

## The Effects of Fibromyalgia Syndrome on Female Sexuality: A Controlled Study

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### ABSTRACT

**Introduction.** Fibromyalgia may have negative effects on sexual function in women.

**Aims.** To evaluate the sexuality of women with fibromyalgia and healthy control subjects, and to investigate the relation between sexuality and clinical parameters of fibromyalgia.

**Main Outcome Measures.** Female Sexual Function Index (FSFI), Tender Points Count (TPC), Beck Depression Inventory (BDI), Fibromyalgia Impact Questionnaire (FIQ), and Visual Analog Scale (VAS).

**Methods.** Clinical evaluation and surveys were done with 126 women with fibromyalgia and 132 healthy women.

**Results.** Patients with fibromyalgia had higher BDI scores and lower frequency of sexual intercourse than control subjects. The mean FSFI scores (total and all domains) were significantly lower in patients with fibromyalgia than control subjects. Mean FSFI scores (total and most domains) were significantly lower in patients with fibromyalgia who had BDI score  $\geq 17$  than those who had BDI score  $< 17$ . In women with fibromyalgia, a significant negative correlation was noted between total FSFI score, and both FIQ and BDI scores.

**Conclusions.** Fibromyalgia has negative effects on female sexual function that are aggravated by depression. Yılmaz H, Yılmaz SD, Polat HAD, Sallı A, Erkin G, and Ugurlu H. The effects of fibromyalgia syndrome on female sexuality: a controlled study. *J Sex Med* 2012;9:779–785.

**Key Words.** Sexual Dysfunction; Chronic Illness; Fibromyalgia; Female; Pain; Tender Points

### Introduction

Female sexual dysfunction is an important and common health problem with medical and psychological components [1–5]. Symptoms of female sexual dysfunction include lack of sexual desire, sexual aversion, arousal, orgasm disorder, vaginismus, and dyspareunia [1]. More clinical studies related to female sexual dysfunction have recently been performed [3].

Fibromyalgia is a chronic disorder with unknown etiology, characterized by diffuse musculoskeletal pain, multiple tender points, fatigue, sleep disorder, anxiety, and depression [6]. The prevalence of fibromyalgia in general population is 2%, and adult women are four to seven times more likely to be affected than adult men [7,8]. Fibromyalgia may have negative effects on quality of life.

Associated emotional symptoms, including pain, depression, anxiety, and negative self-image, may have negative effects on sexual function [9–12].

We hypothesized that fibromyalgia may have negative effects on sexual function in women. The purpose of the present study was to identify the effects of fibromyalgia on female sexuality by comparing the sexual history of patients with fibromyalgia with healthy control subjects.

### Materials and Methods

#### Subjects

The study was performed in the tertiary clinics of the Physical Medicine and Rehabilitation Departments of Konya Research and Education Hospital and of Meram Medical School, Selcuk University between November 2010 and June 2011. Women

# Fibromyalgia And Female Sexuality

**João Eurico Fonseca**



## **Fibromyalgia And Female Sexuality:**

**Fibromyalgia and Female Sexuality** Marline Emmal,2001 This book covers four areas Fibromyalgia and Intimacy Fibromyalgia and The Menstrual Cycle Fibromyalgia and Pregnancy and Fibromyalgia and Menopause **Female Sexual Pain Disorders** Andrew T. Goldstein,Caroline F. Pukall,Irwin Goldstein,2020-08-21 A comprehensive reference for the diagnosis and treatment of female sexual pain disorders Female Sexual Pain Disorders Evaluation and Management 2nd Edition compiles the most cutting edge and modern research on sexual pain disorders in women into a single reference It is the first book of its kind devoted to the diagnosis and treatment of sexual pain in women and is now fully updated in a second edition The book includes diagnostic tools to differentiate among different forms of dyspareunia discussions of potential causes of sexual pain and current knowledge in multi disciplinary treatments for dyspareunia Focused on providing practical guidance to the working practitioner this book includes information to Help evaluate and distinguish the causes of sexual pain in women Assist in the differentiation of the many forms of sexual pain Implement multi disciplinary treatments Female Sexual Pain Disorders is perfect for any healthcare worker who is involved in treating women s sexual health including gynecologists urologists internists family practitioners nurse practitioners physician assistants midwives psychologists and sex therapists **100 Questions & Answers About Women's Sexual Wellness and Vitality: A Practical Guide for the Woman Seeking Sexual Fulfillment** Michael L. Krychman,2009-04-17 *Muscular Diseases—Advances in Research and Treatment: 2012 Edition* ,2012-12-26 Muscular Diseases Advances in Research and Treatment 2012 Edition is a ScholarlyEditions eBook that delivers timely authoritative and comprehensive information about Muscular Diseases The editors have built Muscular Diseases Advances in Research and Treatment 2012 Edition on the vast information databases of ScholarlyNews You can expect the information about Muscular Diseases in this eBook to be deeper than what you can access anywhere else as well as consistently reliable authoritative informed and relevant The content of Muscular Diseases Advances in Research and Treatment 2012 Edition has been produced by the world s leading scientists engineers analysts research institutions and companies All of the content is from peer reviewed sources and all of it is written assembled and edited by the editors at ScholarlyEditions and available exclusively from us You now have a source you can cite with authority confidence and credibility More information is available at <http://www.ScholarlyEditions.com> **Sexual Medicine for Obstetrician-Gynecologists, An Issue of Obstetrics and Gynecology Clinics, E-Book** Monica M. Christmas,Andrew Fischer,2024-05-22 This issue of Obstetrics and Gynecology Clinics is a comprehensive review aimed to address sexual dysfunction in cis gendered women and gender diverse individuals assigned female at birth across the lifespan Top experts in the field discuss key topics such as Pelvic Floor Disorders and Sexual Function Female Sexual Health Adolescent Sexuality and more Contains 14 relevant practice oriented topics including Sexual Dysfunction After Menopause Hormonal Contraception and Sexual Function Sexual Health for Transgender and Gender Diverse Individuals Sexual Function in Post

surgical Transgender and Gender Diverse Individuals and more Provides in depth clinical reviews on sexual medicine offering actionable insights for clinical practice *Your Best Medicine* Mark A. Goldstein, Myrna Chandler Goldstein, Larry P.

Credit, 2009-03-17 Integrative medicine the practice of combining remedies from various therapeutic disciplines to optimize relief and speed healing is transforming both how health professionals treat disease and how patients manage their own care *Your Best Medicine* introduces the reader to this new world of healing options for everyday ailments like dry skin fatigue and indigestion as well as more serious conditions like diabetes heart disease and obesity All of the treatments and techniques in *Your Best Medicine* have been handpicked by two practitioners one a conventionally trained MD the other a specialist in complementary therapies based on established therapeutic protocols research evidence and clinical experience Conventional and complementary remedies appear side by side so readers can evaluate at a glance the remedies relative effectiveness safety and ease of use Every entry in *Your Best Medicine* also provides important information on risk factors symptoms and diagnostic techniques as well as preventive measures Armed with this knowledge readers can make decisions wisely and confidently at every stage of their care **Women's Mental Health, An Issue of Psychiatric Clinics** Susan G.

Kornstein, Anita H. Clayton, 2010-05-05 This issue reviews psychiatric concerns that are specific to women Comprehensive and up to the minute articles discuss topics such as PMS PMDD Perinatal Disorders Menopause Infertility Female Sexual Dysfunction Substance Abuse in Women Gender Differences in ADHD Fibromyalgia Migraines in Women Breast Cancer Obesity in Women Complementary and Alternative Medicine for Psychiatric Disorders in Women Trauma and Violence Issues for Women in the Military and Caring for the Elderly Female Psychiatric Patient Psychological Factors as Determinants of Medical Conditions, 2nd Edition Gabriella Martino, Viviana Langher, Valentina Cazzato, Carmelo Mario Vicario, 2020-11-04

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suffering from sexual disorders      **Insights in Rheumatology: 2021** João Eurico Fonseca, 2022-08-25      **Handbook of the Behavior and Psychology of Disease** Colin R. Martin, Victor R. Preedy, Vinood B. Patel, Rajkumar Rajendram, 2025-09-26 This comprehensive handbook covers the entire range of physical disorders and their interrelated psychological problems Behavioral changes altered psychology and in some cases severe psychiatric conditions are frequent manifestations of communicable and non communicable disease While diseases have predictable trajectories their psychological co morbidities do not This unpredictability and sometimes lack of understanding can have profound effects on the professional the patient and the larger family unit Mental health related domains of quality of life measure also impact the disease process but are often overlooked Critical information targeted to experts within specialized areas can fail to reach a wider group of more general practitioners This is complicated by the fact that psychological conditions may prompt organic disease or conversely disease may set off psychological disorders This reference work creates the linkage between the two areas in a manner that is accessible to both experts and non experts alike      **Insights Into Incontinence and the Pelvic Floor** Fulya Dökmeci, Diaa E. E. Rizk, 2022-04-15 This book collects valuable studies in the field of pelvic medicine reflecting the latest technologies and innovations for maintaining pelvic floor health and managing incontinence and pelvic floor disorders in both men and women It provides an authoritative and multidisciplinary perspective from Mediterranean experts in the field mainly focusing on obstetrics and gynecology urogynecology urology female urology colorectal surgery and physiotherapy Collecting innovative ideas and studies based on recent developments with detailed background information the book will shed new light on the subject and serve as a valuable reference guide for graduate students researchers and practicing professionals interested in continence and pelvic floor management      **The Supplement Handbook** Mark Moyad, Janet Lee, 2014-11-04 Nearly half of Americans use supplements and many more are curious about them yet questions abound Will feverfew help my migraines Are there any vitamins that will keep my skin clear Does lysine really prevent cold sores Are there herbs I can take to boost my mood Are any of these things safe Mark Moyad MD MPH is the only physician in the United States who has an endowed position to study vitamins minerals herbs and other supplements For the past 25 years he s been researching supplements using them in his practice and traveling the country giving lectures to laypeople and physicians about what works and what s worthless in the world of drugs and supplements Based on the latest research as well as Dr Moyad s clinical experience The Supplement Handbook will guide you through the proven or debunked treatment options for more than 100 common conditions everything from arthritis heartburn and high cholesterol to fibromyalgia migraines and psoriasis Dr Moyad provides clear guidelines sifting through conflicting information for a definitive answer you can use today He does not hesitate to point out which remedies are overhyped useless and even harmful He even ranks the most effective options so you know which remedies to try first and he s honest about when over the counter or prescription drugs are the better option More than an overview The Supplement Handbook delivers

prescriptive reliable advice Whether you re an alternative medicine convert or an interested but confused supplement novice this comprehensive evidence based guide is sure to become a must have reference in your home Female Sexual Predators Karen A. Duncan,2010-07-20 This unprecedented look at female sexual predators explains why and how they prey on our children and youths and what adults and children and youths themselves should understand to prevent victimization In Female Sexual Predators Understanding and Identifying Them to Protect Our Children and Youths social worker and therapist Karen A Duncan helps adults be proactive so children will not fall prey to this violation Vignettes pulled from news headlines and interviews with female sexual predators Duncan has encountered in her own practice are used to help readers understand these crimes and the women who commit them as well as the impact these crimes can have on victims The women profiled were in positions of authority at churches schools sports institutions and the home Victims explain how these women exploited their positions of trust planned their crimes groomed their victims deceived adults into not detecting their behavior and how they did not stop even when they recognized the danger and the harm to themselves and their victims Duncan addresses the issue of maternal sexual abuse answering questions about mothers who willingly sexual abuse their own children and at times commit child sexual abuse with other adults as well as women who sexually abuse girls Four types of female sex offenders are presented within the emerging research on this topic along with questions regarding assessment treatment and management of female sex offenders in the community It also addresses the controversial issues of female pedophilia and female sexual deviance within the context of what we know about human sexuality Integrative Sexual Health Barbara Bartlik,Geovanni Espinosa,Janet Mindes,2018-03-14 Integrative Sexual Health explores beyond the standard topics in men s and women s health drawing on a diverse research literature to provide an overview of sexual biology and sexual dysfunction diverse lifespan lifestyle and environmental impacts on sexual function integrative medicine solutions to sexual problems and traditional eastern and western treatment approaches to healing sexual difficulties This comprehensive guide written by experts in the field provides clinical vignettes detailed treatment strategies for mitigating the side effects of both medications and sexual dysfunction associated with medical illness and poor lifestyle habits and extensive further reading resources Part of the Weil Integrative Medicine Library this volume is a must read for the specialist and non specialist alike who wish to address sexual problems using an integrative medicine approach and acquire tools to maintain lifetime optimal health and vitality that supports healthy sexuality Sex- and Gender-Based Women's Health Sarah A. Tilstra,Deborah Kwolek,Julie L. Mitchell,Brigid M. Dolan,Michael P. Carson,2021-01-19 This book provides primary care clinicians researchers and educators with a guide that helps facilitate comprehensive evidenced based healthcare of women and gender diverse populations Many primary care training programs in the United States lack formalized training in women s health or if they do the allotted time for teaching is sparse This book addresses this learning gap with a solid framework for any program or individual interested in learning about or teaching women s health It can serve as a quick in the clinic

reference between patients or be used to steer curricular efforts in medical training programs particularly tailored to internal medicine family medicine gynecology nursing and advanced practice provider programs Organized to cover essential topics in women s health and gender based care this text is divided into eight sections Foundations of Women s Health and Gender Based Medicine Gynecologic Health and Disease Breast Health and Disease Common Medical Conditions Chronic Pain Disorders Mental Health and Trauma Care of Selected Populations care of female veterans and gender diverse patients and Obstetric Medicine Using the Maintenance of Certification MOC and American Board of Internal Medicine blueprints for examination development authors provide evidence based reviews with several challenge questions and annotated answers at the end of each chapter The epidemiology pathophysiology evaluation diagnosis treatment and prognosis of all disease processes are detailed in each chapter Learning objectives summary points certain exam techniques clinical pearls diagrams and images are added to enhance reader s engagement and understanding of the material Written by experts in the field Sex and Gender Based Women s Health is designed to guide all providers regardless of training discipline or seniority through comprehensive outpatient women s health and gender diverse care

**Textbook of Female Sexual Function and Dysfunction** Irwin Goldstein, Anita H. Clayton, Andrew T. Goldstein, Noel N. Kim, Sheryl A. Kingsberg, 2018-07-02 Dieses umfassende Fachbuch zur weiblichen Sexualfunktion und Sexualdysfunktion FSD verfolgt einen interdisziplinären biopsychosozialen Diagnose und Behandlungsansatz Das Textbook of Female Sexual Function and Dysfunction mit seinem interdisziplinären biopsychosozialen Ansatz gibt Hilfestellung für die sichere und wirkungsvolle Diagnose und Behandlung verschiedenster Störungen der Sexualfunktion Dieses Referenzwerk umfasst Beiträge internationaler Fachexperten und bildet die wissenschaftliche Grundlage für klinische Empfehlungen bei sexueller Störung Lustlosigkeit Erregungsstörungen Orgasmusstörungen und Schmerzen beim Geschlechtsverkehr Das Fachbuch erörtert vier Erkrankungsszenarien bei weiblicher sexueller Dysfunktion und wird von der International Society for the Study of Women s Sexual Health ISSWSH empfohlen Die Autoren decken ein Fülle von Themenbereichen ab u a hypoaktive Störung des sexuellen Lustempfindens psychologische Behandlung sexueller Störungen Anatomie und Physiologie sexueller Dysfunktionen und Schmerzzuständen und informiert über zukünftige Entwicklungen und Forschungen Darüber hinaus werden alle von der FDA zugelassenen Medikationen bei sexueller Dysfunktion vorgestellt ebenso Off Label Behandlungsansätze Das einzige Fachbuch zu sexuellen Dysfunktionen bei Frauen vor dem Hintergrund neuester von der FDA zugelassener Medikamente präsentiert den einzigartigen biopsychosozialen Ansatz eines interdisziplinären Teams aus Ärzten Psychologen Physiotherapeuten und weiterer Experten aus dem Fachgebiet Ein umfassendes Referenzwerk eines der weltweit führenden Fachexperten Irwin Goldstein ist Gründer der ISSWSH Mitgearbeitet haben ebenfalls drei führende Präsidenten sowie ein designierter Präsident der Gesellschaft Dieses Referenzwerk richtet sich an Experten die sich mit der Sexualgesundheit von Frauen beschäftigen und stellt eine wertvolle Handreichung für eine sichere und wirkungsvolle Diagnose und Behandlung dar *Medical Disorders and Sexual Health*

Camil Castelo-Branco, Sònia Anglès Acedo, 2024-08-01 This book focuses on all main medical disorders that affect the sexual health of patients. From the medical disorder and its impact on sexuality and from the sexual symptom as signal of underlying disease, this book highlights the importance of the sexual interview as an essential element of medical history. The aim is to increase the scientific knowledge in human sexuality and sexual health in order to optimize the identification of the pathophysiology of sexual dysfunction from disease and to increase the quality of life of patients, promoting the proactivity of doctors in the care of the sexual sphere. Many medical disorders have negative effects on the different domains of sexual function: desire, arousal, orgasm, ejaculation, and pain. Chronic disease also affects subsidiarily sexual function in many ways, including fatigue, pain, dependency, impairment of self-image, and impacting relationships. On the other hand, sexual symptoms may be a signal of serious underlying disease. This book will be of benefit to GPs, gynecologists, andrologists, sexual medicine professionals, and all healthcare providers interested in the topic.

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