

## S.16 Getting to know your body: Self-examination/Sexual Problems

Loss of sex drive - this can also be called loss of libido or loss of desire.

This is a common problem that affects many people. It is often linked to relationship issues, stress or tiredness, but can be a sign of an underlying medical problem, such as reduced hormone levels. Everyone's sex drive is different – there's no such thing as "normal". But if you find your lack of desire for sex distressing or it's affecting a relationship, it's a good idea to get help.

**Premature ejaculation.** This is when a man ejaculates (comes) sooner than he wants to during sex. It's only a problem if it bothers him or his partner.

**Erectile dysfunction (impotence).**

This is when a man can't get, or keep, an erection. Most men experience it at some time in their life.

**Problems achieving orgasm.**

Some women don't need to have an orgasm to enjoy sex, but not being able to reach orgasm can be a problem for some women and their partners.

## S.16 Getting to know your body: Self-examination/Sexual Problems

Pain during sex.

**Vaginismus** This is when the vagina suddenly tightens up just as you try to insert something into it. It can be painful and distressing. Occasionally, you can get vaginismus even if you have previously enjoyed painless penetrative sex. Vaginismus doesn't necessarily affect your ability to get aroused and enjoy other types of sexual contact.

Pain during sex.

**Vulvodynia** The main symptom is persistent pain in and around the vulva. The vulva usually looks normal. It is thought it may be the result of a problem with the nerves supplying the vulva.

Endometriosis.

Many times, endometriosis has no symptoms. When symptoms are present, they may include abdominal cramps or back pain during menstruation, menstrual cramps, heavy bleeding during periods, painful bowel movements or urination, especially during menstruation, painful sex and difficulty becoming pregnant.

Vaginal dryness.

You may have vaginal dryness if you feel sore or itchy in and around your vagina or feel pain or discomfort during sex or need to pee more often than usual or keep getting urinary tract infections or if you aren't aroused during sex.