

# Female sexual arousal disorder essay sample



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There are many different disorders that a person can have and one common disorder is female sexual arousal disorder. This is the second most common sexual dysfunction in women. ("Female Sexual Arousal Disorder", 2013).

There are many women who suffer from the dysfunction. Sexual arousal in women can be broken into three categories, genital arousal disorder, subjective arousal disorder, and combined arousal disorder. When a woman has a hard time getting aroused it can cause many problems in her relationship if it is not addressed properly. Some symptoms of the arousal disorder in women are the inability to become sexually excited, can't reach orgasm, and dryness in the vaginal area. A sexual disorder can happen in women of all ages but it is found most often in women going through menopause. It is often due to a hormonal issue.

When a female lacks in the estrogen it increases the lack of sexual arousal. The age in which a woman is more prone to sexual dysfunctions does vary depending on when menopause occurs for her. Medication can also play a part in a woman who has issues with sex. There are many medications that can decrease the sex drive of a woman, even something as simple as blood pressure medication. A sexual arousal disorder can also be a psychological issue as well that may need treatment from a psychologist. Prolonged illnesses such as diabetes, multiple sclerosis, and vascular disease can lead to genital arousal disorder by causing peripheral neuropathy and decrease/loss of genital sensation. ("Female Sexual Arousal Disorder", 2013). When a person suspects they may have a problem such as an arousal issue they are put through several tests to diagnose it.

They start the screening process by you having to discuss your sexual and medical history with your Dr. so he or she can get a better understanding on what the issues really are, then a pelvic exam is needed to check for any physical changes that may affect your sexual enjoyment. If a woman has been diagnosed with the sexual arousal disorder this does not mean she will never want sex or enjoy sex again, it just means she will need to seek treatment for the problem. There are many different options to treat the disorder such as medication, counseling, lubricants, or just changing and living a healthier life style. One thing that many people do not realize is that little things such as too much alcohol consumption can lead to problems getting sexually aroused. Many women there only issue is they have a problem with being dry and need lubricant, so a vaginal lubricant may be helpful during intercourse if you experience vaginal dryness or pain during sex. (" Mayo Clinic", september 12, 2012).

Another non-medical treatment is using a devise such as a vibrator or other sexual toy to increase arousal. When a woman has a sexual arousal dysfunction it can be very frustrating not only for her but the partner she is with as well. Some women have even tried Acupuncture to try and sure the disorder they are suffering from. After puberty there should be no reason a woman should not be sexually aroused quite easily. As most of us know the older a person gets the more the sex drive does slow down, but it should not be gone completely unless there is a physical problem that does not allow the person to engage in sexual activity, such as being paralyzed. Through the years there have been so many different treatment options made available for women to try.

Many people when they say Viagra they automatically picture a male with a sexual arousal issue not a female, but just as there are the little blue pills for men there are medications that women can take as well such as; an estrogen replacement drug or androgen drug. With all of the different options that are made available for women to treat their disorder of not being able to get aroused, have an orgasm, or to stay wet during intercourse there should be very few women who still cannot have sex due to the disorder. In my opinion when a woman can't get sexually aroused they should try all the at home remedies before resorting to medical treatment. If a simple lifestyle change of eating and exercising more frequently or using a lubricant can save a person from going through taking medication and going to other therapy sessions why not try it. If these options do not work by all means seek professional help for the issue.

#### References

<http://www.mayoclinic.com/health/female-sexual-dysfunction/DS00701/DSECTION=treatments-and-drugs>

[http://womenshealth.stanford.edu/fsm/arousal\\_disorder.html](http://womenshealth.stanford.edu/fsm/arousal_disorder.html)