Addressing Sexuality and Sexual Dysfunction in LGBT Persons

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Prevalence of LGBT in US

• Challenging
• LGBT¹
  • 3.5% lesbian, gay, or bisexual
  • 0.3% transgender
• Gay and Lesbian ² ³
  • Gay: 4–5% of the adult male population
  • Lesbian: 2–3% of the female adult population

The Relationship Between Same-Sex Sexual Experience, Sexual Distress, and Female Sexual Dysfunction

- 5,998 females 18–49 years surveyed
- Lesbians (13.6%) engaged significantly more in all sexual activities ($P < 0.01$) compared with heterosexual women
- Lesbian women had significantly decreased sexual desire ($P < 0.05$) and satisfaction ($P < 0.001$)
- Sexual distress was significantly more prevalent in lesbian compared to heterosexual women (23% vs 19%)

# Sexual Activity in Heterosexual and Non-heterosexual Women

<table>
<thead>
<tr>
<th>Frequency of sexual activity</th>
<th>Heterosexual</th>
<th>Nonheterosexual</th>
<th>OR</th>
<th>CI 95%</th>
<th>P</th>
<th>r</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kissing</td>
<td>6.5</td>
<td>6.9</td>
<td>1.13</td>
<td>1.05–1.232</td>
<td>**</td>
<td>0.10</td>
</tr>
<tr>
<td>Fantasies</td>
<td>2.4</td>
<td>3.1</td>
<td>1.23</td>
<td>1.17–1.29</td>
<td>**</td>
<td>0.15</td>
</tr>
<tr>
<td>Masturbation</td>
<td>1.6</td>
<td>2.4</td>
<td>1.35</td>
<td>1.28–1.42</td>
<td>**</td>
<td>0.18</td>
</tr>
<tr>
<td>Oral sex</td>
<td>2.2</td>
<td>2.9</td>
<td>1.29</td>
<td>1.23–1.37</td>
<td>**</td>
<td>0.16</td>
</tr>
<tr>
<td>Vaginal sex</td>
<td>3.7</td>
<td>4.1</td>
<td>1.12</td>
<td>1.03–1.22</td>
<td>*</td>
<td>0.10</td>
</tr>
<tr>
<td>Anal sex</td>
<td>0.3</td>
<td>0.6</td>
<td>1.56</td>
<td>1.42–1.72</td>
<td>**</td>
<td>0.16</td>
</tr>
</tbody>
</table>

Frequency of sexual activity was measured using a Likert-type variable ranging from 0 to 8, with higher numbers indicating higher frequencies.

*P < 0.01
**P < 0.001

OR = odds ratio; CI = confidence interval

# FSD in Heterosexual and Non-heterosexual Women

<table>
<thead>
<tr>
<th></th>
<th>Nonheterosexual women (N = 814)</th>
<th>Heterosexual women (N = 5,184)</th>
<th>Z</th>
<th>P</th>
</tr>
</thead>
<tbody>
<tr>
<td>Desire</td>
<td>9.9% (81)</td>
<td>6.9% (362)</td>
<td>3.05</td>
<td>*</td>
</tr>
<tr>
<td>Arousal</td>
<td>6.5% (53)</td>
<td>6.5% (338)</td>
<td>0.0</td>
<td>n.s.</td>
</tr>
<tr>
<td>Lubrication</td>
<td>6.4% (52)</td>
<td>6.7% (346)</td>
<td>-0.31</td>
<td>n.s.</td>
</tr>
<tr>
<td>Orgasm</td>
<td>8.4% (68)</td>
<td>7.7% (399)</td>
<td>0.69</td>
<td>n.s.</td>
</tr>
<tr>
<td>Satisfaction</td>
<td>17.1% (139)</td>
<td>6.4% (329)</td>
<td>10.55</td>
<td>**</td>
</tr>
<tr>
<td>Pain</td>
<td>5.9% (48)</td>
<td>5.7% (293)</td>
<td>0.22</td>
<td>n.s.</td>
</tr>
</tbody>
</table>

Classification of women with and without FSD was based on the proposed cutoff score of FSD of 26.55 with inclusion of sexual distress

*P < 0.05

**P < 0.001

n.s. = not significant
Number of Sexual Partners

- Lesbian women reported having engaged in sexual activities with more partners than heterosexual women
  - Last 5 years: 3.4 vs 2.1 \((P < 0.001)\)
- Lesbian women reported a shorter relationship duration compared with heterosexual women \((P < 0.001)\)

Variation in Orgasm Occurrence by Sexual Orientation in a Sample of U.S. Singles

- Internet questionnaire of 1,497 men and 1,353 women who had experienced sexual activity in the past 12 months

- Frequency of orgasm during sexual activity
  - 85.1% single men
    - Heterosexual: 85.5%
    - Gay: 84.7%
    - Bisexual: 77.6% (p=0.07)
  - 62.9% single women
    - Heterosexual: 61.6%
    - Lesbian: 74.7%
    - Bisexual: 58.0% (p<0.05)

Sexual Behaviors and Situational Characteristics of Most Recent Male-Partnered Sexual Event among Gay and Bisexually Identified Men in the US

- Internet-based survey of 24,787 gay and bisexual men (ages 18–87 years)
- Mean age 39.2 y/o
- Ethnicities
  - White (84.6%)
  - Latino (6.4%)
  - African American (3.6%)

Forms of Intimacy Among Gay Men

- Kissing (74.5%)
- Oral sex (72.7%)
- Partnered masturbation (68.4%)
- Anal intercourse (37.2%)

  - Most common among men ages 18–24 (42.7%)
Sexual Dysfunction in an Internet Sample of U.S. Men Who Have Sex with Men

- Internet survey of 7,001 gay men 18 or older with lifetime male sex partners and oral or anal sex with within the past year
- 79% of men reported one or more sexual dysfunction symptom in the past year
  - Low sexual desire (57%)
  - ED (45%)
  - Performance anxiety (44%)
  - Sex not being pleasurable (37%)
  - Anorgasmia (36%)
  - Premature ejaculation (34%)
  - Pain during sex (14%)

Hirshfield et al J Sex Med 2010;7:3104–3114
Erectile Dysfunction and Premature Ejaculation in Men Who Have Sex with Men

- 2,640 gay men completed online survey of sexual function
- Modified IIEF (IIEF-MSM) and the Premature Ejaculation Diagnostic Tool (PEDT)
- Risk factors for ED
  - Increasing age
  - HIV seropositivity
  - Prior use of erectogenic therapy
  - Lower urinary tract symptoms (LUTS)
  - Lack of a stable sexual partner

Erectile Dysfunction and Premature Ejaculation in Men Who Have Sex with Men

- Risk factors for PE
  - Younger age
  - LUTS
  - Lower number of lifetime sexual partners

- Median number of lifetime sexual partners: 27 (interquartile range 6–100)

- Conclusion: Risk factors for sexual problems in gay men are similar to what has been observed heterosexual men

Use of Vibrators in LGB Population
Characteristics of Vibrator Use by Gay and Bisexual Identified Men in the United States

- Internet survey of 25,294 gay and bisexual men from U.S.
- 49.8% of gay and bisexual men reported having used vibrators
- Use during masturbation (86.2%)
- When vibrator used during partnered interactions
  - Foreplay (65.9%)
  - Intercourse (59.4%)
- Vibrator hygiene?
  - Approximately 1/3 of users cleaned the vibrator prior to their most recent partnered use and approximately 40% cleaned the vibrator afterward
Prevalence and Characteristics of Vibrator Use among Women who have Sex with Women

- Survey 2,192 lesbian women living in US and UK
- 86.0% (N = 1,804) with history of vibrator use
  - Solo masturbation (80.9%)
    - 52.7% within the last month
  - With a female partner (76.3%)
    - 36.9% within the last month
- Women with recent vibrator use with other women had higher mean sexual functioning scores than women who reported no vibrator use or vibrator use only during masturbation

Schick et al J Sex Med 2011;8:3306–3315
Transitioning from Male to Female
BRUCE JENNER

‘He Is Finally Happy’

THE REAL STORY

• A SECRET STRUGGLE & LIFE-CHANGING DECISION
• HOW HIS FAMILY IS SUPPORTING HIM

WHITNEY’S DAUGHTER
Her Tragic Life

MAGIC MIKE IS BACK!
DID A MILLIONAIRE GET AWAY WITH 3 MURDERS?

EXCLUSIVE PHOTOS FROM THE SEQUEL!
# Sexual Functioning in Transsexuals Following Hormone Therapy and Genital Surgery: A Review

<table>
<thead>
<tr>
<th>Male to Female</th>
<th>Female to Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Anti-androgens and Estrogens</td>
<td>• Progestins and Androgens</td>
</tr>
<tr>
<td>• Orchietomy</td>
<td>• Bilateral mastectomy</td>
</tr>
<tr>
<td>• Penectomy</td>
<td>• Phalloplasty</td>
</tr>
<tr>
<td>• Vaginoplasty</td>
<td>• Radial forearm flap</td>
</tr>
<tr>
<td>• Penile inversion technique (penile or scrotal skin)</td>
<td>• Rectus flap</td>
</tr>
<tr>
<td>• Large bowel or colon</td>
<td>• IPP</td>
</tr>
<tr>
<td>• Skin graft (poor lubrication and lack of sensation)</td>
<td>• Labiaplasty to develop scrotum</td>
</tr>
<tr>
<td>• Clitoroplasty (glans)</td>
<td>• Testicular prosthesis</td>
</tr>
<tr>
<td>• Labioplasty (scrotum)</td>
<td></td>
</tr>
</tbody>
</table>

Long-term Assessment of the Physical, Mental, and Sexual Health among Transsexual Women

- Fifty transsexual women who had undergone SRS 6 months earlier were recruited
- Transsexual women compared to a subset of American and Dutch women
- SF-36 and FSFI

Long-term Assessment of the Physical, Mental, and Sexual Health among Transsexual Women

<table>
<thead>
<tr>
<th>Transsexual women (N = 50)</th>
<th>Dutch women (N = 766)</th>
<th>American women (N = 1,412)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean ± SD</td>
<td>Mean ± SD</td>
<td>P</td>
</tr>
<tr>
<td>Physical functioning</td>
<td>74.8 (±22.1)</td>
<td>80.4 (±24.2)</td>
</tr>
<tr>
<td>Role-physical</td>
<td>82.7 (±31.1)</td>
<td>73.8 (±38.5)</td>
</tr>
<tr>
<td>Bodily pain</td>
<td>68.8 (±29.9)</td>
<td>71.9 (±23.8)</td>
</tr>
<tr>
<td>General health</td>
<td>65.4 (±21.2)</td>
<td>69.9 (±20.6)</td>
</tr>
<tr>
<td>Vitality</td>
<td>65.3 (±18.5)</td>
<td>64.3 (±19.7)</td>
</tr>
<tr>
<td>Social functioning</td>
<td>81.3 (±23.9)</td>
<td>82.0 (±23.5)</td>
</tr>
<tr>
<td>Role-emotional</td>
<td>77.8 (±35.0)</td>
<td>78.5 (±35.7)</td>
</tr>
<tr>
<td>Mental health</td>
<td>70.5 (±19.2)</td>
<td>73.7 (±18.2)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Mean ± SD</td>
<td>Mean ± SD</td>
<td>Mean ± SD</td>
</tr>
<tr>
<td>Desire</td>
<td>6.7 ± 1.3</td>
<td>5.2 ± 2.46</td>
</tr>
<tr>
<td>Arousal</td>
<td>17.6 ± 2.8</td>
<td>9.84 ± 7.25</td>
</tr>
<tr>
<td>Lubrication</td>
<td>19.0 ± 3.2</td>
<td>7.98 ± 7.64</td>
</tr>
<tr>
<td>Orgasm</td>
<td>12.8 ± 2.8</td>
<td>7.04 ± 5.74</td>
</tr>
<tr>
<td>satisfaction</td>
<td>13.4 ± 2.1</td>
<td>8.66 ± 3.93</td>
</tr>
<tr>
<td>Pain</td>
<td>14.2 ± 1.9</td>
<td>5.52 ± 6.14</td>
</tr>
<tr>
<td>Total</td>
<td>83.7 ± 10.7</td>
<td>44.24 ± 27.42</td>
</tr>
</tbody>
</table>

## Proposed TTh for Female Transsexuals

<table>
<thead>
<tr>
<th>Treatment center</th>
<th>Number of patients</th>
<th>Regimens</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academic Hospital Vrije Universiteit, Amsterdam, Netherlands</td>
<td>293</td>
<td>Testosterone esters 250 mg IM every 2 weeks</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Testosterone undecanoate 160 mg a day</td>
</tr>
<tr>
<td>Psychoneuroendocrinology Unit, University of Liège, Liège, Belgium</td>
<td>Not reported</td>
<td>Testosterone 240 mg/d 3 doses</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Testosterone esters 250 mg IM every 2-4 weeks</td>
</tr>
<tr>
<td>Division of Endocrinology, Mount Sinai, New York, USA</td>
<td>93</td>
<td>Testosterone esters (cypionate or enanthate) 250-400 mg IM every 2-3 weeks</td>
</tr>
<tr>
<td>Max-Planck-Institute Endocrinology Clinic, Munich, Germany</td>
<td>Not reported</td>
<td>Testosterone esters 250 mg IM every 2 weeks</td>
</tr>
<tr>
<td></td>
<td></td>
<td>reduce in 9-12 m after desired effect to one dose every 4 weeks</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Optional: progesterone 500 mg IM 2 doses 3-4 days after testosterone</td>
</tr>
<tr>
<td>Gender Clinic, University of Texas, Texas, USA</td>
<td>30</td>
<td>Testosterone cypionate 200 mg IM every 2 weeks</td>
</tr>
<tr>
<td>Department of Obstetrics and Gynecology, National Universit of Singapore, Singapore</td>
<td>70</td>
<td>Testosterone esters 250 mg IM every 3-4 weeks</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Testosterone cyclopentilpropionate 100 mg IM a week</td>
</tr>
<tr>
<td>Department of Obstetrics and Gynecology, Erlangen University Hospital, Erlangen, Germany</td>
<td>37</td>
<td>Testosterone undecanoate 1,000 mg IM every 12 weeks</td>
</tr>
</tbody>
</table>
Expected Changes with TTh in Female Transsexuals

- Interruption of menstrual cycles
- Voice deepening
- Increased body hair
- Clitoris enlargement (3.5-5.0 cm)
- Libido improvement
- Redistribution of body
- Increased muscle mass

Adverse Events Associated with TTh in Female Transsexuals

- Acne: 70%
- Weight gain: 25%
- Hyper-sexuality and aggressiveness: 20%
- Hypertension: 25%
- Increase in hematocrit in all patients; none reached polycythemic levels

Costa et al Arq Bras Endocrinol Metab. 2014;58/2
Gonadotropins and TTh in Transsexual Females

• LH and FSH levels are above the normal range for women in the follicular phase, 6.13 ± 9.4 U/L and 12.17 ± 15.2 U/L respectively, despite normal male testosterone levels

• In transsexual females the hypothalamic pituitary ovarian axis is not completely inhibited by exogenous testosterone at physiological doses for males
Sexual Orientation Matters in Sexual Medicine

Eusebio Rubio-Aurioles, MD, PHD,* and Kevan Wylie, MD, FRCP, FRCPsych†

*Asociacion Mexicana para la Salud Sexual A.C. (AMSSAC), Mexico City, Mexico; †Porterbrook Clinic, Sheffield, UK

- Do not assume sexual orientation to be heterosexual

- Use open ended questions
  - “Are you single or married?”
  - “Tell me about your relationship.”

- Masters and Johnson (1979)
  - The sexual capacities of the body “function in identical ways, whether we are interacting heterosexually or homosexually”
  - “sexual dysfunction be treated with the same therapeutic principles and techniques regardless of the sexual orientation of the distressed individual”
  - Sex therapy same; main limitation of efficacy is homophobia of clinician

J Sex Med 2008;5:1521–1533 1521
Special considerations for sex therapy and treatment in patients with homosexual orientation:

- Sexual identity
- Alternative lifestyles
- Nature of some of the sexual practices that become focus of treatment
Conclusion

• Lesbian women are more sexually active than heterosexual women and while they are more likely to achieve orgasm they are also more likely to suffer from low sexual desire

• Gay men experience similar sexual dysfunction rates as heterosexual men

• Gay and lesbian sexual dysfunctions should be treated the same as in heterosexual patients with consideration to sexual identity, alternative lifestyle, and nature of some of the sexual practices

• Vibrator use is very common in the LGB population

• Transgender men can safely and effectively be treated with testosterone despite having supraphysiologic testosterone levels for women
Thank You

Medical Center  Houston, Texas
Endocrine Society Guidelines for TTh in Transsexuals

• The patient must:
  
  • demonstrate knowledge and understanding of the expected and side effects of cross-sex hormone use
  
  • complete a real life experience in the desired gender for at least three months, or psychotherapy for a period determined by the psychotherapist to consolidate gender identity and
  
  • be likely to take hormones in a responsible manner

Medical Facts

• The prevalence of smoking is reportedly 27% to 71% higher among gay and bisexual men, and 70% to 350% higher among lesbians and bisexual women, than it is in the general population.
Lesbian Facts

• Diamant et al surveyed 7,000 lesbian women and found that 77.3% had one or more lifetime male sexual partner
  • 17% had lifetime of contracting STDs
  • Other studies show no increase in STDs in lesbian women
Gay STDs

Gonnorreha 7.9%
Clamydia 11.8%
Syphillis 5.9%
Hepatitis B 28%
HIV 18%
Gay Men

• Sexual considerations
  • Proctitis, proctocolitis, enteritis
LGBT
Lesbian
Gay
Transsexual
Bisexual
<table>
<thead>
<tr>
<th>Technique</th>
<th>White homosexual men (N = 575) (%)</th>
<th>Black homosexual men (N = 111) (%)</th>
<th>White homosexual women (N = 228) (%)</th>
<th>Black homosexual women (N = 63) (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body rubbing</td>
<td>41</td>
<td>53</td>
<td>46</td>
<td>77</td>
</tr>
<tr>
<td>Masturbating partner</td>
<td>83</td>
<td>91</td>
<td>79</td>
<td>88</td>
</tr>
<tr>
<td>Being masturbated by partner</td>
<td>85</td>
<td>88</td>
<td>82</td>
<td>89</td>
</tr>
<tr>
<td>Performing oral–genital</td>
<td>95</td>
<td>89</td>
<td>78</td>
<td>80</td>
</tr>
<tr>
<td>Receiving oral–genital</td>
<td>94</td>
<td>96</td>
<td>75</td>
<td>84</td>
</tr>
<tr>
<td>Performing anal intercourse</td>
<td>78</td>
<td>90</td>
<td>NA</td>
<td>NA</td>
</tr>
<tr>
<td>Receiving anal intercourse</td>
<td>67</td>
<td>78</td>
<td>NA</td>
<td>NA</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td>Black homosexual women (N = 63) (%)</td>
</tr>
<tr>
<td>Body rubbing</td>
<td>3</td>
<td>2</td>
<td>12</td>
<td>24</td>
</tr>
<tr>
<td>Masturbating partner</td>
<td>0</td>
<td>0</td>
<td>0</td>
<td>2</td>
</tr>
<tr>
<td>Being masturbated by partner</td>
<td>1</td>
<td>0</td>
<td>16</td>
<td>5</td>
</tr>
<tr>
<td>Mutual masturbation</td>
<td>2</td>
<td>1</td>
<td>13</td>
<td>7</td>
</tr>
<tr>
<td>Performing oral–genital</td>
<td>2</td>
<td>3</td>
<td>6</td>
<td>0</td>
</tr>
<tr>
<td>Receiving oral–genital</td>
<td>27</td>
<td>18</td>
<td>20</td>
<td>29</td>
</tr>
<tr>
<td>Performing anal intercourse</td>
<td>26</td>
<td>44</td>
<td>NA</td>
<td>NA</td>
</tr>
<tr>
<td>Receiving anal intercourse</td>
<td>5</td>
<td>11</td>
<td>NA</td>
<td>NA</td>
</tr>
</tbody>
</table>