perceived as less bothersome as women age.

More than 40% of women will complain of sexual dysfunction at some time during their lives, and the typical patient is a "healthy 38 year old female".

Many factors contribute to this

growing problem, but chief among them are surgeries and childbirthing, which may destroy delicate nerve networks that connect female sexual organs to the brain.

Many women with sexual dysfunction may have an undiagnosed thyroid disorder. Evidence is showing that thyroid problems can stall a woman's erotic desires.

Although depression and other psychological issues are major contributors to decreased libido in women, we know health issues like diabetes, hypertension, heart disease, high cholesterol, smoking and obesity all appear to have significant impact on female sexual dysfunction.

Upon arrival of Viagra for men, millions sought treatment for sexual dysfunction. Several other meds have become available for both male arousal and impotence.

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COMBATING DEHYDRATION IN THE SUMMER, BY KATHY KRUGER, D.O.

Summer is upon us in Mid-Michigan. This, of course, brings with it the heat and humidity. Unless you are a camel, your body needs plenty of water. We often cause our bodies to take on a camel-like state. I know, I know, you hear it all the time, "drink more water."

The reason everyone makes such a big deal is all of the things water does in your body. Please visit the following website for more information:

<http://www.med.umich.edu/umim/clinical/pyramid/water.htm>

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DR. GREEN'S HELP COLUMN

“Help! I haven’t felt my baby move all day! What should I do?”

This is a very common question in our practice. Before you panic, there are some measures you can perform at home to reassure that your baby is alright.

First, if you’ve been running around all day at work, or with your other children or just out shopping, you may be too involved to notice that your baby is moving.

So, if it’s been a few hours and you haven’t noticed the baby moving, eat something and drink something. Then, remove all distractions like the TV, radio or other people. Lie on your left side and count the number of times you feel movement.

If you feel 5-10 movements in less than an hour, your baby is doing just fine.

If the baby is sluggish and not moving after 5 or 10 minutes you can stimulate

your baby to move by placing an empty pie tin (or perhaps a frying pan if you don’t have a pie tin) over your belly. Then rattle your keys over the pie tin for a few seconds and see if this doesn’t wake your baby up.

Bottom Line: If you can’t count 10 movements in one hour, please call Labor and Delivery at the Carson City Hospital. They will have you come in for a fetal non-stress test (NST). An ultrasound can also be done if

the baby does not meet the criteria to pass the non-stress testing. An ultrasound is done to reassure us that the infant is not compromised. If the baby meets all of the criteria, then you will probably be sent home.

If the infant does not meet the criteria during the ultrasound, and has also not met the criteria for the NST, you may have to undergo an emergency or urgent cesarean section.

Combating Dehydration In The Summer, continued from page 1

- 60% of adult bodyweight is water
- Digestion, absorption, and metabolism require water
- Required for maintenance of body temperature
- Water contains no calories or fat
- It is a natural appetite suppressant and aids in weight loss
- Water prevents complications of dehydration like headache and fatigue
- It thins the mucosa in people with asthma and chronic sinusitis
- Water decreases the chance of recurrent urinary tract infection
- It may decrease the risk for colon, kidney, and bladder cancer



And you thought we wanted you to drink just to make you pee a lot!

The amount of water you need every day depends on your activity level and your surroundings. You require more water on a hot, humid day than you do on a cool day. As a general rule, women require eight 8 oz. glasses of water a day, and some say as much as 10, or 64-80 oz. daily (2 quarts or 2 liters). Before your eyeballs and back teeth start floating away, there is good news. Twenty percent of water intake comes from dietary sources, another 80% needs to come directly from beverages. So...

What are acceptable beverages...

- Water, of course—Drink a glass with each meal!
- Take water breaks instead of coffee breaks
- Flavored water counts! Add lemon, lime, orange or pineapple to spice it up
- Tea, hot or cold
- Sugar-free Kool-aid or Crystal Light
- Sugar-free freeze pops, popsicles or jello
- Watermelon



What is not an acceptable beverage...

- Fruit juices—juices are the same as eating a piece of fruit, and while it is good for you, it does not help hydration.
- Soda—contains no essential nutrients and large quantities of salt, which can make dehydration worse.
- Coffee contains caffeine which can make dehydration worse.

A way to help meet your daily water requirements is to try to have a large glass of your favorite acceptable beverage close to you. If you can see the glass you can remember to take a drink out of it.



SEX, IT CAN BE GREAT, CONT'D



However, there is no magic pill on the horizon for women.

Many physicians are reluctant to discuss sexual issues with their female patients. The field of female sexual dysfunction is still in its infancy when compared to studies of sexual dysfunction in men.

So, let's talk about female sexual dysfunction. It refers to problems in any phase of the sexual response cycle that prevents satisfaction.

There are four phases of the sexual response:

- Excitement
- Plateau
- Orgasm
- Resolution

Sexual dysfunction may be caused by physical or psychological issues.

Physical causes include:

- Diabetes
- Heart disease
- Neurologic problems
- Hormonal/ Menopausal
- Chronic diseases such as renal or liver failure
- Alcohol or drug abuse
- Medication side effects
- Surgery/birth trauma

Psychological causes include:

- Stress or anxiety

- Performance concerns
- Marital or relationship problems
- Physical or verbal abuse
- Past sexual trauma
- Guilt

How Do Sexual Problems Affect Women?

The most common problems are:

- Inhibited sexual desire. This is the lack of desire or lack of interest in sex.
- Inability to become aroused. This involves the insufficient vaginal lubrication, anxiety, or inadequate stimulation.
- Lack of orgasm, or, anorgasmia. This is the absence of sexual climax (orgasm). The cause may be inhibition, lack of knowledge, trauma or medications.
- Painful intercourse. This may be caused by endometriosis, cysts, vaginitis, scar tissue, interstitial cystitis or other issues.

How do I get my diagnosis?

Diagnosing your problem requires a history and physical examination by a provider knowledgeable in this field. (All of the health care providers at CFWHC are competent to discuss these issues.)

What does my treatment involve?

- Education of your anatomy, specifically those parts that excite you

- Enhancing your stimulation
- Providing distraction techniques, mainly with relaxation.
- Encouragement of non-coital behavior, for example, sensual massage to increase comfort.
- Communicating with your partner.
- Minimizing pain associated with the sexual act.

Getting Yours: Tips for Better Sex

Remember there is no "normal". Sexual dysfunction is defined by each woman. If you are unhappy with your sexual response, then there is a problem.

Know it really is alright to have sex for your own reasons.

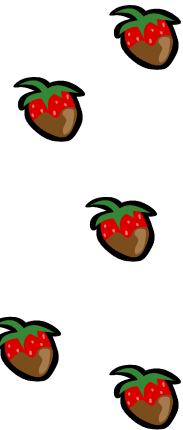
Some women have no libido, no orgasm, and could care less!

Understand your reasons—ask yourself what sex means in your life, for instance:

- Is it about your self image?
- Is it about nurturing—feeling loved and accepted?
- Is it about power?

Maybe it is simply about pleasure and feeling good.

Involve your partner. Liking to be cuddled as much as having sex is America's best kept secret!



More than 40% of women will complain of sexual dysfunction at some time during their lives...





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Center for Women's HealthCare

*Our mission is to provide
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to the women of the communities we serve.*



Women Serving Women
Let's Get Fit!!

JOIN US IN A FITNESS CHALLENGE!

Are you struggling to get that "baby fat" off? Or, are you just wanting to get healthy? If you're anything like me, you've probably lost a few hundred pounds in your life, then gained it back. You loose, you gain, you loose, you gain...the cycle is endless.

Well, now is the time to change. Make a commitment to become healthy, and to get cute while you're at it! Here are tips that may help you to get started:

- Set some goals that are specific, attainable, and forgiving. For example, "exercise more" is a wonderful goal, but not specific. "Walk 3 miles a day" is specific and measurable, but may not be reasonable or attainable if you're just starting out. "walk 30 minutes every day" is more attainable, but what happens if it thunderstorms all week? "Walk 30 minutes, five days each week" is specific, attainable and forgiving.
- The above tip was found at webmd.net. There are also diet plans for about \$5.00/week. Another good site is weightwatchers.com where you can track your diet, weight loss, and obtain menus, recipes and inspiration for about \$15.00/month.
- We would love to hear your weight loss tips and strategies. We will select one or two testimonials from our patients to print in each newsletter. They should be no more than 100-125 words.