

# Lubricants, Topical Treatments and Behavioral Therapy

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# Disclosures:

- Advisory Board: Lelo, SST
- Research: Neogyn, Palatin, TherapeuticsMD
- Consultant: Nuelle

# Objectives:

- Describe the specific action and indications for use of vaginal lubricants, moisturizers and vulvar creams in the treatment of sexual dysfunction
- Describe potential irritants and caustic additives that may hinder sexual comfort
- Apply behavioral therapy principles in clinical practice

# Office Based Counseling: Follow PLISSIT Model

**P**ermission to talk about sexual issues, reassurance  
and empathy

**L**imited **I**nformation

e.g., education about genital anatomy or  
educational resources

**S**pecific **S**uggestions

e.g., use of lubricants, altering position

**I**ntensive **T**herapy

e.g., referral for psychotherapy/sex therapy

# Permission

- Normalization
- Safe place for discussion
- Help available

Use words, body language, put the patient at ease

Use silences to give patient opportunity to speak

# Limited Information

- Chunk in 3's
- Safe place for discussion
- Give time to process

Ask-Tell-Ask

# Specific Suggestions

- Vibrator
- Lubricant
- Erotica

# Intensive Therapy

## Sex Therapy

- sensate focus
- directed masturbation for FOD

## Cognitive Behavioral Therapy (CBT)

- Identify and alter behaviors and unrealistic behaviors leading to sexual problems

## Eye Movement Desensitization and Reprocessing (EMDR)

Bradford, A. (2014). Inhibited Sexual Desire in Women  
Masters, W.H. & Johnson, V. (1976). Human Sexual Inadequacy  
Gunzler, C. & Berner, M.M.(2012). *J Sex Med*



# Intensive Therapy

## Mindfulness

- Eastern approach of being present without judgment
- Effective in improving desire, disconnect between genital and subjective arousal
- Helpful in cancer survivors

## Self-Help Educational Materials

- Self-guided reading
- Internet interventions combining reading, exercises, online group
- Videos

# Common Therapy Themes

- Relationship conflict)
- Major life stressor(s)
- Boredom
- Discrepant desire levels between partners
- Cultural/religious prohibitions/guilt
- Subclinical depression/anxiety/body image

# Treatment with Sex Therapist

- Cognitive Behavioral Therapy (CBT)
- Address any psychological components
  - e.g. stress, marital problems, depression
- Address how FSD has impacted the couples relationship (healing any relationship discord)
- Discuss any concerns regarding treatment choice with both partners
- Incorporate biological treatment into the couple's new "sexual script"

# NAMS: Sexual Counseling

- Educate couples about normal, age-related sexual response changes in women (diminished lubrication, increased time for stimulation)
- Educate couples about normal, age-related sexual response changes in men (decreased rigidity, increased time for stimulation)
- Warm baths before genital activity
- Extended foreplay, lubricants



# NAMS: Sexual Counseling, continued

- Sexual fantasies, erotica
- Experiment with non-coital activities: massage, oral stimulation
- Use masturbation as alternative to intercourse
- Change routine: location, time of day
- Change positions, other than “missionary”

Durex Global Sex Survey: 41 countries/  
N=317,000 / 138 x /yr

## Enhancement Statistics

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

# Lubricants

- Temporary measures to relieve vaginal dryness during intercourse, minimize friction & irritation
  - Short duration of action
  - Must be applied frequently
  - Sexual aid applied around clitoris, labia, vaginal entrance and/or partner's genitals
  - Can be in your kitchen
- Gel or Liquid
  - Water-based
  - Petroleum-based
  - Silicone-based

Propylene Glycol is contained in many products!!!



# Lubricant Analysis/Potential Irritation

Mucosal irritation of water-based lubricant based on osmalality

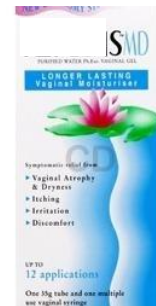
Ingredients	Good Clean Love	Astroglide	Replens	Emerita	KY	KY
	Organic		Intimate Options	OH! Warming	Yours & Mine	Natural Feeling
Deonixed Water	X	X	X	X	X	X
Agar (Seaweed)	X					
Aloe Barbadensis Leaf Juice	X					
Xanthan Gum	X					
Vegetable Glycerin	X					
Glucose	X					
Lactoperoxidase	X					
Glucose Oxidase	X					
Benzoic Acid	X				X	X
Propylene Glycol		X	X	X	X	X
Methylparabens		X	X		X	X
Propylparabens		X	X			
Dimethicone, Dimethiconol						
Glycerin		X	X	X	X	X
Polyquaternium 15, 7		X	X			
Propane			X			
Isobutane			X			
Sodiumstearate, Hydroxide			X		X	X
Sucralose			X		X	
Potassium Sorbate			X			
Maltodextrin					X	
Polysorbate 60					X	
Hydroxyethylcellulose				X	X	X
Menthyl Lactate, Salicylate					X	
<b>Retail Price</b>	<b>\$16.00</b>	<b>\$20.00</b>	<b>\$12.00</b>	<b>\$9.99</b>	<b>\$20.00</b>	<b>\$16.99</b>
	<b>4 oz.</b>	<b>5 oz.</b>	<b>2 oz.</b>	<b>2 oz.</b>	<b>2 1.5 oz. Vials</b>	<b>5 oz.</b>



# Moisturizers

- Promoted as providing long-term relief of vaginal dryness
  - Use two to three times weekly
  - Everyday aid, not a lubricant for intercourse
- Mode of action
  - Bioadhesive-based polymers attach to mucin, epithelial cells on vaginal wall
  - Carries up to 60 times its weight in water
  - Holds water in place on vaginal epithelial surface until it is sloughed off

Bachmann GA, Clin Pract Sex 1991;7: 1-8



# Moisturizer Analysis/Irritation

Product	Ingredients	Use	Price	Studies
Replens	Polycarbophil Glycerin, mineral oil	Every 3 days	\$17.5/14 app	Yes
LUVENA	Lactoperoxidase Lactoferrin	2x/wk	\$20/ 5 app	Yes
KY Liquibeads (ovules)	Dimethicone, Gelatin, Glycerin, Dimethiconol	1-7d/wk		No
KY long lasting	Various polymers Glycerin, mineral oil	2-3x/wk	\$16/6 app	No
Emerita personal moisturizer	Aloe Vera Gel, Calendula, Vitamin E, Ginseng, Chamomile, Allantoin	As needed	\$16/4 oz	No
Moist again	Carbomer, aloe glycerin, chlorhexidine	As needed	\$7/4 oz	No
Hyalofemme	Hyaluronic acid	7 days > 2/wk	\$17/30gram	HA-yes
Pre-seed	Hydroxyethylcellulose, Pluronic, Arabinogalactan	As needed	\$20/9 app	Yes

# Hybrid Moisturizer/Lubricant

- Pre-biotics lacto-peroxidase and lactoferrin inhibit candida and bacteria
- Works as both a moisturizer and a lubricant



Costantino D and Guaraldi C. Preliminary evaluation of a vaginal cream containing lactoferrin in the treatment of vulvovaginal candidosis]. *Minerva Ginecol* 2008;60:121-5

# Topical Products

## For increased arousal

- Warming gels
- Menthols
- VIP

Read the ingredients!!!

## For vulvar pain

- Cutaneous lysate (vulvar soothing cream)



Ferguson DM, Hosmane B, Heiman JR. Randomized, Placebo-Controlled, Double-Blind, Parallel Design Trial of the Efficacy and Safety of Zestra® in Women With Mixed Desire/Interest/Arousal/Orgasm Disorders. JSMT 2010;36:66-86

Kellogg-Spadt S, Carlow JJ, Haines M, Krychman ML, Evaluation of NEOGYN® Feminine Soothing Cream in Treating Female Sexual Function in Postmenopausal Women with Chronic Vulvar Pain and Discomfort. Presented at NAMS 2014.

# Common Toxins & Irritants

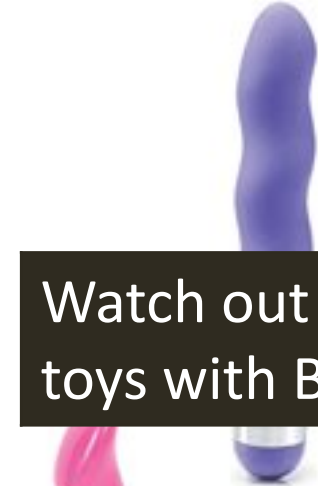
## Common Ingredients:

- Parabens
- Glycerin
- Propylene Glycol
- Casein
- Xanthan Gum
- Petrochemicals

# Vibrators and Dildos



Rabbits



Vaginal



Prose



Glass



G-spot



Medical line

Watch out for toxic toys with BPA!!!

Ingredients



Clitoral

# Sexual Positioning Aid

- Wedge
- Wedge and ramp



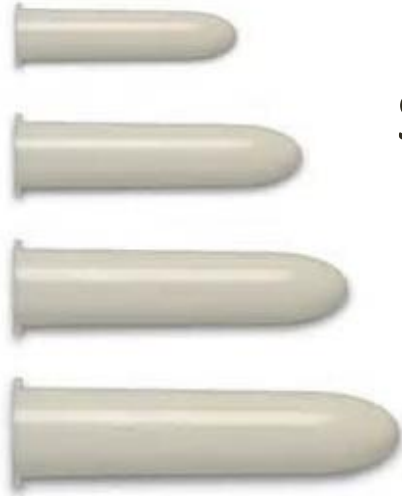
# Sleeves

- Masturbation sleeve
  - Cut to reduce length penis enters vagina





# Dilators

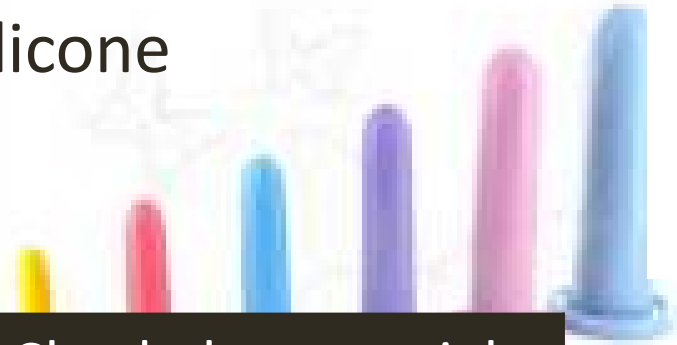


Silicone

Check the material  
is not toxic!!!



Rigid Plastic



Pyrex



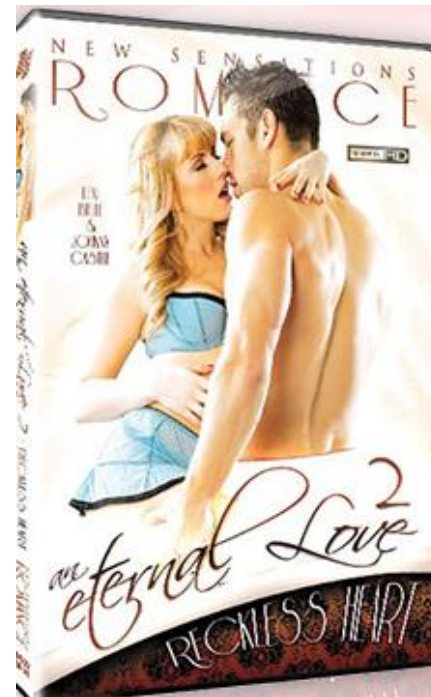
# Dilators

Each step should be performed for 10 minutes and repeat at least daily until comfortable (if next step causes pain go back to previous step)

- Place small dilator in introitus
- Push dilator into vagina gently
- Put next size dilator in introitus
- Push dilator into vagina gently
- Continue upsizing dilator
- Move dilator gently to simulate penile movement (do not masturbate)

# Counseling

- Bibliotherapy - Books
  - Penthouse Uncensored
  - Sylvia Day novels
  - Fifty Shades of Gray
- DVDs
  - Sinclair Institute
- Education



# Counseling

- Relaxation
- Support



Thank you!