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Sexual Desire: More Than Just A “Feeling”

Ottawa – Most Canadians would describe sexual desire as feelings of longing, craving, satisfying a sensuous appetite, or even the need for sensual indulgence. Today, the Society of Obstetricians and Gynaecologists of Canada (SOGC) wants to explain that desire is more than just a “feeling”. The SOGC wants Canadian women to better understand the physical and psychosocial causes that may predispose to, precipitate or maintain a loss of desire.

“It is possible to feel sexy and have a fantastic sex life at all stages of a woman’s life. Understanding how a woman’s body evolves and how physical or environmental factors can affect libido are key to helping women maintain or improve their physical interest and drive in sex.” said Dr. Alessandra Graziottin.

Hormones, sleep shortages, anemia, depression, anxiety, amenorrhea, as well as genital pain and discomforts associated with conditions such as vaginal dryness and anorgasmia, can have a significant impact on one’s libido and level of sexual desire.

Healthy sexuality is an integral aspect of health and wellness. Sexual desire is complex in nature and may be negatively affected by a myriad of factors. It is not only a matter of the heart. An individual’s state of mind, their physical condition, their habits, and their environment can have a tremendous impact on their sex drive.

Dr. Nathalie Gamache added that, “Some people have no “desire” to be sexually active. That can be normal. But someone who wants to be sexually active and is unable to achieve the physical or emotional levels that allow them to fully engage in and enjoy sex is anything but normal. It should not be ignored. Something can likely be done.”

Women’s health experts are urging Canadian women who are experiencing low levels of sexual desire to stop suffering needlessly. There are a number of lifestyle changes, products and other medical options that can help a woman enjoy healthy and pleasurable sex throughout her lifetime.

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For more information please contact:

Natalie Wright, SOGC Communications and Public Education

Tel: (800) 561-2416 or (613) 730-4192 ext. 366

Fax: (613) 730-4314

Email: nwright@sogc.com

Web: www.sogc.org

About the SOGC

The SOGC is one of Canada's oldest national specialty organizations. Established in 1944, the Society's mission is to promote excellence in the practice of obstetrics and gynaecology and to advance the health of women through leadership, advocacy, collaboration, outreach and education. The SOGC represents obstetricians/ gynaecologists, family physicians, nurses, midwives and allied health professionals working in the field of sexual reproductive health. For more information, visit www.sogc.org.