Sexual Devices: Clitoral Stimulator, Dilators and Vibrators

Michael L. Krychman MD
Associate Clinical Attending UCI
Irvine, CA
Executive Director
Southern California Center for Sexual Health and Survivorship Medicine
Newport Beach, CA
Outline

- EROS Clitoral Stimulator
- Vaginal Dilators
- Vibrators/Self-Stimulators
FDA Approved Prescription Treatments for Sexual Dysfunction

**WOMEN**
- EROS CTD

**MEN**
- Venous flow controller
  - Actis penile rings
- Vacupump therapy
- Penile implants
  - Alprostadil (Caverject)
- Oral medication
  - Sildenafil
  - Vardenafil
  - Tadalafil
- Testosterone preparations
  - Gels
  - Patches
  - Injectables
  - Tablets
EROS CTD

- Small hand held battery operated device
- Soft plastic cup fits over the clitoris
- Gentle vacuum increases the genital blood flow causing the clitoral engorgement.
- Increased blood flow causes increased vaginal lubrication and enhanced ability to achieve orgasm
- Cost $395.00 USD
- Patient information literature and video
- Insurance can and does reimburse
- FDA clearance to market in April 2000.

Urometric information sheets
- 20 women- increased sensations lubrication ability to achieve orgasm and sexual satisfaction

Billups et al (2001):
- 32 women- increased sensations lubrication ability to achieve orgasm and sexual satisfaction (J sex and Marital therapy 2001)
Munarriz et al (FSFF-2001)
- 7 patients; prospective duplex doppler ultrasound in women with FSAD show the device increases clitoral and corpus spongiosum diameter and peak systolic and end diastolic velocity values.

Pauls et al (FSFF-2001)
- 12 patients; increased vaginal blood flow in pre and post menopausal women with FSAD.
Studies

- Schroder et al (FSFI-2001)
  - 12 patients- EROS is associated with significant improved in sexual function in cervical cancer patients treated with RT

- Billups et al (AUA)
  - 22 patients- EROS is associated with improvements in FSD domains in women with FSAD and diabetes

- Schroder et al (SSTAR-2002)
  - EROS is associated with improvements in sexual desire, arousal, lubrication, orgasm satisfaction and pain in postmenopausal women with FSD
Sexuality is more than a clitoris
Is the EROS® clitoral stimulator better than a vibrator?
No RCT Exists

EROS
$400 USD

Venus
$22.95 USD
Vaginal Dilators
Dilators

GOAL: Reconnection with the vagina;
Vaginal biofeedback

- MSKCC Program
  - Use 2-3 times a week
  - Use lubricant with exercises
  - Slowly and progressive (2-3 weeks per size)
  - Gradually increase size and time
  - Premedication is allowed
  - Lidocaine and lubricant should be used
  - Relaxation and distraction techniques during medical exercise
  - Frequent follow up visits

- Self stimulation is a medical treatment
- Write it on a prescription pad
Sexual Medicine Use

- Genital Syndrome of Menopause
- Vaginismus
- Pelvic Floor Hypertonus
- Provoked Vestibulodynia
- Neovaginal surgery
- Cancer Surgery
No Data for Effective Treatment Paradigm

- Frequency of Use
  - Q week, BID, TIW?
- Duration of Use
  - 5 versus 10 versus 20 minutes
- Time of the Day
  - Day versus night time
- Quality of Dilator
  - Hard versus soft versus glass
  - Cold versus warm
  - Vibrating versus non

**Predictor of Success:**
- Close contact with your health care professional
Phthalates

- US Environmental Protection Agency
- May have adverse effects on humans
- Used in cosmetics, medical devices, children toys, vibrators
- Male rat infertility, undecent testis, malformation of the penis, reduced testosterone,

Phthalates are generally considered to be in a class of endocrine disruptors known as "xenoestrogens," for their ability to mimic the effect of estrogen on the body.
One study also found that female animals exposed to higher levels of phthalates experienced increased risk of miscarriage, a common symptom of excessive estrogen levels in human women, and stillbirth.

Prematurity may also be linked to phthalate exposure - a 2003 study found higher levels of phthalates and phthalate metabolites in the blood of premature human infants than full-term infants.

A Puerto Rican study linked phthalate exposure in human girls to premature breast development, a symptom of early puberty.
Idama To, Pring DW
- (J Obstet Gynaecol 2000 May; 20 (3) 303-5.
- 18 women with superficial dyspareunia treated with graduated glass dilators
- Treatment considered success in 78% (14)
- 3 required additional therapy including surgery and psychotherapy

Lancaster Letitia
- (European Journal of Oncology Nursing 2004,8 30-9)
- Vaginal stenosis associated with brachytherapy for the treatment of gynecological cancers can be treated with vaginal dilators
- Lack of consistency for which patients should be advised to use dilators, the time to initiate use, frequency of use, insertion time and duration
When is a vibrator a self stimulator?

When is a dildo a vaginal dilator?
History of Vibrators/Self Stimulators

Steam powered vibrating devices were patented in the late 1860 and 1870 by George Taylor.

The first electromechanical vibrator was designed in 1880 by British physician Joseph Mortimer Granville (he intended it to be used for massage of male skeletal muscles).

Doctors originally used vibrators as a CURE ALL for women: female hysteria, pelvic pain, nervous tension and gynecological complaints.

In the 1920’s vibrators became associated with pornography and illicit sexuality.
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Antique Vibrator
and
Quack Medical Museum
Examine the medial scientific research on self stimulators
Prevalence and Characteristics of Vibrator Use in Women

- Normal Representative sample of 3800 women
  - 2,056 women participated, Aged 18-60 years, Internet based survey
- Prevalence use 52.5%

- More likely to have had gyn exam and genital self exam

- Vibrators use was significantly related to several aspects of sexual function- desire, arousal, lubrication, orgasm, pain) with recent vibrator users scoring higher on most sexual function domains indicating more positive sexual function
71.5% of women reported never experienced genital symptoms associated with vibrator use.

Vibrators may have cause some transient side effect which are permanent in rare occasions (numbness, pain, irritation, inflammation or swelling).

Vibrator users associated with health promoting behaviors and positive sexual function.

(Herbenick Jour Sex Med 2009)
Prevalence and Characteristics of Vibrator use (Men)

Population based cross sectional survey
- 1047 men
- Aged 18-60

44.8% have incorporated vibrator into solo or partnered sex and sexual intercourse
- 10% within last month
- 14.2 within last year
- 20.5 over one year
Vibrator use common in solo and partner play

More likely to be engaged in sexual promotion – ie testicular exams,

Scored high on 4/5 domains of International Index of erectile Function- erectile function, intercourse satisfaction, orgasmic function and sexual desire.

Figure 1 Percentage of vibrator’s use in female heterosexuals (F hetero; respondents = 2,056) (F homo; respondents = 2,445), (M hetero; respondents = 1,047), and (M homo; respondents = 25,294).


Reported Uses of Vibrators

- Sexual exploration
- Fantasy play
- Sexual substitute
- Auto erotica
- Re education of sexual pleasure
- Enhancement of blood flow
- Enhanced arousal in chronic illness or aging populations
Tele dildonics

Also known as cyberdildonics- electronic sexual toys that can be controlled by a computer to enable human user to reach an orgasm

New technology that has helped couples in long distance relationships to connect sexually when they are apart

Allows one partner to remotely control and manipulate a self stimulator being used by his or her partner though the internet
Control a sex toy over the internet from any web browser on any computer OR Using another wireless Sinulator!
Music Therapy (MT) & Self Stimulator (SS)

- Merges both music therapy associated music with self stimulation
- Treatment of both physiological and psychological aspects of sexual pain. Dyspareunia and vaginismus
- Proposed decrease in distress, anticipatory distress

Study Design:
- MT and SS
- SS
- MT

DATA collection underway.
Hey Dan I can’t wait to see your 8====D tonight xoxo.

Ashley, check who you’re texting - this is your father. And I know what 8====D means.

What does it mean then?

It’s a smile, of course

That’s right Dad

...as in the smile on my face when I know your home grounded and not out playing with Dan’s 8====D

Sexting is the act of sending or receiving sexually suggestive or explicit messages, videos or photos.
I HATE PHONE SEX

ONCE THE PHONE IS IN YOU CAN'T EVEN HEAR WHAT THE OTHER PERSON IS SAYING
Thank you for your kind attention

Michael Krychman
mkrychman@aol.com

"I couldn't find any carrots for the nose, so I grabbed this from my moms drawer..."