

Southern California Center for
SEXUAL HEALTH
and SURVIVORSHIP MEDICINE

Sexual Enhancers

Michael L Krychman MD

Executive Director of the Southern California Center for Sexual Health and Survivorship Medicine

AASECT Certified Sexual Counselor

Associate Clinical Professor UCI

Newport Beach, CA

US Enhancement Study

- Objective:
  - to explore current behavior, attitudes and emotions related to intimacy and sexual habits
  - Internet based survey of 1740 respondents both male and female
- Age 21-70
- Varying ethnicities
- Heterosexual and homosexuals
- Must have had a sexual encounter within the last 3 months

US Statistics

- 43% use vibrators
- 59% lubricants
- 53% pornography
- 13% penis rings
- 5% penis sleeves
- 6% loveballs
- 35% pleasing enhancing condoms
- 43% massage oils
- 26 % erotic literature

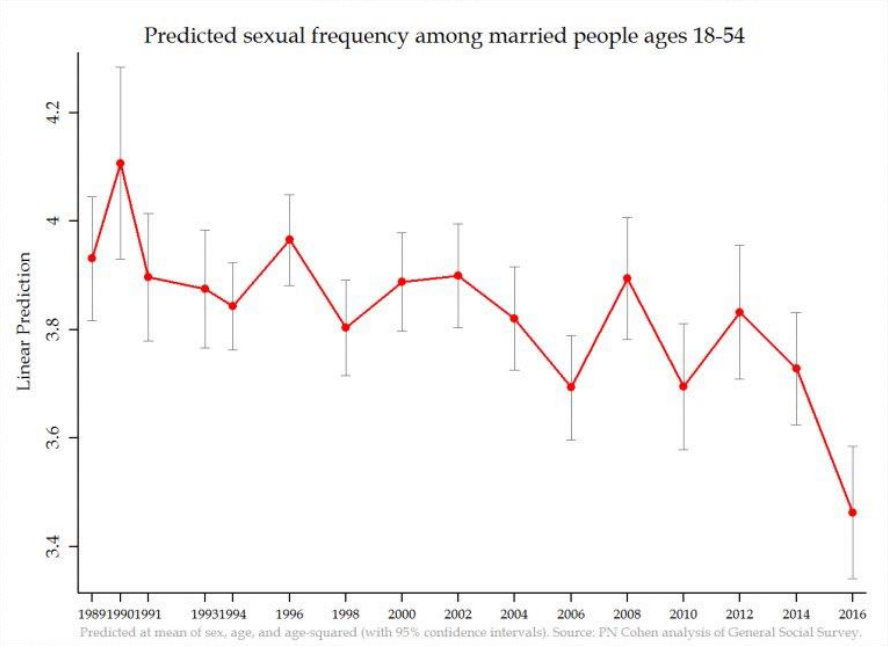
Durex Global Sex Survey

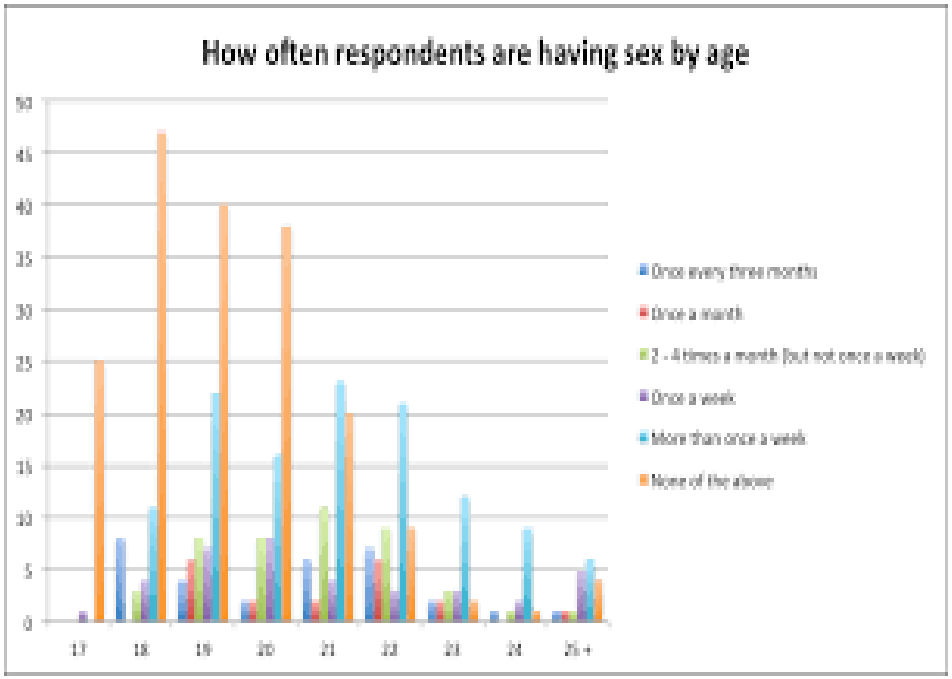
- 41 countries- 317,000 peoples
- Global average 138x year
- Threesomes/ ménage a trios
  - Australia 28%
  - US 24%
  - UK 17%
  - France 15%
  - 46% of women are the initiators
- 22% have had extramarital affair
- 12% have had same sex experience
- 5% sadomasochism
- 20% blindfolds, masks, bondage
- 23% use a vibrator
- 35% engage in anal sex
- 44% one night stand

Frequency

- Number of times per year that the average person has sex: 127
- Number of times per year that the average single person has sex: 49
- Number of times per year that the average domestic couple has sex: 146
- Number of times per year that the average married couple has sex: 98

Not tonight, honey, I have a headache..."





Reasons for Sexual Boredom

- Stress
- Fatigue
- Privacy
  - Children
- RUT
  - Routine
  - Unimaginative
  - Tiresome
- Predictability
- Sexual response changes
- Medical Concerns
- Body image concerns
- Distraction
- ……

- STRESS
- FATIGUE
- CHILDREN

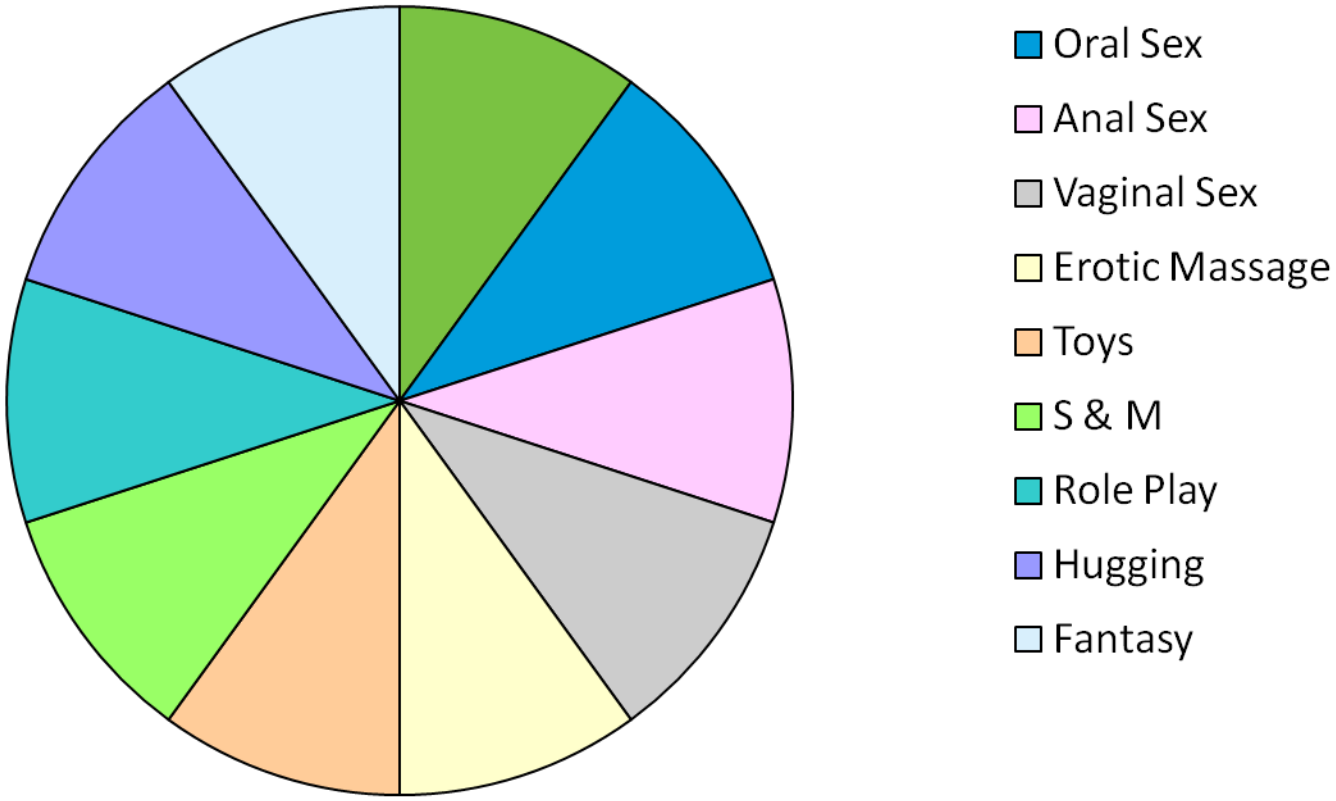






Pleasure Focused Sexual Expression

"Wheel of Pleasure"



Focus on Novel Activities

- Bring vacation time home again
- Do something novel and exciting
  - Dance in the living room
  - Ride a roller coaster
- Boost adrenaline and increases oxytocin hormones





Aphrodisiac

- A substance which arouses or intensifies sexual pleasure, sexual desire or performance. Maybe related to setting the mood, suggestion and arousal, Intensify Desire and or enhance performance or stamina.

Lifestyle Factors and Sexual Activity

Increased



- Physically active women
- Social support
- Healthy diet



Decreased

- Sleep difficulties
- Inactivity
- Depression
- Obesity



Greendale et al. Journal of Women's Health 1996;5:445-58.

Mediterranean Diet



- **Esposito et al. 2007 JSM**
  - Mediterranean diet in women with Metabolic Syndrome
  - 59 participants
  - 31 on diet versus 28 controls
  - FSFI improved in the intervention diet- no specific domain but whole overall
  - Mean basal level 19.7 +/- 3.1 to 26.1 +/- 4.1
  - CRP levels were reduced in the intervention group
- Mediterranean diet high on the fruits, vegetables, whole grains, legumes, nuts (especially walnuts) and olive oil, and very low on the red meat, refined grains, and processed foods resulted in higher on standardized indices of sexual function.

Esposito et al JSM 2007

Apple Consumption is Related to Better sexual quality of life in Young Women

Cai et al Arch Gynecol Obstet. Jan 2014

343vs 388 women

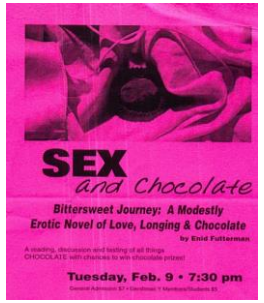
- Apples contain phloridzin, a dihydrochalcone glycoside, and a common phytoestrogen
- Phloridzin, can produce oestrogenlike effects due to their structural similarity to estradiol, ar can combine with oestrogen receptors in mammalians or humans, resulting in antioestrogen or

  oestrogen-like activity





Chocolate



- **Chocolate**, which the Aztecs referred to as the
  - "nourishment of the Gods", is the most popular food associated with sexuality.
  - Montezuma drank 50 goblets of chocolate per day to enhance his sexual drive and avoid exhaustion
  - Chocolate was used as currency; 10 beans could buy a rabbit, 12 bought a courtesan



  - Men and women appear to be susceptible to serotonin response and become chocoholics
  - Associated with romance, apology, seductive gifts
  - Biogenic amines tyramine and phenylethamine (PEA-love drug), methylxanthines and cannabinoid like fatty acids

- **It is one of the few foods that melts at body temperature**

- **Chocolate contains the biogenic amines tyramine and phenylethamine (PEA-love drug), methylxanthines, and cannabinoid-like fatty acids.**

- **Salonia et al : Chocolate and Women's Sexual Health An intriguing Correlation**

  - **Studied effects on daily chocolate and sexuality.**
  - **Anonymous semi structured interview**
  - **They reported a positive trend to higher scores in the daily consumers vs. those that did not statistically significant results**
  - **Women who reported chocolate consumption have higher FSFI scores than non consumers**
  - **Data adjusted for age, FSFI scores are the same.**

Salonia et al JSM 2006

Pistachios

- Pistachios are rich in plant protein, fiber, antioxidants, tocopherol, selinium, arginine, and monounsaturated fats

- **Aldemir et al International Journal of Impotence (2011)**
  - 17 men with ED
  - 100 g pistachio nuts diet for 3 weeks at lunchtime

  - International Index of Erectile Function(IIEF)
  - Penile color Doppler Ultrasound
  - Total cholesterol

  - BMI was unchanged



Scale	Baseline	Post Intervention
IIEF	36 +/- 7.5	54.2 +/- 4.9
Peak systolic velocity	35.5 +/- 15.2	43.3 +/- 12.4



Total cholesterol and LDL levels decreased significantly

HDL levels increased significantly

Maybe endothelium dependent vasodilitation

Alcohol

- CNS depressant
- Increasing the levels of inhibitory levels of GABA
- Small amount will reduce inhibition or cause dis inhibition.
- Larger amounts cause sexual problems

Macbeth:

What three things does drink especially provoke… lechery, sir, it provokes, and un provokes; it provokes the desire but it takes away performance

Mondaini et al (2009)



- Daily red wine intake in Italian women in the Chianti region of Tuscany
- 798 women (18-50 ages)
  - Group 1 Daily : 1-2 glasses a day
  - Group 2 tee-totallars
  - Group 3 more than 2 glasses per day
- FSFI was completed
- Results:
- Group 1-
  - Higher Desire
  - Higher Lubrication
  - Higher overall sexual function as measured by the FSFI



Red wine is a component of the Mediterean diet
Linked to decreased CHD, and overall mortality

Excessive alcohol consumption is a considered a major risk factor for androgen deficiency in the elderly

Oysters

- Casanova apparently ate 50 oysters every morning

- Fisher et al (2005) American Chemical Society/Barry University in Miami- neurobiology lab
  - Zinc, D-aspartic Acid and N-methyl-D-aspartate
  - Increased production of testosterone in men and increased progesterone in women.
  - Increased sexual activity
  - Need to eat them fresh-
  - Cooking breaks down aspartic acid

Behavior Modification

Behavior Modification



Lifestyle Modification

- Stress management
- Time management
- Pain Management
  - Physical therapy
  - Lymphedema Programs



Alternative forms of sexual expression

Cognitive Behavioral Therapy is..

- Behaviors Sex therapy is effective for the treatment of Sexual complaints
  - Sarwer et al. J. Sex & Martial Therapy 1997
- Cognitive Behavioral Group Treatment is effective for treatment of Sexual complaints
  - Trudel et al Sex and Relationship Therapy Vol 16:2 2001

Sex Counseling IS NOT:

- **Sex Coaching**
- **Sex Surrogacy**

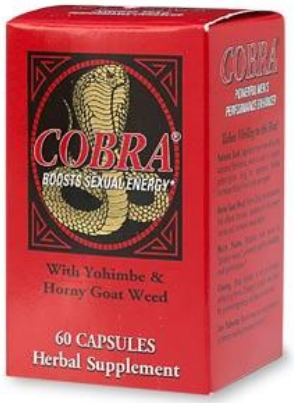


- Arginimax
- Vitality
- Hersynergy
- Zestra



















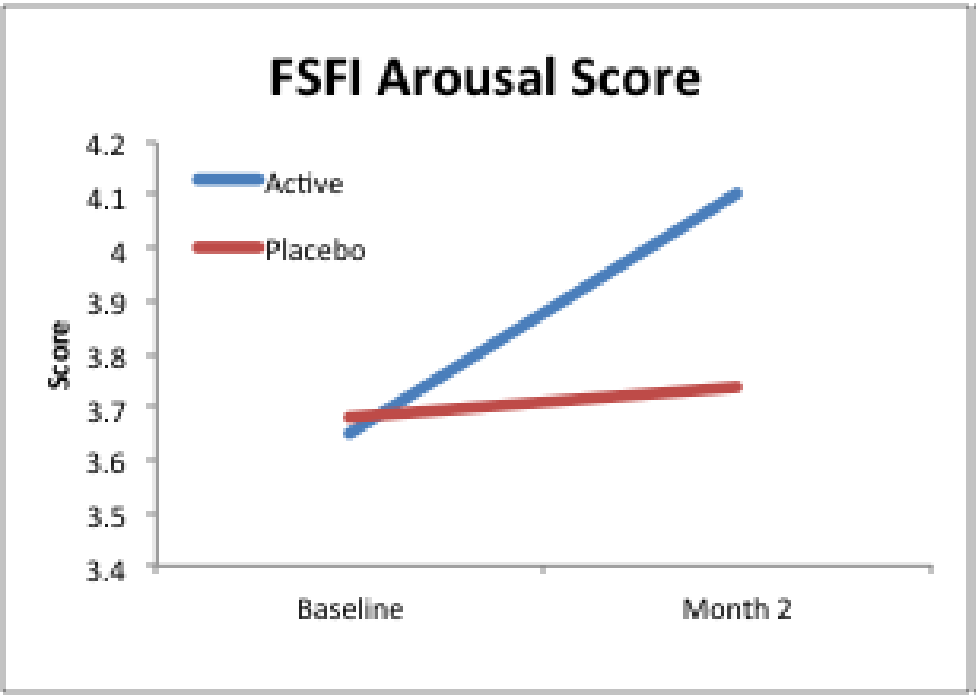
Fenugreek Studies and Results

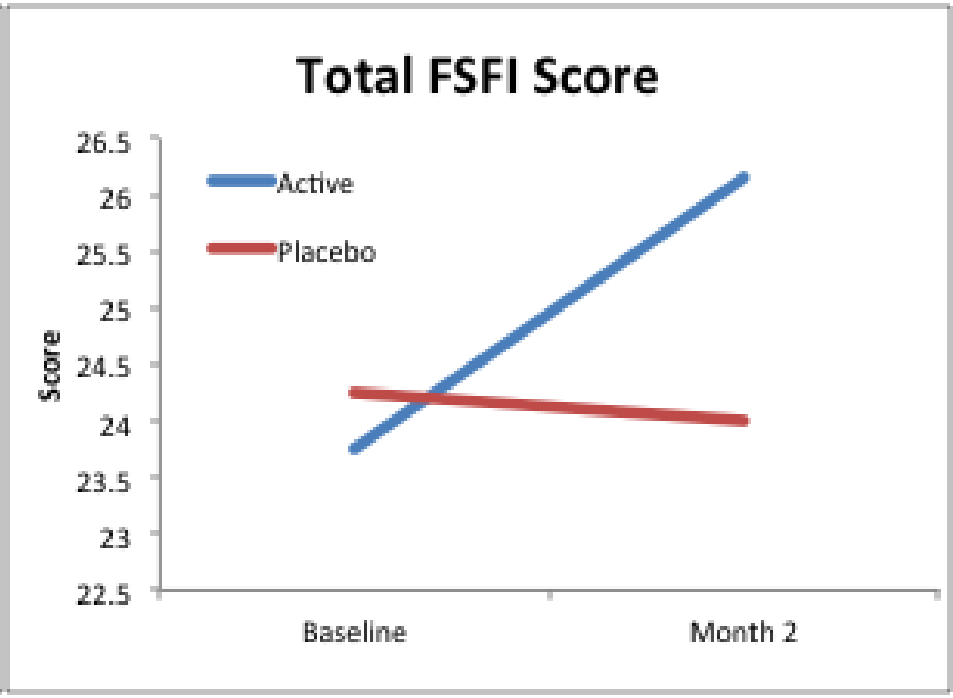
Publication	Study Type & Design	Primary Objectives	Additional Objectives	Results
Sreeja S. et al, *Indian J Med Res* 131, June 2010, 814-819	Pre-clinical; in vitro estrogenic activities of fenugreek seeds	Competitive ER binding assay to assess binding capacity of fenugreek extract	• To assess capacity of fenugreek extract as an alternative to HRT	Supports estrogenic efficacy of fenugreek extract
Muraki E. et al, *Lipids Health Dis* 2011, 10:240-245	Pre-clinical; animal study to assess safety and efficacy of fenugreek	To examine dose-dependent effects, safety and tolerability of fenugreek	• Evaluate fenugreek effects on triglycerides, cholesterol and lipids	Data supports safety and tolerability of fenugreek
Steels E. et al, *Phytotherapy Research* 2011 Feb	Phase III clinical study, double blind randomized placebo controlled vs fenugreek extract in 60 healthy men	To assess effects of fenugreek extract on libido in healthy men	• To assess sexual arousal and orgasm in men • To assess QoL	Fenugreek extract showed: •Significant increase in libido •Significant increase in arousal and orgasm •Positive QoL effects
Rao A. et al, abstract presented at 2014 NAMS	Phase III clinical study, double blind randomized placebo controlled vs fenugreek extract in 80 healthy women	To assess effects of fenugreek extract on sexual functioning in healthy women	• To assess sexual cognition, arousal, experience, orgasm and drive in women	Fenugreek extract showed: •Significant increase in sexual cognition, arousal, experience, orgasm and drive at 8 weeks

1.

Efficacy:
Primary Outcome Measurement

- Sexual function scores showed increase in arousal, lubrication, sexual satisfaction with Fenugreek

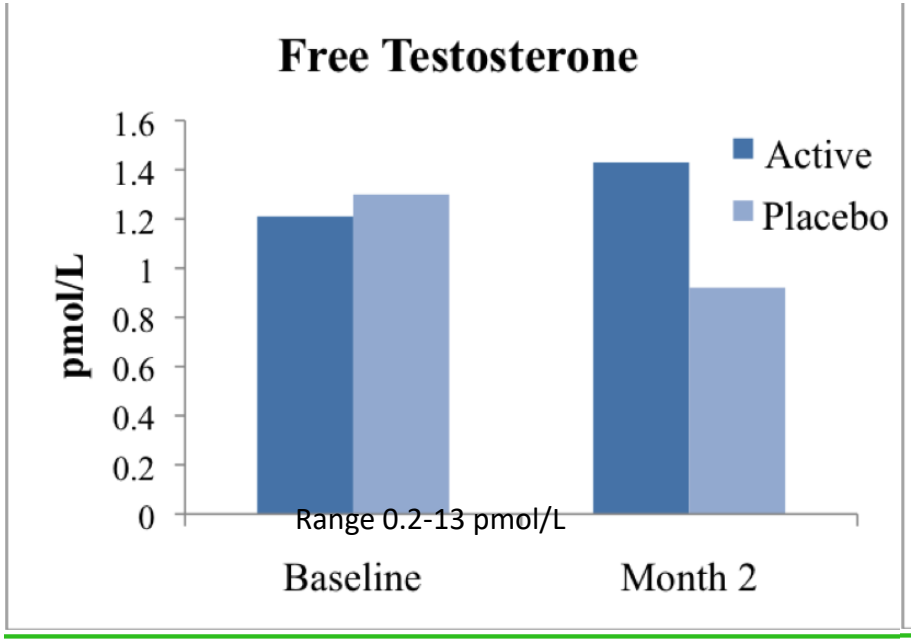




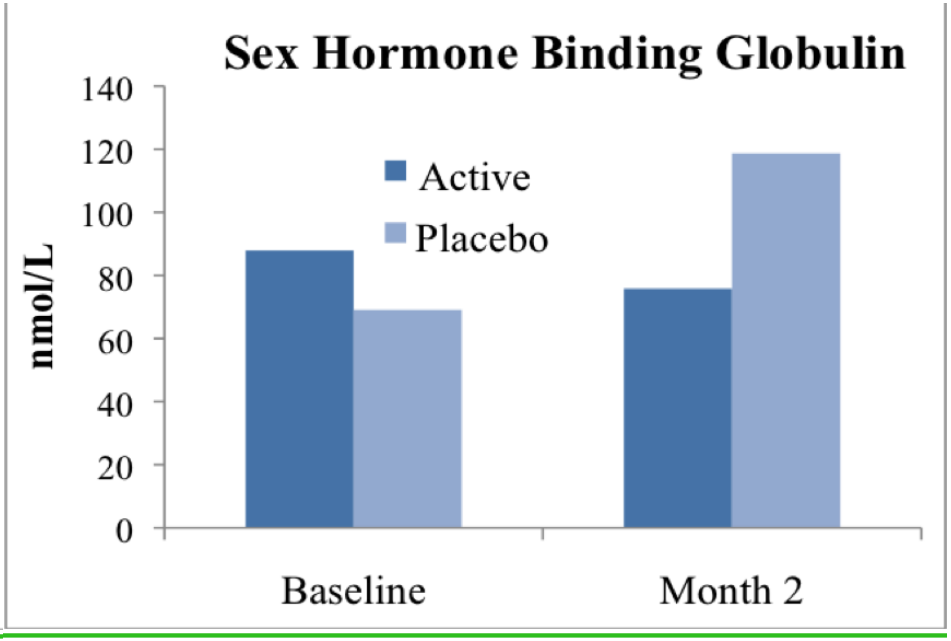
Rao A, Steels E, Beccaria G et al. manuscript in preparation, 2014; NAMS 2014 abstract

Fenugreek :
Increased Free T & Lowered SHBG

Previous research has demonstrated a correlation between low testosterone levels in women and decreased libido



Range 0.2-13 pmol/L



Range 18-144 nmol/L

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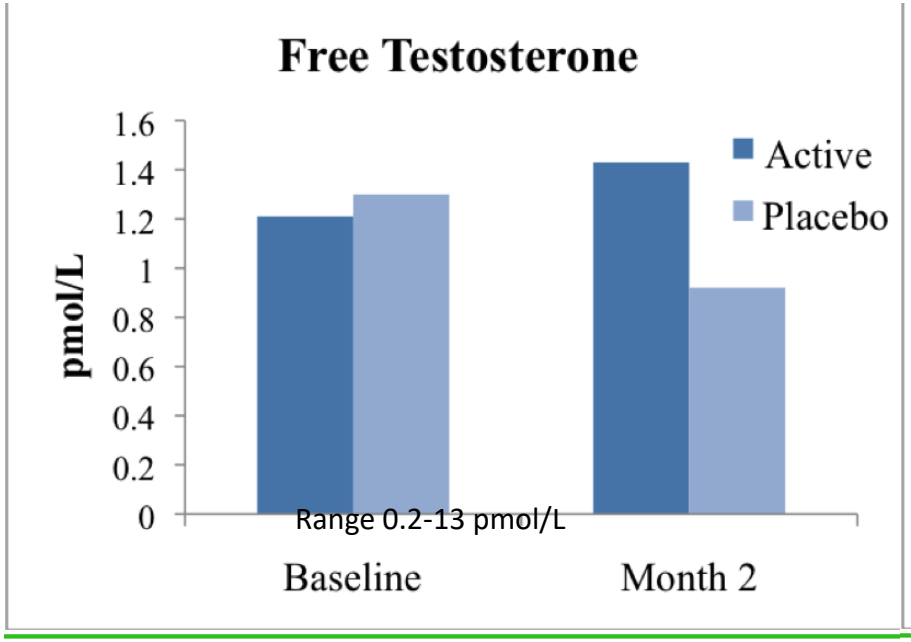

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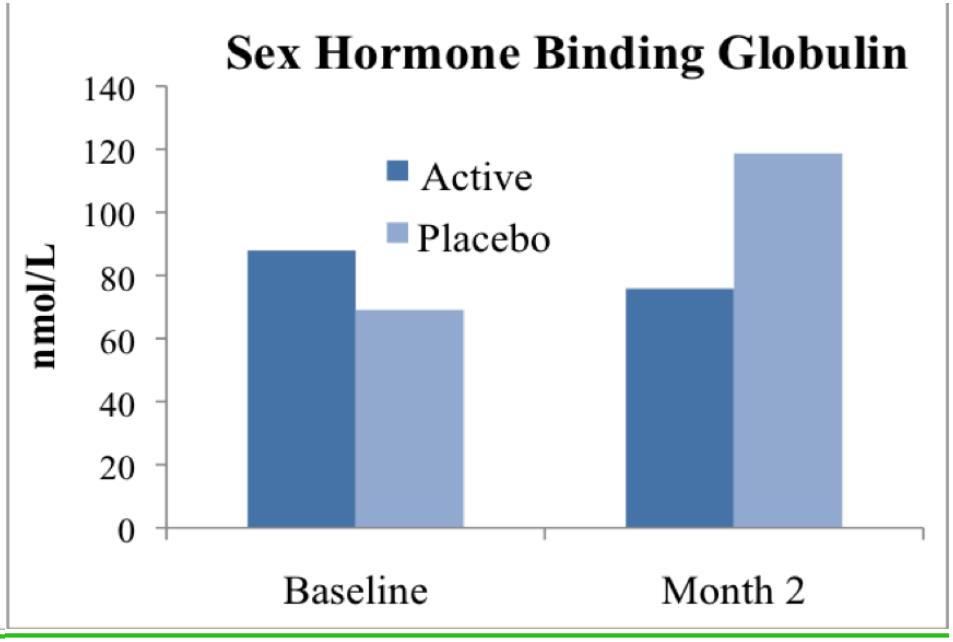

Range 18-144 nmol/L

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Tribulus Terrestris

- Prospective randomized double blind clinical trial
- 45 healthy postmenopausal females HSDD
- 750mg (3 pills of 250 mg) TT versus placebo-
- Duration 120 days
- Scales: FSFI and Sexual Quotient
- Measured: Prolactin, TSH, total testosterone and SHBG
- Significant improvement in
  - desire, arousal/lubrication, pain and anorgasmia in TT group
- Free and Bioavailable testosterone showed a significant improvement in the TT group

Tribulus Terrestris

- May mimic endogenous steroids
- Increase androgen production by raising luteinizing hormone release

- You are taking **diuretics**:
  - Tribulus may increase the effects of diuretic drugs.
- You are taking **antihypertensive drugs:**
  - Tribulus may have an additional blood pressure lowering effect.
- You are taking **anti diabetics**:
  - Tribulus may have additive blood sugar lowering effects.
- You are taking **clopidogrel:**
  - Tribulus may increase the risk of blood clots.

- Common Adverse Events
  - Transient GI problems: Nausea, irritation of gastric mucosa, gastric reflux

Horny Goat Weed

An herb used in traditional Chinese medicine to treat fatigue, joint pain, and erectile dysfunction.

The herb contains the active moiety icariin, which increases aromatase expression and estrogen biosynthesis

Additionally, in vitro studies have demonstrated the herb is an inhibitor of phosphodiesterase-5, which supports its proposed efficacy for erectile dysfunction.

Despite these promising properties, there have been no large human trials to substantiate the use of epimedium for sexual dysfunction.

In addition, side effects, dosing, and toxicity have not been established

Damiana

- It is used for medical problems such as diabetes, anxiety, and as a sexual performance enhancer for both men and women.
- The extract contains compounds such as apigenin 7-glucoside and Z-echinacin, which have estrogenic activity
- Animal studies demonstrating that Damiana restores copulation ability in sexually exhausted rats.
- These studies are promising, but there are too few data to recommend its use in humans for the treatment of sexual problems.

- Despite this, Damiana is an ingredient in ArginMax, a botanical formula marketed for the treatment of sexual dysfunction in women.

Yohimbine

- Africa and India known as the herbal Viagra from the west African yohim tree
- Increased capacity for erection without increasing sexual excitement.
  - 34 to 73% efficacy rates for RCT
  - Maybe effective with psychogenic ED
- Side effects: hypertension, anxiety, weakness, over stimulation, paralysis and hallucinations

J Sex Med 2010;7:39-49

Maca (Lepidium Meyenii)

- Andean cultivated root that belongs to the mustard family
- Dried root is rich in amnio acits, iodinem iron and magnesium
- Small studies
- Zenico et al- Double blinded placebo controlled trial
  - No change in Erectile function

Oxytocin

Small peptide produced in the periventricular nucleus of the hypothalamus

Helps regulate anxiety, stress, social behaviors, increased trust and social interactions

Know as the cuddle hormone. Increased pair bonding, higher in those who are in “love”

Increased with orgasm intensity

Involved in regulation of dopamine

20-40 IU troches once daily to increase desire

Additional 20 IU assisting with arousal 20-30 minutes prior to coitus

Nasal Spray: 100 IU/ml

- 1 spray into each nostril once or twice daily as directed by your health care professional. Troche should be dissolved in the buccal cavity
- SE: lightheadedness, vertigo, drowsiness, dry throat/mouth, abdominal pain, anxiousness, euphoria, calmness and headache. Keep product refrigerated.

Arousal Ingredients

Phentolamine:

- non selective alpha 1 and 2-adrenergic antagonist that acts as a vasodilator

Sildenafil Citrate:

- phosphodiesterase inhibitor that may act to increase blood flow through NO pathway

Aminophylline:

- many actions including PDE inhibitor it may increase blood flow to the epithelial cells of the vulva and clitoris



Arousal Ingredients

Nitroglycerin:

- NO is a potent vasodilator
- May increase clitoral blood flow and smooth muscle relaxation

Arginine:

- Improve vasodilation
- Smooth muscle cell relaxation
- Caution in HSV patients

Orgasmic Creams

Excite Cream:

- 3% aminophylline, 6% arginine, 0.25% NGT

EXXcite Cream:

- 2% Sildenafil, 3% aminophylline, 0.25% NGT

EXXXcite Cream :

- 4% Sildenafil, 1% Phentolamine, 0.25% NGT

Trial of all three formulations –

5 gram each

Apply 0.25 g (green pea sided amount) to clitoris 20-30 minutes before coitus

Treat Stress

- Stress reaction activates the fight or flight mechanism
  - Increased cortisol may have an affect on hormonal balance
  - Chronic Stress is associated with lowered testosterone
  - Alterations in serotonin, dopamine and epinephrine

    typically lead to decreased libido

- Consider
  - Diet, exercise, sleep, humor, setting boundaries and limits





Strategies to Reduce Anxiety

- Fatigue
  - Put a priority on time for sex when not exhausted and have privacy - planned spontaneity
  - Sleep, diet and exercise
  - Listen to your body

- Performance Issues/Stop Spectating
  - making out on the couch, back-rub, shared shower or bath, sensate focus

- Self Esteem Issues
  - Use Sexy underwear/boxers or low lighting to feel less self-conscious

- NO SEX!!! Goal is pleasure, not performance

Mindfulness Reduces Stress and Anxiety

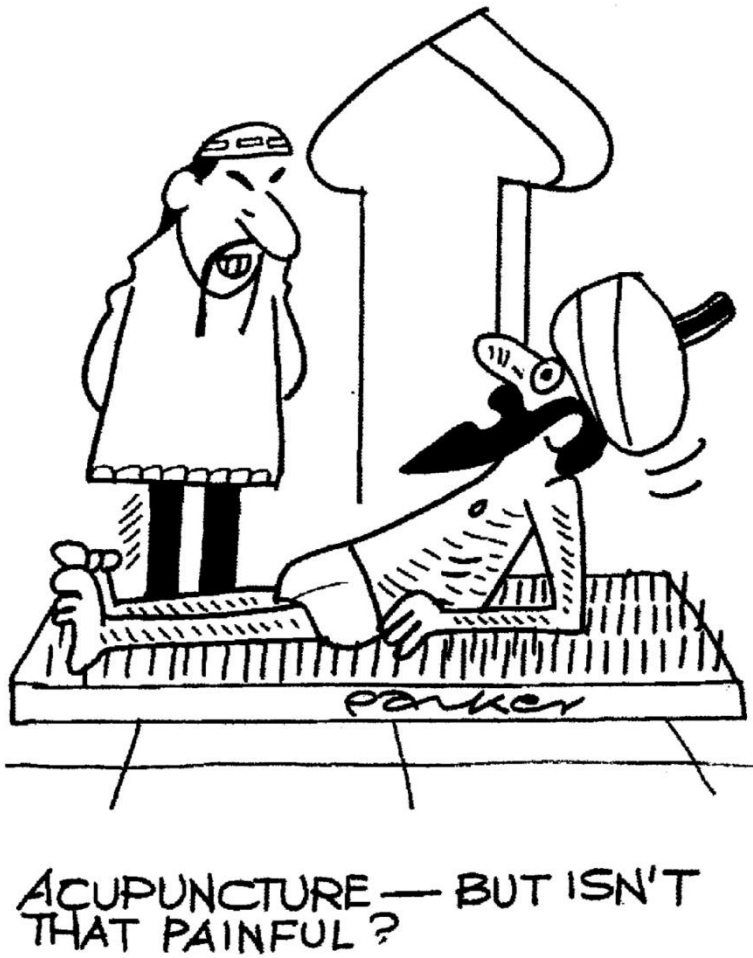


Acupuncture

Acupuncture and herbal medicine have been incorporated for over 4000 years into treatment of all sexual complaints

Multiple studies demonstrate that when acupuncture needles are placed in key strategic locations many processes are activated

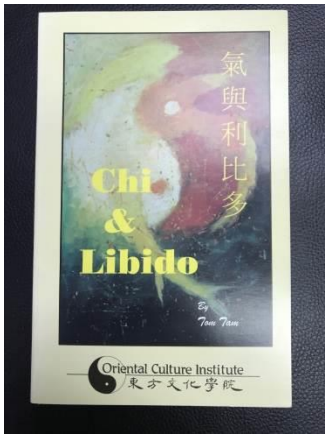
- Hormonal release
- Nervous system regulation
- Increased blood flow

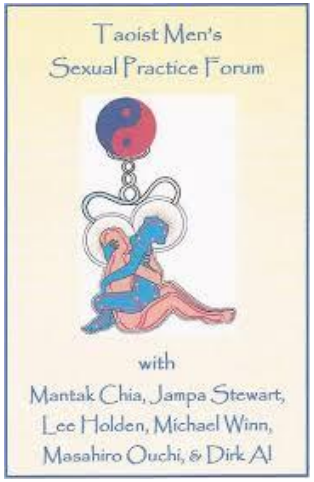


- Acupuncture has a profound **calming effect** on mental and emotional states thus enhancing well being and sexual desire
- Unique treatment plan tailored for specific imbalance focused on traditional Chinese medicine
  - Tongue and pulse DX
  - History, diet, lifestyle
  - Medical and physical assessment



- More than 2000 acupuncture points
- 12 main and 8 secondary meridians/channels
- Pain or disease is a result of these channels being blocked
- Specific sites release endorphins, opioids, natural pain killers, immune system cells, neurotransmitters, neuro-hormones
- Many illnesses shown benefit
  - Hot flashes for men and women
  - Pain syndromes



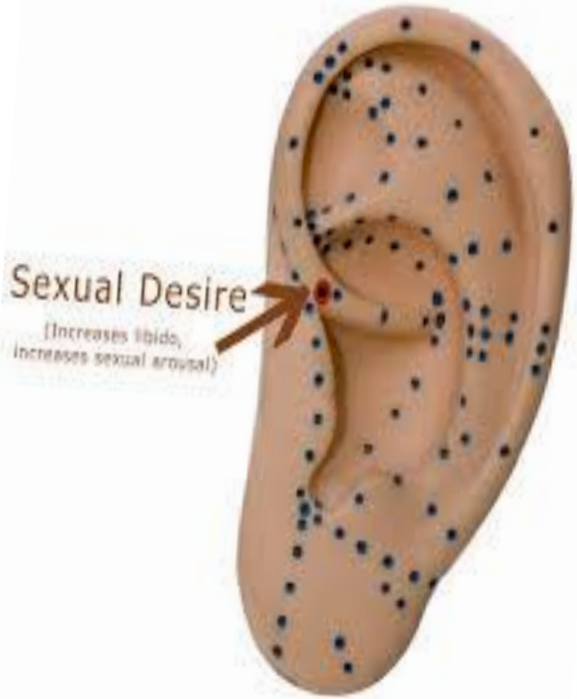




Sexual Health Concerns

- Vestibulodynia
  - Danielsson et al
- HSDD
  - Krychman et al
    - Unpublished data
  - Further controlled studies are warranted







Aromatherapy: The Scent of Sexuality

- Pheromones are excreted chemical substances that elicit behavorial responses from other members of the same species.

- Female sexual pheromones have been shown to attract mates of the opposite sex in insects, rodents, and seals.

- The organ that detects sex pheromones in animals is called the vomeronasal organ (VNO).

- A tiny, possibly vestigial VNO in humans has recently been found far inside the nasal cavity, but whether this organ actually neurologically connects to the brain is unknown.

- The pheromones are produced only after puberty, when mate selection begins, and decrease during menopause.

- Pheromones are primarily produced in the apocrine gland in humans, which are located in the axillae and pubic regions and may also be found in other gland secretions such as urine, saliva, and sweat.

- Studies that examined topically applied, synthesized human pheromones to peri-menopausal women have shown an increase in affectionate gestures such as hugging, kissing, and petting.

- Women gone wild with pubic hair removal may have potential implications on pheromone traps and sensual odor



- When pheromones were applied to workers in a lab setting, researchers noted an increased sense of warmth and friendliness amongst co-workers in the corporate setting.

- Although the topical use of pheromones may increase sexual attraction, affection, pleasant moods, and confidence, there is no medically evidence-based data to support this.

Interesting Factoids

- Antiperspirant Usage is Decreasing in High Schools
- Sweaty T shirt Experience
- The OCP MHC issues and Smell Discrimination



Sexually Exciting Smells

- Vanilla
- Donuts
- Black Licorice
- Pumpkin Pie
- Sweet Cinnamon
- Orange
- Popcorn
- Chocolate
- Lilly of the valley



Vanilla
Patchouli
Musk
Peppermint
Ylang Ylang
Jasmine
Baby powder
Cucumber
Licorice
Lavender



Touch Therapy

- Endorphin surge following orgasm meditation and exercise
  - Male release endorphins 20-30 seconds after orgasm
  - Female release endorphins up to 20 minute after orgasm

- Humans need connectedness, intimacy and a sense of closeness

Deprivation of touch in men

- **Leads to aggressive behavior**

Deprivation of touch in women

- **Leads to depression**

There is a healing power of touch



Yoga

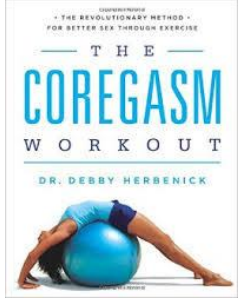


- Incorporate physical posture and breathing
- Greater union of self and spiritual
- Repetition of sound syllable- mantras
- Improved psychological and physical well being
- In tantric and Taoist tradition there is an entire subset of yoga called *kundalini* which is devoted to improve sexuality
- Goal is to take the sexual energy that exists in the lowest and utilize body posture and breathing to direct it upward to other chakras through channels that connect with other body parts

- Increase sexual pleasure and extend longevity of sex by facilitating orgasm without ejaculation.
- Little research
  - Premature ejaculation
- No empiric studies of yoga and female sexual function.







Exercise

- Reduce stress
- Improved self esteem
- Improved cardio endurance
- Improved muscle endurance
- Improved flexibility
- Improved genital blood flow
- Exercise may prepare the body for sexual responsivity.
  Meston et al







Others



- Hypnotherpy
- Biofeedback
- Mineral therapy
- Music Therapy
- Art Therapy
- Reflexology
- Reiki
- EMDR

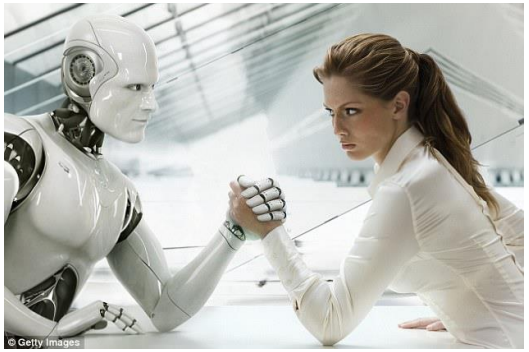
- Cupping
- Moxibustion
- Massage
- Tapping
- Ayurveda
- Rolfing
- Homeopathy







New Trends to Enhance Sex



- Robotic Sex
  - A third of men and one in five women say they would have sex with a ROBOT, according to German survey

- Virtual Reality Sex





Nipples as Sexual Organs

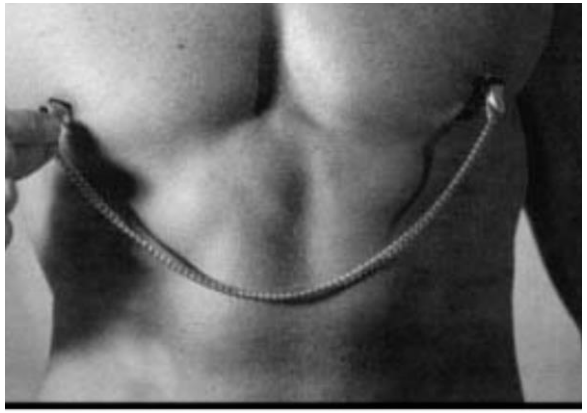
- Nipple as arousal
- Enhanced sexual arousal
- Oxytocin Pathway
- Drug Development

- **81.5%** women reported that stimulation of their nipples caused or enhanced their sexual arousal
- **51.7%** of men reported that stimulation of their nipples caused or enhanced their sexual arousal
- 7-8% reported it decreased arousal
  - Levin R et al JSM 22006

Who has nipple piercing

9% of women

18% of men

















Bleaching

Anal Bleaching

Penile Bleaching

Vaginal Bleaching

Vulvar Bleaching









Cle de Peau Beaute
595.00 USD



VAGINAL BLEACHING .org
TIPS FOR INTIMATE WHITENING



Cosmetic Sexuality

Modification of genitals including surgery, injections and other interventions

Male Penile Cosmetic Surgery

Penile Lengthening

Cutting the suspensory and fundiform ligaments can add 2-3 cm







Glans Enhancement

Scrotum Enlargement



Foreskin Restoration





Penile Girth Enhancement



Labial Fat Transfer

- Decreased volume, wrinkles and lost of elasticity
- Symptoms
  - Discomfort
  - Dryness
  - Cosmetic distress
- Procedure:
  - Fat grafting
  - Autologous fat transfer

- <u>Complications</u>
  - Fatty cysts
  - Increased perspiration
  - Increased ”camel toe” appearance



Genital Make Up





Artificial Hymen



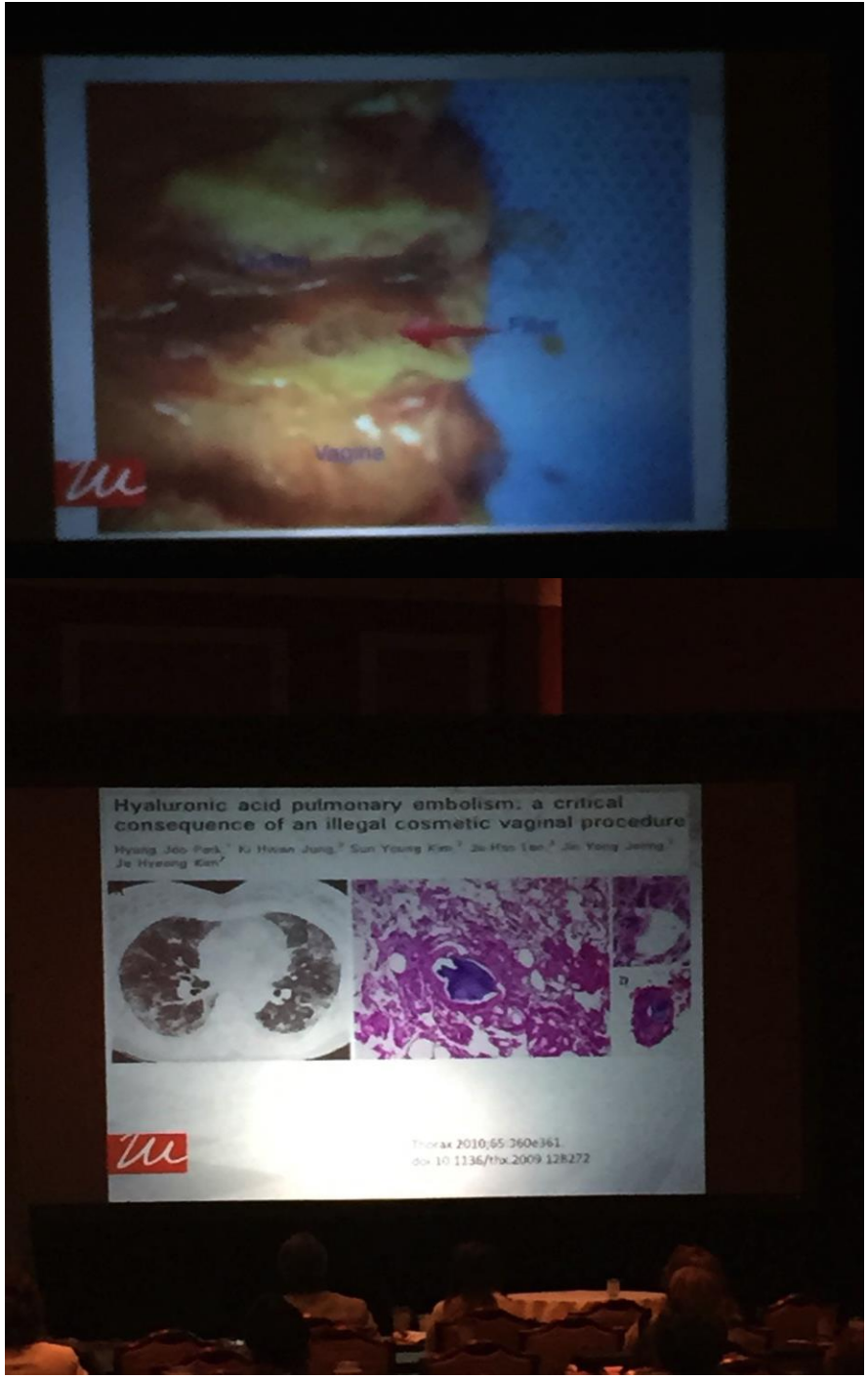
Nipple tinting

Dangerous

- G Shot Enhancement Amplification
  - Risk of bleeding, infection, urinary complications
  - Intravascular injection

- Fatal Pulmonary Embolism after injection of polyacrylamide hydrogel in the vaginal wall
  - Duan et al 2014

- Hyaluronic Acid Pulmonary Embolism: a consequence of an illegal cosmetic vaginal procedure
  - Park et al.

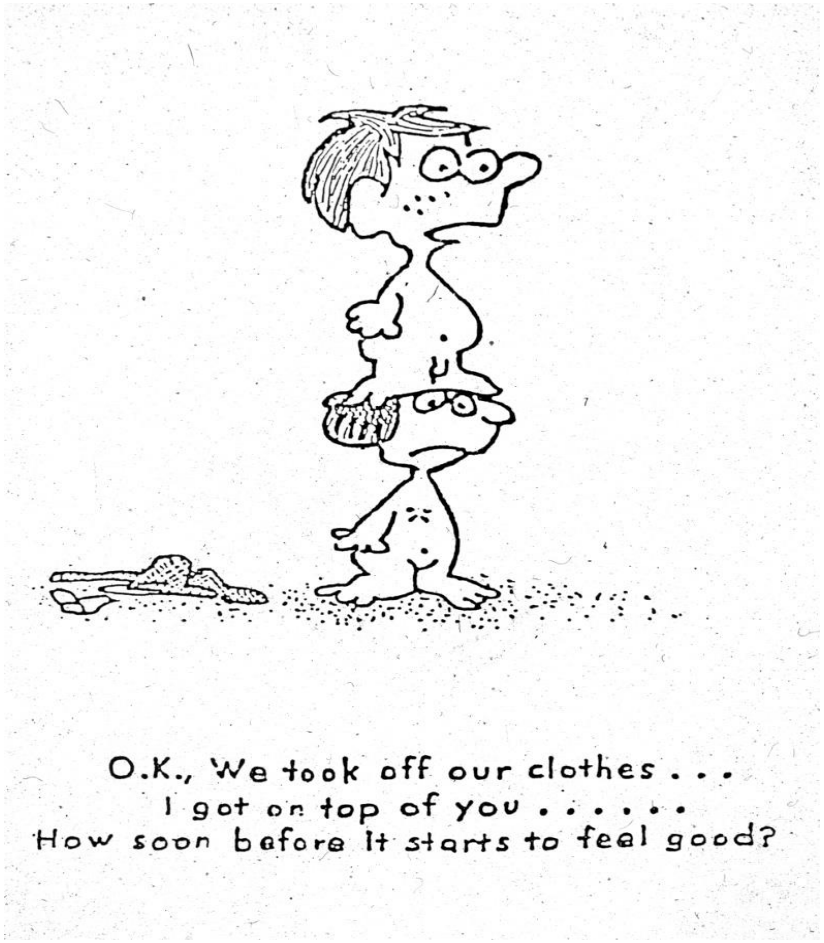


Is Sex Medically Necessary?

- Enhances intimacy
  - Longevity, chronic illness
- Decreases pain
- Increases oxytocin and endorphines
  - pair bonding/cuddle hormone
- May increase overall happiness by decreasing stress
- Sex improves cardiovascular health and stamina
  - Sexually active men had lowered rates of stroke
- Sex burns calories (85 calories per act)
  - 42 sessions of 30 minutes each is 3570 calories or a pound
- Sex improves immunity
  - Increased IgA antibodies
- Sex improves sexual self esteem
- Sex Reduces cancer risk
  - Prostate cancer reduced with more than 21 ejaculations per month
- Sex strengthens pelvic floor
- Sex improves sleep
  - Oxytocin release

Education in Sexual Medicine

- Myths and Mysteries
  - Locker room syndrome
  - Self esteem issues
  - Size issues
- Anatomy
- G spot
- Orgasms
  - Vaginal Vs Clitoral
- Alternative forms of sexual positioning and expression
- Sexual devices/accessories
- Bibliotherapy
- Books/ Videos/ DVD
- Safe non-spam websites
- Internet links
- Sexual Health Organizations



Sexual Fantasy

- A sexual fantasy, also called an erotic fantasy, is a mental image or pattern of thought that stirs a person's sexuality and can create or enhance sexual desire.
- A sexual fantasy can be created by the person's imagination or memory, and may be triggered autonomously or by external stimulation such as erotic literature or pornography, a physical object, or sexual attraction to another person.
- Anything that may give rise to a sexual arousal may also produce a sexual fantasy, and sexual arousal may in turn give rise to fantasies.

- Role playing is a common sexual fantasy that many couples incorporate into their hum drum sex lives.
  - Professor and student
  - Strangers meeting at a bar
  - Fireman trapped maiden
  - Police person and felon
  - Maid and butler