

# Female Sexual Anatomy

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UCLA School of Nursing



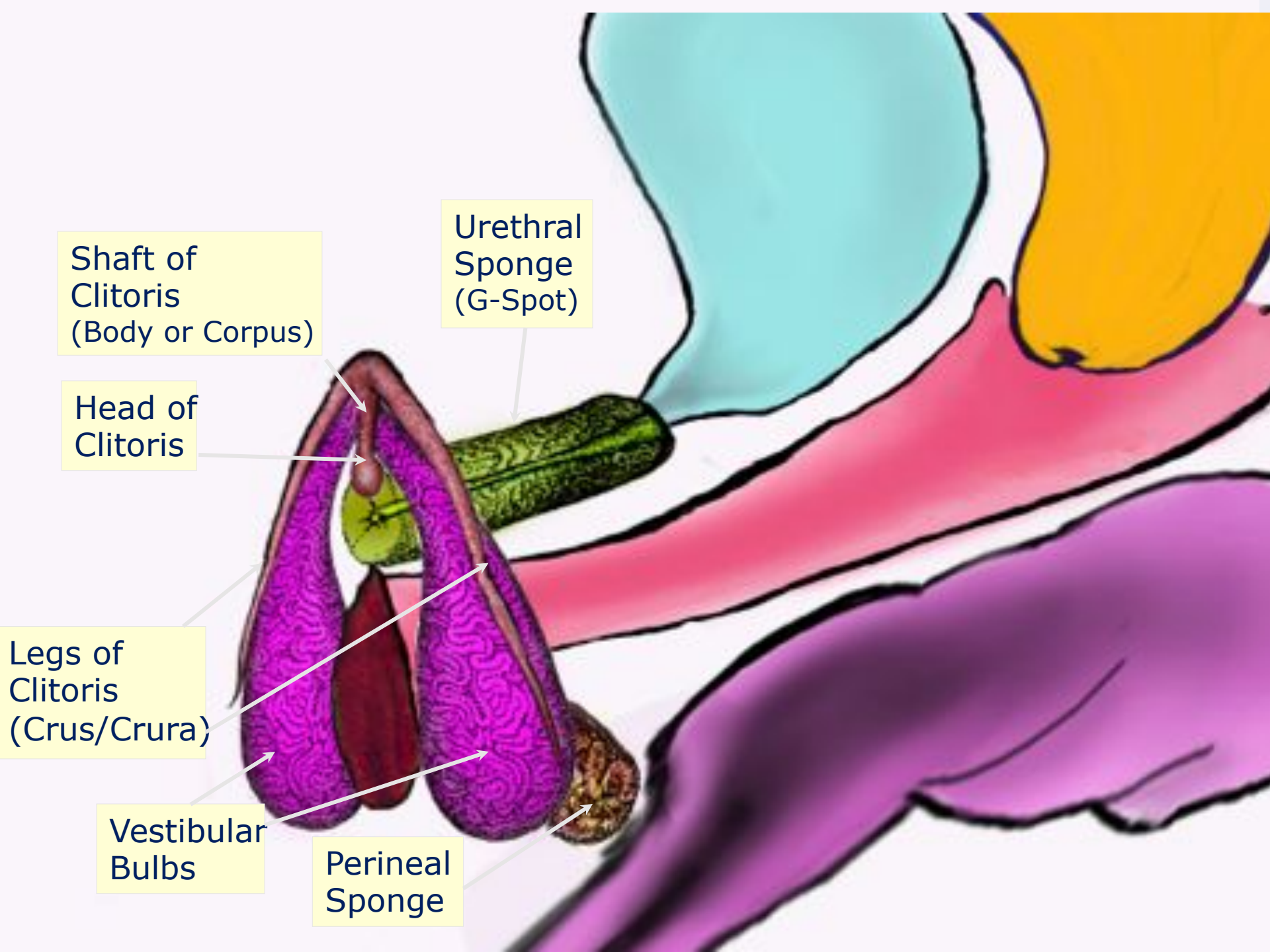
# Objectives

- Explain the health benefits of addressing sexual function with patients
- Describe the clitoral complex
- Compare the erect clitoris to the erect penis



This presentation is intended for  
any sexual orientation and any  
variation of partnering  
including **solo sexuality**





Shaft of  
Clitoris  
(Body or Corpus)

Head of  
Clitoris

Urethral  
Sponge  
(G-Spot)

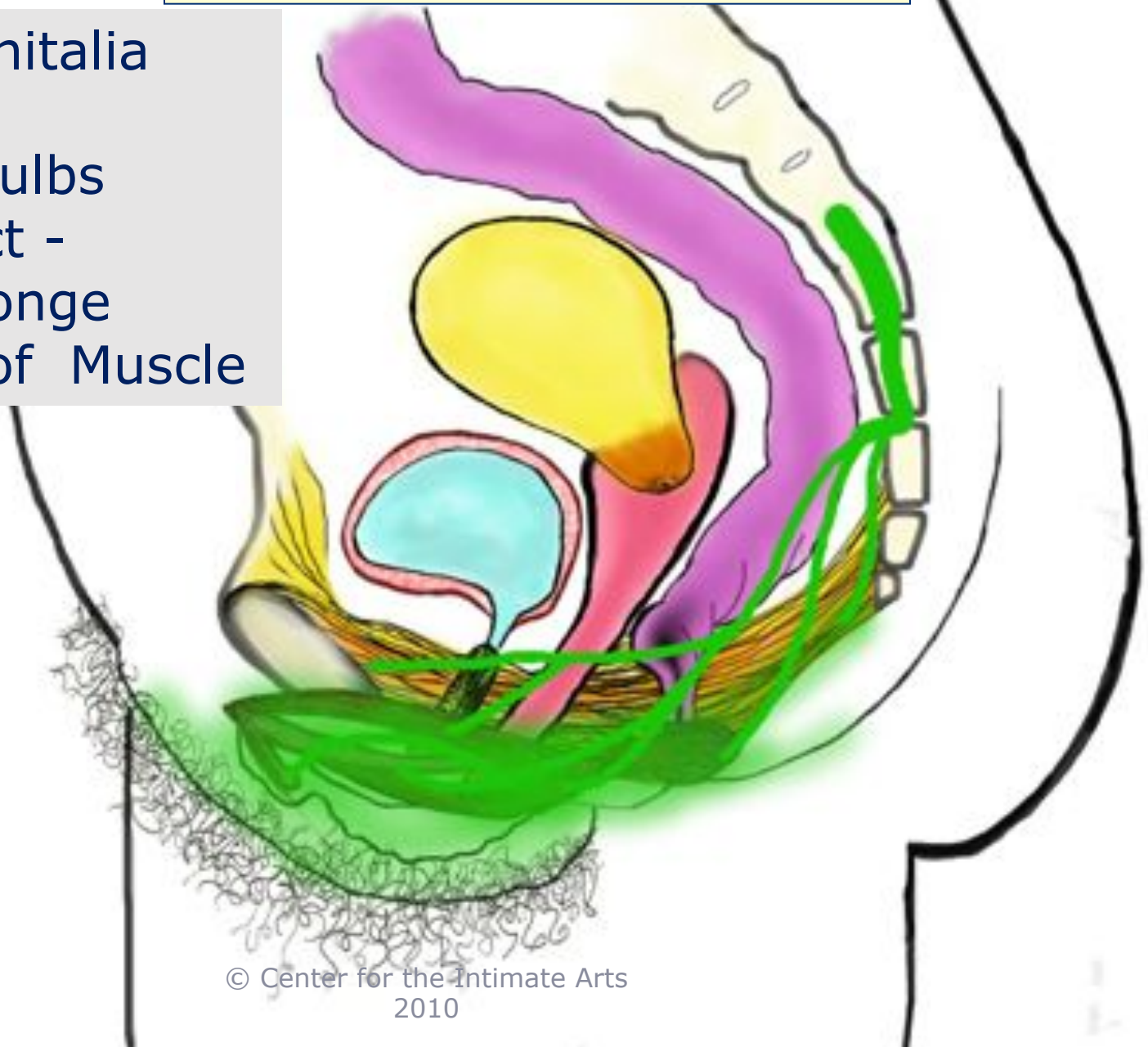
Legs of  
Clitoris  
(Crus/Crura)

Vestibular  
Bulbs

Perineal  
Sponge

# Pudendal Nerve

External Genitalia  
Clitoris  
Vestibular Bulbs  
Outer Aspect -  
Urethral Sponge  
Top Layers of Muscle

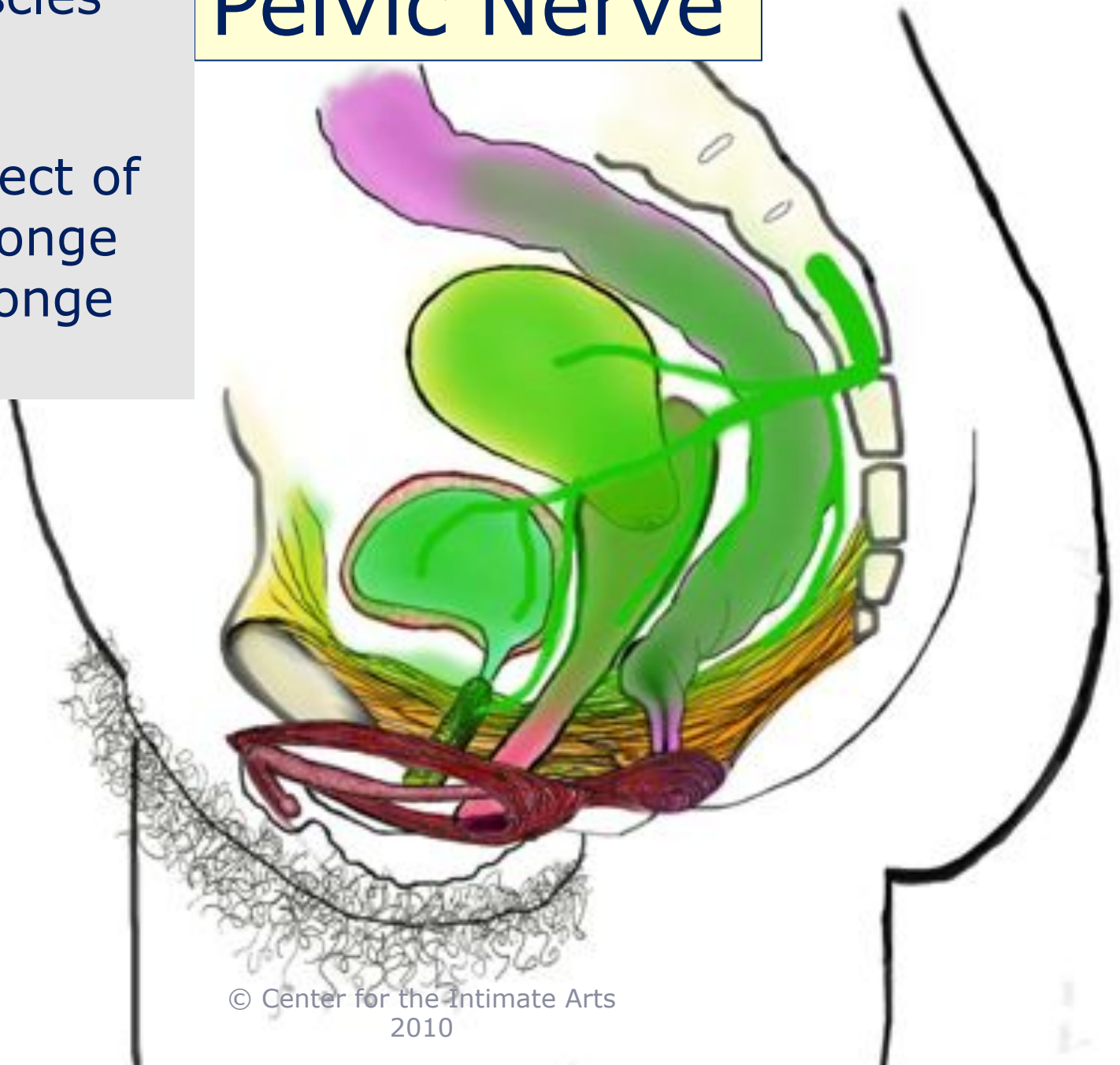


Deeper Muscles  
Vagina

Anus

Deeper Aspect of  
Urethral Sponge  
Perineal Sponge  
Bladder

# Pelvic Nerve



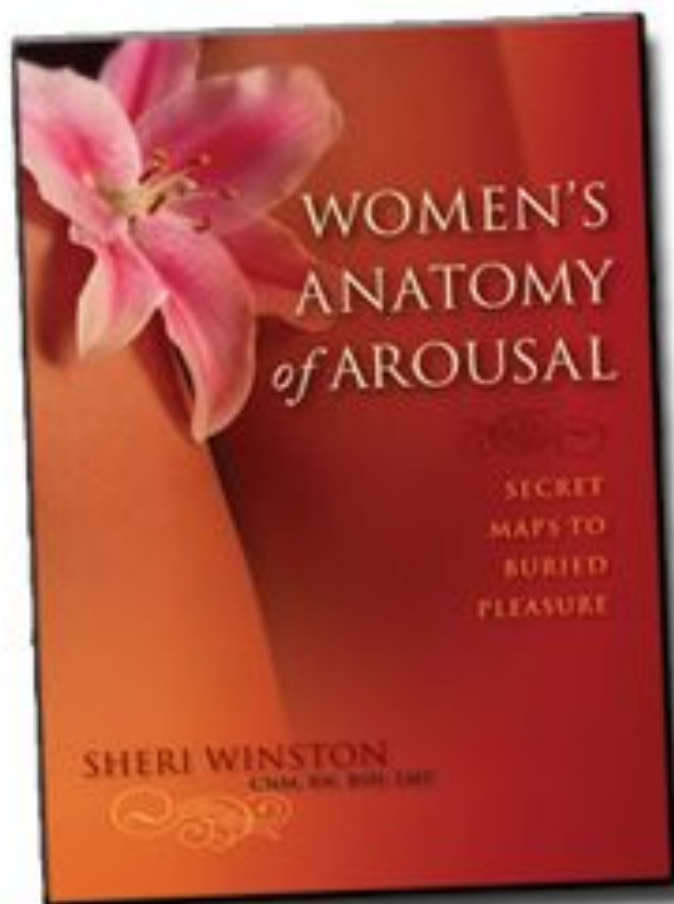


# Women's Anatomy of Arousal

## *Secret Maps to Buried Pleasure*

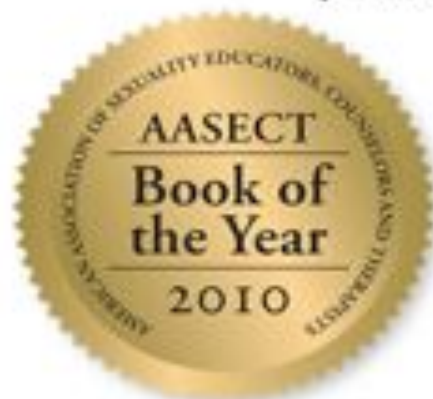
By Wholistic Sexuality Teacher  
Author & Anatomy Illustrator

**Sheri Winston**  
**CNM, RN, BSN, LMT**



"The most comprehensive, user-friendly,  
practical and uplifting book  
on women's sexuality  
I've ever read"

Christian Northrup  
MD, Author  
*Women's Bodies,  
Women's Wisdom*



**INTIMATEARTSCENTER.COM**  
**SHERI WINSTON'S CENTER FOR THE INTIMATE ARTS**

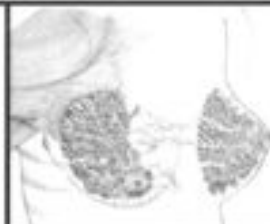
# Best website for anatomy

<http://www.the-clitoris.com>

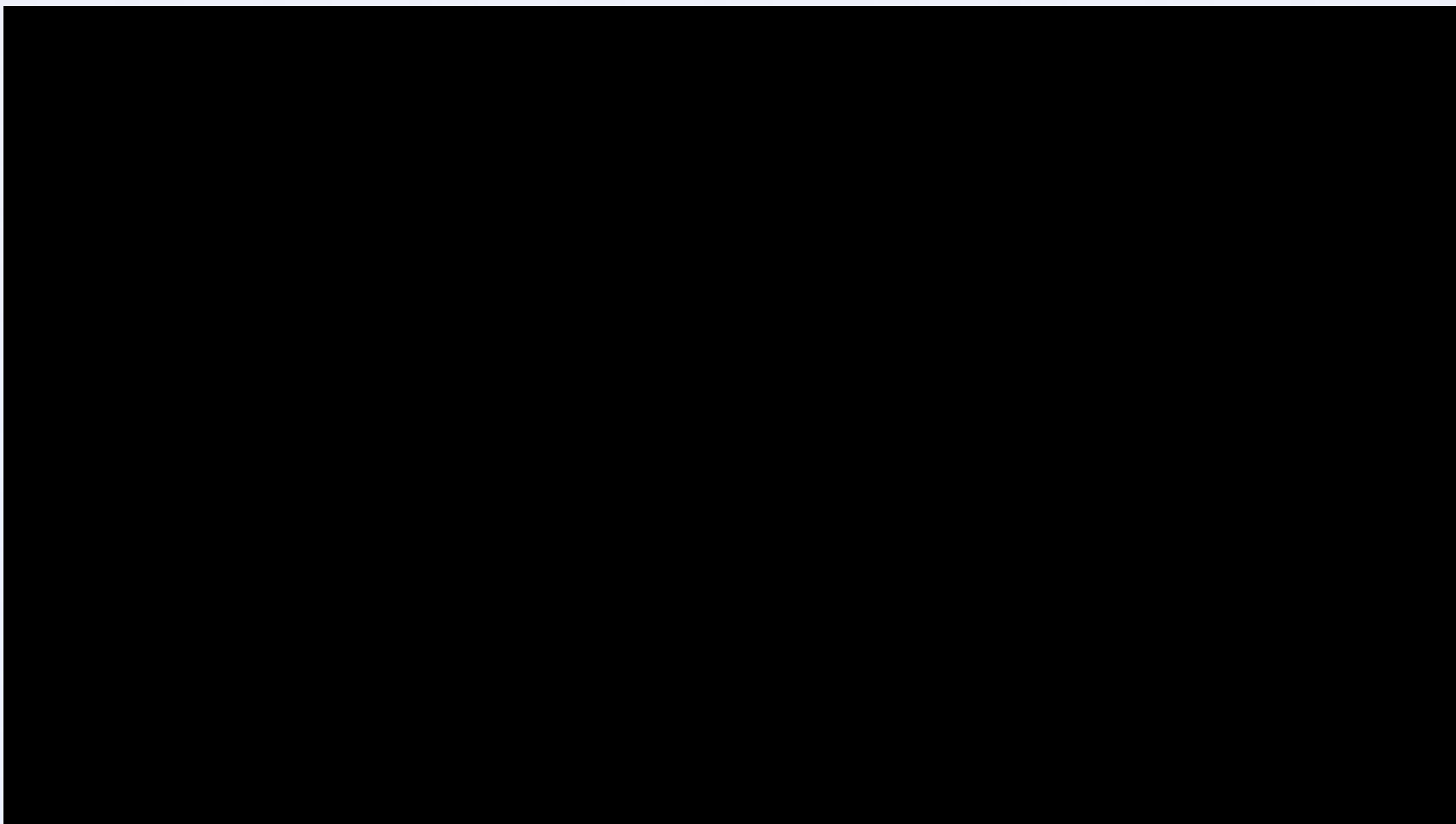


# A New View of a WOMAN'S BODY

A Fully Illustrated  
Guide by the  
Federation of  
Feminist Women's  
Health Centers



Illustrations by SUZANN GAGE, L Ac, RNC, NP



# Having Satisfying Sex:

- Makes people happier
- Supports immune function
- Alleviates menstrual cramps
- Decreases stress and insomnia
- Improves headaches
- Keeps vaginal tissue “plush”



# Orgasmic Sex:

- Extends lifespan
- Is excellent for cardiovascular health
  - no increase in risk of strokes
  - protection from fatal coronary events
- Frequent orgasm is protective against mortality for females

# Self Knowledge

- Anatomy
- Awareness of subjective erotic and sexual sensations
- Fluency in the language of one's own arousal.

Cornerstone to Sexual Health



Gus's journey of self-discovery...



# Coherence:

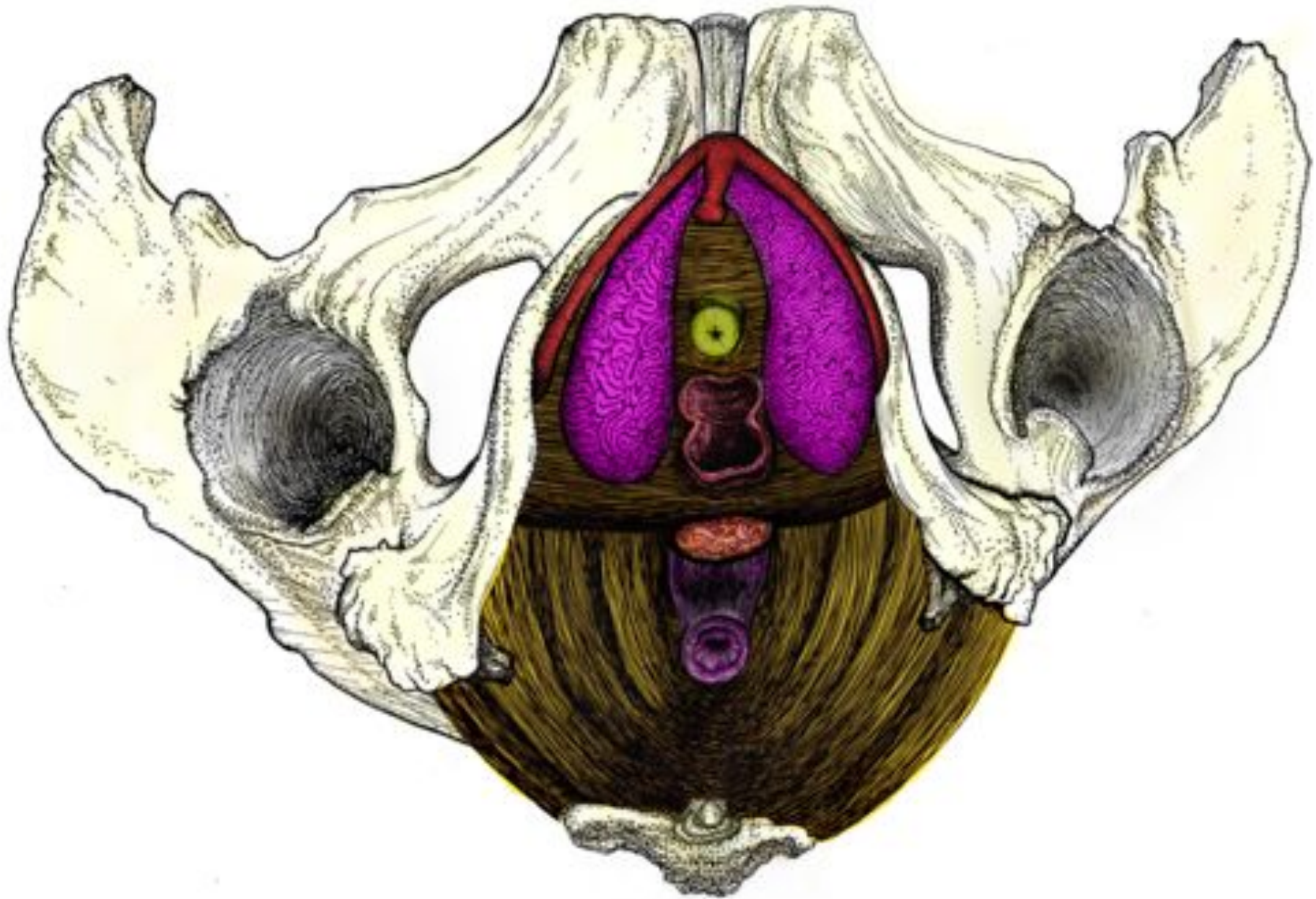
## To Increase Sexual Response

- Intentionally redirect attention to:
  - physical sexual cues
  - genital sensations
- Engage more sensory channels with:
  - Auditory stimuli
  - Visual stimuli
  - Olfactory stimuli

# Pelvic Muscles

Cornerstone to Sexual Health

- Awareness of, control over, and strength in pelvic muscles
  - Pubococcygeal muscles
  - Pelvic floor





# Control Of Pelvic Muscles:

- Relax to control response
- Contract around her erectile tissue to increase stimulation
- Tighten as needed

**ICD 9: 625.0    ICD 10: F52.6**



# Train **Voluntary** Pelvic Muscle Control

- Biofeedback
- Digital feedback from clinician
- Physical therapy

# Biofeedback

- To train **voluntary** pelvic floor muscle contraction
- Biofeedback:
  - A clinician, nurse, therapist, or patient
  - Inserts a monitoring probe into the vagina
  - OR places adhesive electrodes on the skin outside the vagina or rectal area
  - **As the patient contracts the correct pelvic floor muscles, it is demonstrated on a monitor**

# Clinician Exam

- Can she contract? (find the muscles)
  - Can chart this as “contractility”
- Is she also tensing her thighs, buttocks or abdominal muscles? Touch them
- How strong is the contraction?
- How long can she hold it?
  - This tells you where to advise her to start in her home exercises
- Have her return in prn or in 5-6 weeks to re-check



# Home Exercises

## Holding contractions

- The muscles are slowly tightened, and held to a count of 5-10 sec
- At first, the patient may only be able to hold the contraction for 1-2 sec
- Progress slowly over a period of weeks to a goal of 10 second holds, 20 second rests between holds

# Vaginal Weights; Graduated

- Weighted vaginal cones can be used to help strengthen the pelvic muscle.
- The cones come in sets that vary in weight.
- The tapered end is inserted into the vagina
- As the muscles get stronger, progress to a heavier cone.

# Vaginal Weights for PC strengthening



“I don't know if I've ever had an orgasm”

**ICD 9: 302.73    ICD 10: F52.31**

- Education:
  - Anatomy
  - How women have orgasms
- Outline a plan

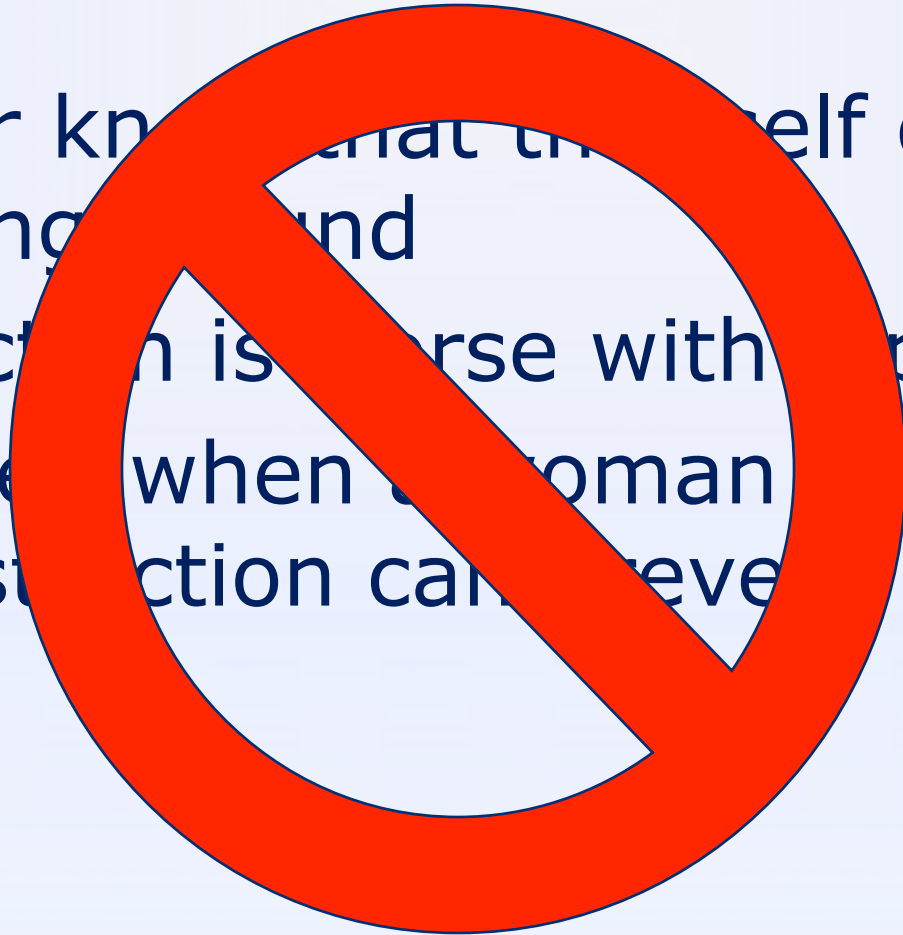


# Pre-orgasmic→Orgasmic

- Let her know that the “self critic” is hovering around
- Distraction is worse with a partner
- But even when a woman is *all alone* her distraction can prevent orgasm

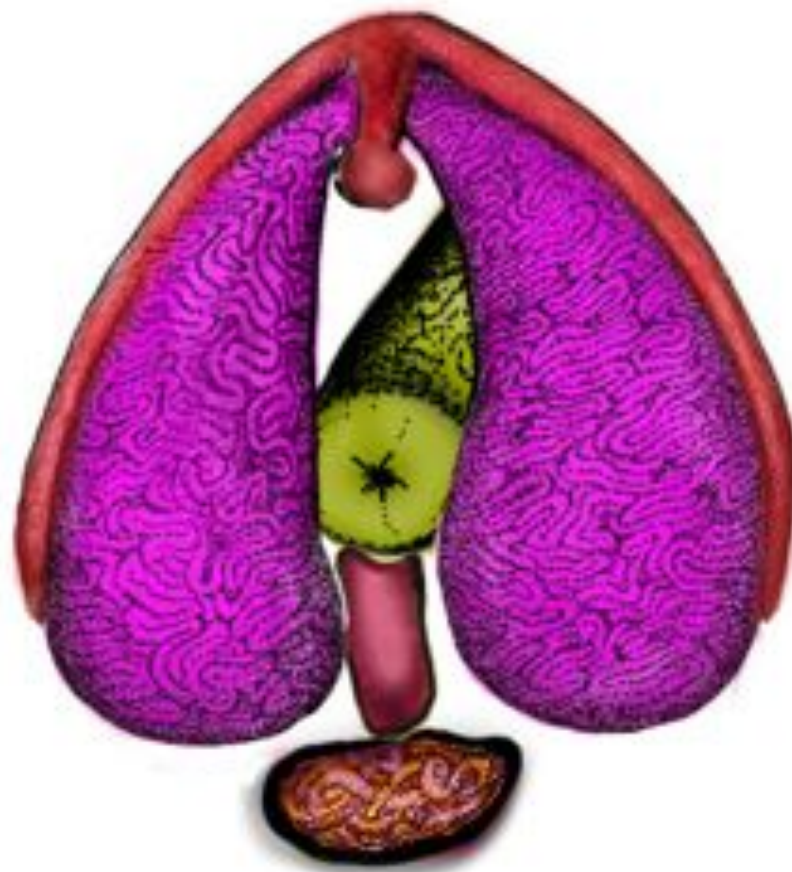
# Pre-orgasmic→Orgasmic

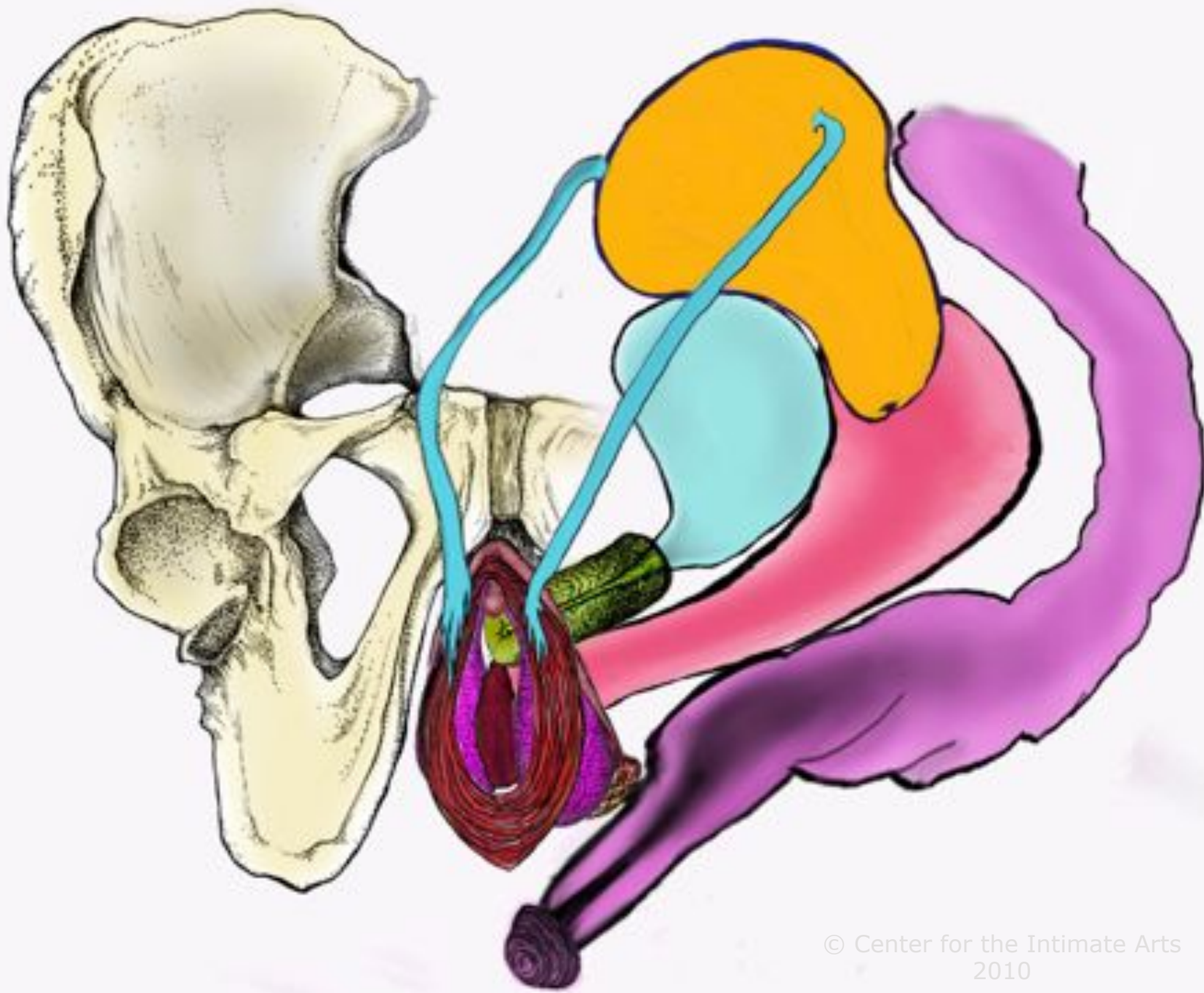
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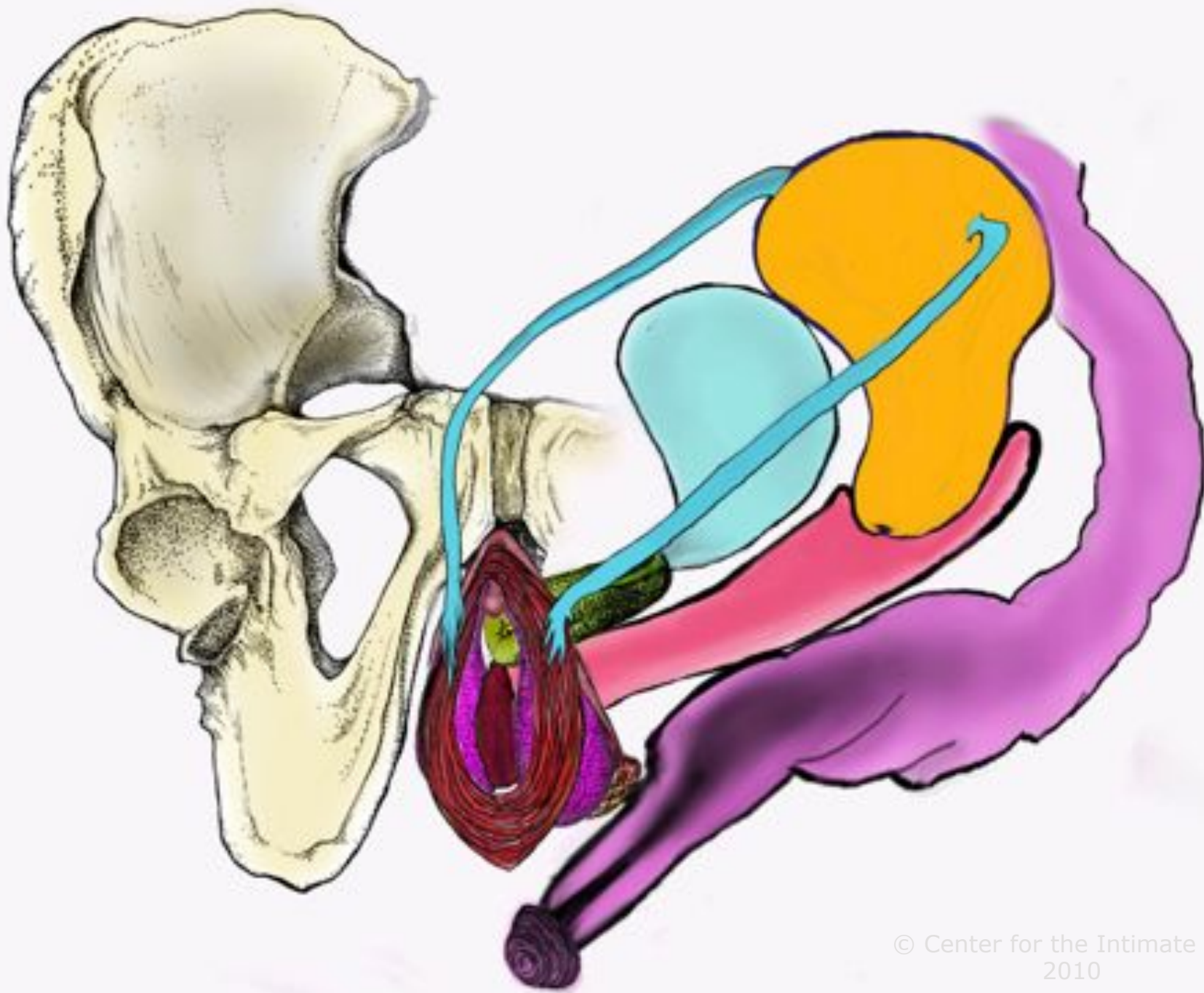
# Tips

- Contract her pelvic muscles
- Move her pelvis
- Bear down
- Move her head or feet









# Orgasmic

- Once she can have an orgasm by herself → “Show and tell” her partner if she has one
- If she elects penetration→ add external stimulation as needed
- Coital alignment

# Will I Become Dependent on My Vibrator?

Your “nerve pathways” will learn how to go from A-Z.



You can use a vibrator with a partner.

# Genitourinary Syndrome Of Menopause (GSM)

Vulva  
Vagina  
Cervix  
Urinary tract

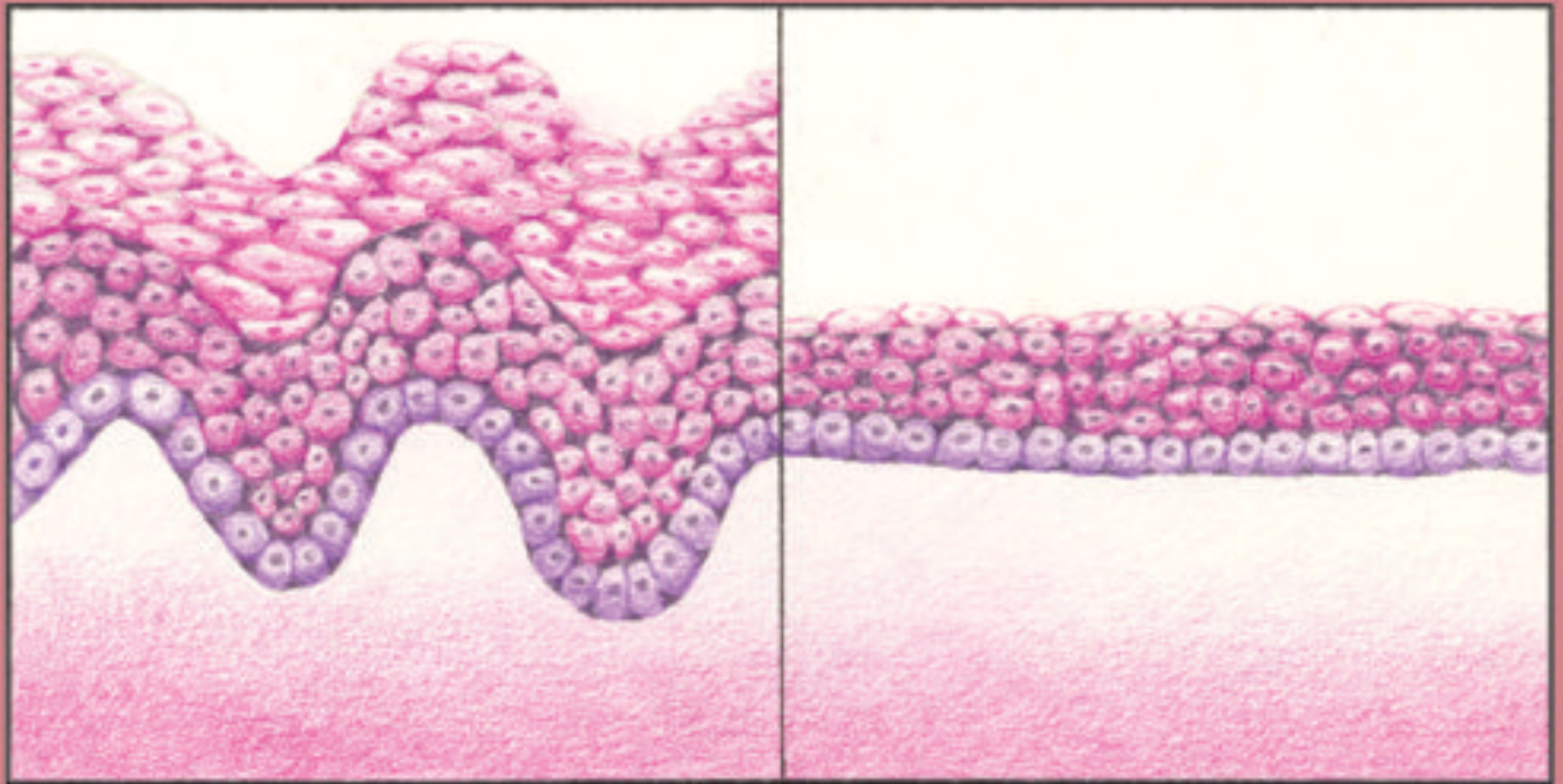
# Genitourinary Syndrome Of Menopause (GSM)

- The terms vulvovaginal atrophy (VVA) and atrophic vaginitis inadequately describe the range of menopausal symptoms associated with physical changes of the vulva and vagina.
- Neither term includes reference to the lower urinary tract.



# Genitourinary Syndrome Of Menopause (GSM)

- The word atrophy has negative connotations for midlife women
- The word vagina is not a generally accepted term for public discourse or for the media.



**Well-Estrogenized  
Premenopausal State**

**Low-Estrogen  
Postmenopausal State**

# Goals:

- Alleviate symptoms
- Preserve sexual function
- Clarify diagnosis

# Vulvar Symptoms

- Irritation
- Dyspareunia
- Diagnostic confusion

# Consider

- Lichen sclerosis
- VIN
- Biopsy after E<sub>2</sub>

# Vulvar Changes

Photo courtesy of  
Dr. Hope Haefner





# Care of the vulva/perineum



# No Products

- Wash with water after urinating or defecating
- Hand held shower sprayer
- Non-alcohol hypo-allergenic baby wipe *if no access to water*
- No soap, body wash, body creams
- No residue of detergent or fabric softener on underwear

# Natural Beauty Cleansing Bar

- pH of 4.5
- No soap or detergent
- Made by Nature's Plus



# Vaginal Symptoms

- Dryness
- Dyspareunia
  - Decreased lubrication
  - Less vaginal elasticity
  - Skin irritation
  - Introital shrinkage
- Spotting or bleeding
- Discharge/vaginitis
  - Yellow creamy
  - Bloody

# Vaginal Epithelium

- Thin, friable epithelium
- Petechiae
- Low maturation index
- $\text{pH} > 4.6$



Photo courtesy of Dr. Duane Townsend



# Cervix

- Thin, friable epithelium
- May be over-diagnosed as LSIL or ASC-US
- Colposcopy may be confusing
- Vaginal E<sub>2</sub> 4-6 weeks prior to pap or colposcopy (expert opinion)



Photo courtesy of Dr. Barbara Apgar



# Urinary Tract Thinning

- Urinary tract infection
- Urge incontinence
- Irritative symptoms:
  - Urgency
  - Frequency
  - Dysuria
- Less effect on stress incontinence

# Non-prescription Treatments

- Moisturizers, lubricants first line
- Hyaluronic acid gel, prebiotic
- Encourage resumption of penetrative sex (as appropriate for given patient)

(Chen et al., 2013)

(Nappi & Lachowsky, 2009)

("Management of symptomatic vulvovaginal atrophy: 2013 position statement of The North American Menopause Society," 2013)

Local or Systemic Estrogen  
Therapy

Oral Ospemiphene

**PRESCRIPTION  
TREATMENTS**

# Topical/ Vaginal Estrogen

Composition	Brand Name	Dose and sig
Vaginal cream 17 $\beta$ -Estradiol	Estrace® Vaginal Cream	Initial: 2.0-4.0g/d for 1-2 wk Maintenance: 1.0g/d (0.1 mg/g)
Vaginal cream conjugated estrogens	Premarin® Vaginal Cream	0.5-2.0 g/d or twice/wk (0.625 mg/g) Use lowest effective dose
Vaginal ring 17 $\beta$ -estradiol	Estring®	Ring contains 2 mg releases 7.5 mcg/d for 90 d
Vaginal ring Estradiol acetate	Femring® <b>(Systemic dose and indication)</b>	Systemic dose ring for 90 d 12.4mg releases 50mcg/d 24.8mg releases 100mcg/d
Vaginal tablet Estradiol hemihydrate	Vagifem® 10mcg (25mcg no longer available)	Initial: 1 tablet/d for 2 wk Maintenance: 1 tab 2x /wk

# Systemic Absorption

- Low-dose vaginal estrogen increased plasma estradiol levels during chronic administration
- Not above the normal range of  $\leq 20$  pg/ml.
- Each preparation associated with peaks at 8 h and return to baseline at 12 h

(Santen RJ. 2015)

# Topical Vs. Systemic E<sub>2</sub>

Preferred mode of delivery when vulvar or vaginal symptoms are the only complaint

- Topical more effective than systemic oral ET
- Evidence of lower risk

(Nappi & Lachowsky, 2009)

("Management of symptomatic vulvovaginal atrophy: 2013 position statement of The North American Menopause Society," 2013)

(Cody, Richardson, Moehrer, Hextall, & Glazener, 2009)



# Urinary Tract Symptoms

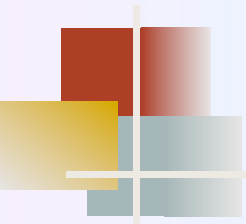
## Local Vaginal E<sub>2</sub>

- Provides greater benefit than nonhormonal interventions
- Improves, may cure:
  - Overactive bladder
  - Incontinence
  - Urinary tract infections
  - Urethritis (irritative) symptoms

(Nappi & Lachowsky, 2009)

("Management of symptomatic vulvovaginal atrophy: 2013 position statement of The North American Menopause Society," 2013)

(Cody, Richardson, Moehrer, Hextall, & Glazener, 2009)



# Vaginal ET and Endometrial Carcinoma

- P not indicated with low-dose local ET
- Closer surveillance if:
  - Using a higher dose of vaginal ET
  - At high risk for endometrial cancer
  - Symptoms of spotting or bleeding



# Vaginal ET for GSM With Breast Cancer

- Nonhormone dependent cancer: management is similar to that for women without cancer
- Hormone-dependent cancer: management depends on the woman's preference ***in consultation with her oncologist***

# Ospemiphenene (Osphena)

- 60mg ORAL
- Estrogen agonist/antagonist
- Selective estrogen-receptor modulator (SERM)

# Ospemiphene: Effectiveness

Improvement in:

- Dyspareunia
- Vaginal maturation index
- Vaginal pH
- Vaginal dryness

(Cui et al., 2014)

("Management of symptomatic vulvovaginal atrophy: 2013 position statement of The North American Menopause Society," 2013)

# Ospemiphene

Prescribing information similar to estrogens and other SERMs

Contraindicated in

- Genital bleeding unknown etiology
- Estrogen-dependent neoplasia
- DVT, PE, CVA, MI history or current



# Ospemiphene: Questions

- Antitumor effect in experimental breast cancer models
- Data in women with breast cancer or at high risk of developing breast cancer are lacking
- Positive effects on bone turnover

(Cui et al., 2014)

("Management of symptomatic vulvovaginal atrophy: 2013 position statement of The North American Menopause Society," 2013)

(Ylikorkala et al., 2003)

(Komi et al., 2004)



**QUESTIONS**

# RESOURCES

# Standard Operating Procedures

Evidence-based guidelines for management of sexual issues.

- Taking a sexual history
- Desire
- Arousal
- Orgasm



January 2013

International Society for Sexual Medicine (ISSM) Journal of Sexual Medicine

# Searchable Directories of Sex Therapists by Geographic Area.

American Association of Sexuality Educators,  
Counselors, and Therapists

[www.aasect.org](http://www.aasect.org)

International Society for the Study of Women's  
Sexual Health

<http://isswsh.org>

APTA

http://

www.womenshealthapta.org

/

Physical therapy society  
section specializing in  
women's health



# Intimate Partner Violence (IPV)

Reproductive Health Safety cards can  
be ordered from:

[www.futureswithoutviolence.org/onlinestore](http://www.futureswithoutviolence.org/onlinestore)

URL link to short PSA video on You Tube:

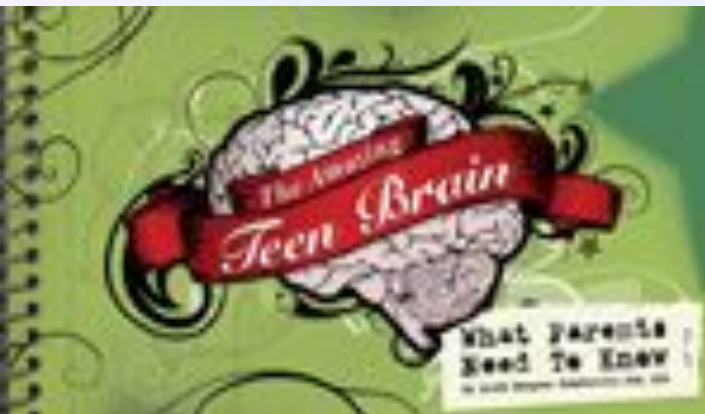
[http://www.youtube.com/watch?v=W6wqUuN8J0k&feature=player\\_embedded](http://www.youtube.com/watch?v=W6wqUuN8J0k&feature=player_embedded)

©2011 Futures Without Violence

*Formerly Family Violence Prevention Fund*

**ICD 9: V61.11    ICD 10: Z69.11**

# ©2011 Futures Without Violence



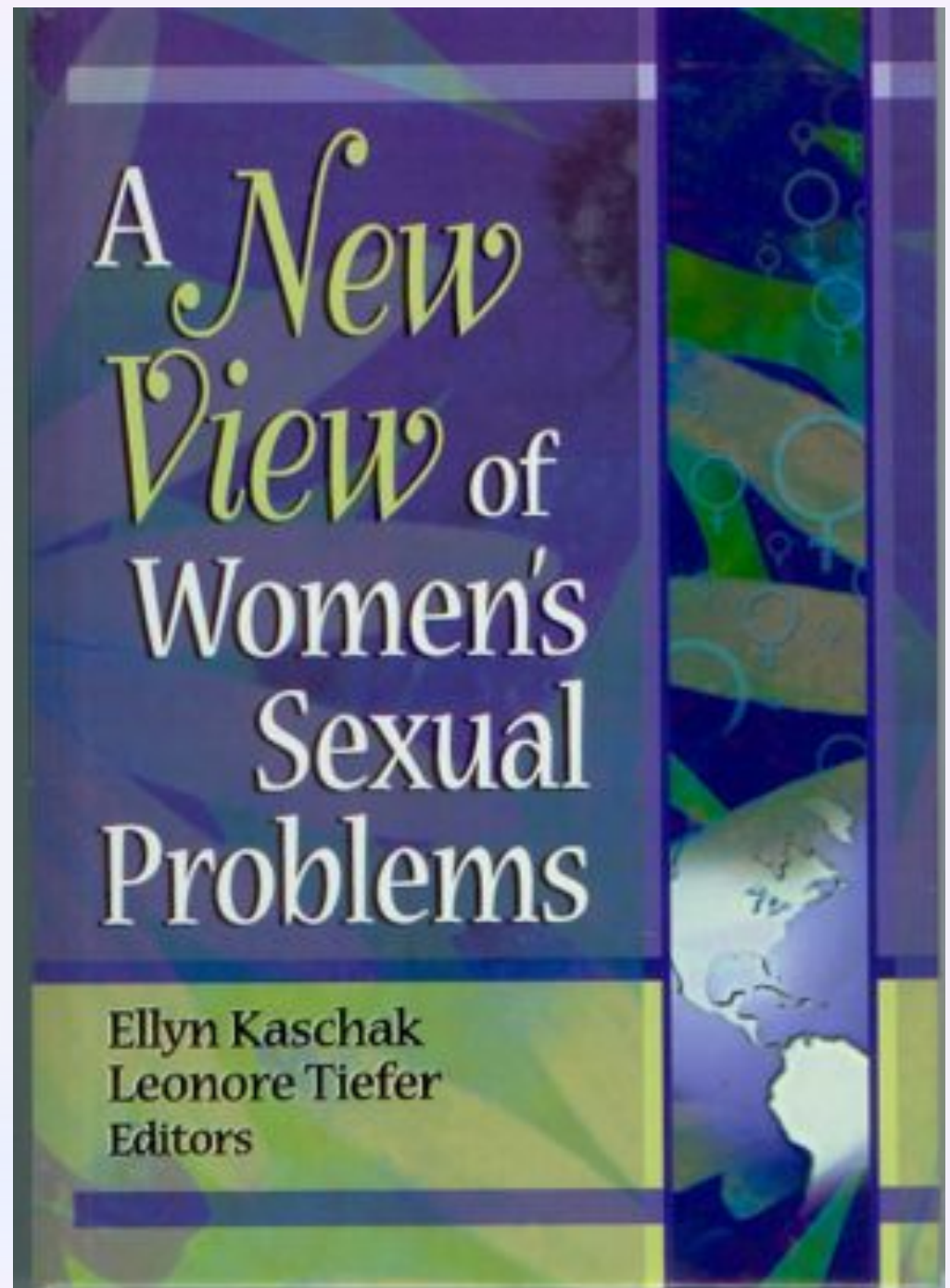
# Bedsider

## FRISKY FRIDAYS

- “User friendly”, *accurate* information
- [Http://bedsider.org/](http://bedsider.org/)



Kaschak E, Tiefer L.  
Binghampton, NY:  
The Haworth Press,  
Inc., 2001.





# Natural Beauty Cleansing Bar

- pH of 4.5
- No soap or detergent
- Safe for the vulva





# SHE COMES FIRST

the thinking man's guide  
to pleasuring a woman



IAN KERNER, Ph.D.

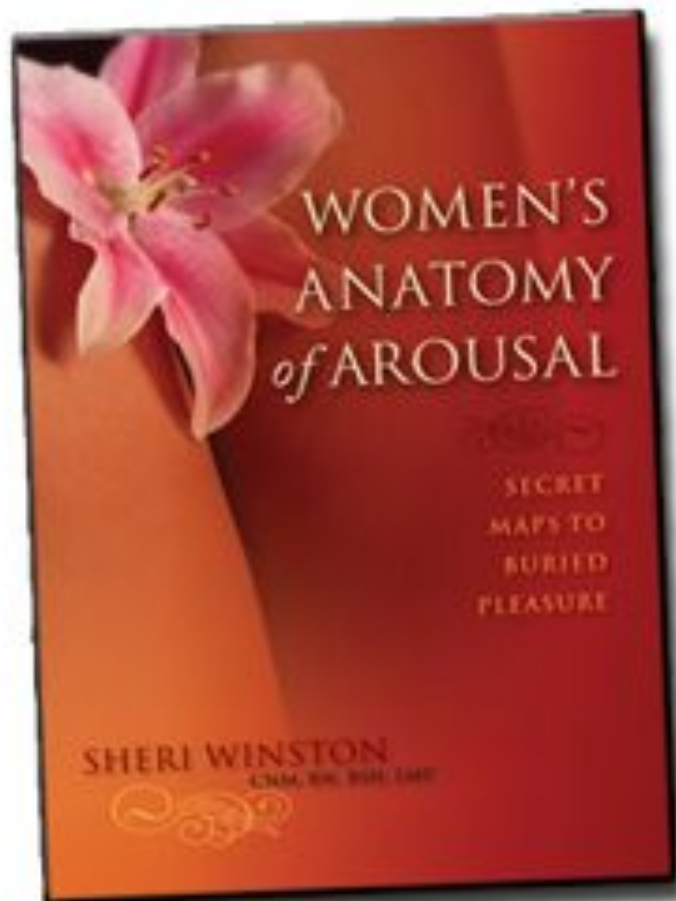
“Most men know more about what’s under the hood of their car than under the hood of the clitoris”

# Women's Anatomy of Arousal

## *Secret Maps to Buried Pleasure*

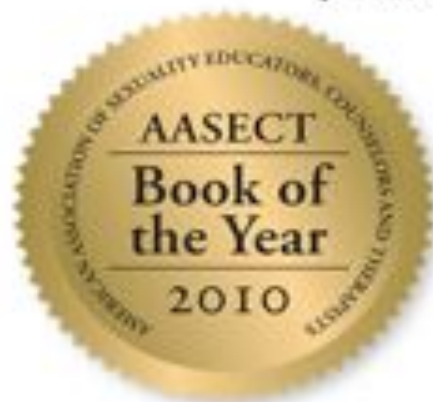
By Wholistic Sexuality Teacher  
Author & Anatomy Illustrator

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"The most comprehensive, user-friendly,  
practical and uplifting book  
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Christian Northrup  
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*Women's Bodies,  
Women's Wisdom*



**INTIMATEARTSCENTER.COM**  
**SHERI WINSTON'S CENTER FOR THE INTIMATE ARTS**



# Best website for anatomy

<http://www.the-clitoris.com>



## The pioneering guide to intimacy and sexuality

Passionate Marriage is recognized as the pioneering book on intimate human relationships. With a new preface by the author, this updated edition explores ways we can keep passion alive, and even reach the heights of sexual and emotional fulfillment. This book's revolutionary approach keeps the sparks flying by helping you and your relationship come alive. Passionate Marriage helps couples overcome relationship hurdles and reach their fullest potential as lovers and human beings.

from the "101 NIGHTS OF . . ." Series

# 101 Nights of™



## GRRREAT Sex

by Laura Corn

# Cock ring

Goes under the scrotum and around the top of the base of the penis



Restricts blood flow out of the penis. Can prolong or make the erection firmer or help with control.

# Toxic toys

- The smell test; chemical or plastic smell
- Non-porous
  - 100% silicone
  - glass
  - surgical steel
  - sealed ceramics
  - medical-grade plastics

# Fun Video

[http://www.ted.com/talks/  
mary\\_roach\\_10\\_things\\_you\\_didn\\_t\\_kn  
ow\\_about\\_orgasm.html](http://www.ted.com/talks/mary_roach_10_things_you_didn_t_know_about_orgasm.html)

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