

Graziottin A.

Sexuality with menopause

Abstract of the lecture presented at the course on "The menopausal woman's pathophysiology"

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Abstract and learning objectives

Background

Woman's sexuality encompasses sexual identity, sexual function, and sexual relationship. It is modulated throughout life by life and reproduction-related events, health, relationships, and socio-cultural variables. The ageing process and menopause are two potent contributors of female sexual dysfunction. The earlier the menopause, the more severe and complex the impact on sexuality is. The younger the woman, the less she realizes the different key goals of her life cycle (falling in love, having a satisfying sexual life, forming a stable couple, getting married, having a family) and the more pervasive the consequences on her sexual identity, sexual function, and sexual relationship can be.

Aim of the presentation

To focus on premature menopause as an amplified paradigm of the complex impact menopause can have on women's and couple's sexuality, with a prolonged perspective on postmenopausal years.

Learning objectives

1. To describe the pathophysiology of desire, arousal, orgasm and pain disorders across the menopause, and key questions encountered in infertility during premature menopause;
2. To empower attending physicians in their ability to diagnose and treat the biological basis of female sexual disorders across the menopause;
3. To highlight the concepts of "symptom inducer" and "symptom carrier" and the relevance of male sexual problems as contributors of FSD across the menopause and beyond.