

# A Non-Pharmacological Method to Increase Vaginal Blood Flow in Patients with Sexual Arousal Disorder

*Presented at the Female Sexual Function Forum, October 2001, Boston, MA*

*Rachel N Pauls, MD, Laura Berman, PhD, and Jennifer Berman, MD*

## Introduction

A relationship between low genital blood flow and sexual arousal disorder has been suggested. The vacuum clitoral therapy device (Eros Therapy) is a non-pharmacological device that has been shown to improve genital sensation, vaginal lubrication, orgasm and overall satisfaction. While the device increases clitoral blood flow via a gentle vacuum, it is unclear whether this affects vaginal blood flow. The goal of this pilot study was to determine effects of the Eros-Therapy on vaginal blood flow.

## Methods

Twelve patients with complaints of sexual arousal disorder were evaluated. All patients completed a Sexual Distress Scale. Vaginal arterial blood flow was measured using Duplex Doppler ultrasonography. Peak systolic and end-diastolic velocities were recorded at baseline and following application with the Eros Therapy. The device was placed over the clitoris and the vacuum was adjusted (max 9.8 inHg) over 5-10 minutes. Data was analyzed using a standard two-tailed test.

## Results

Mean age of study participants was 40 (+/-15) with a range of 25-68. Mean performance on the Sexual Distress Scale was 37 (+/- 8.8) of a possible 48. Seven patients were premenopausal and five were postmenopausal. Mean peak systolic velocity was 29.26cm/sec (+/- 8.35) at baseline and 47.27cm/sec (+/- 23.07) post application with the Eros-Therapy ( $p < 0.009$ ). Differences in post application vaginal blood flow measurements between premenopausal and postmenopausal women were not significant.

## Conclusions

The Eros Therapy causes a significant increase in vaginal blood flow in pre and postmenopausal women with sexual arousal disorder. This supports previous data demonstrating that use of the device increases vaginal lubrication and sexual arousal.

## References

Billups KL, Berman L, Berman J, Metz ME, Glennon ME, Goldstein I. A New Non-Pharmacological Vacuum Therapy for Female Sexual Dysfunction. *Journal of Sex and Marital Therapy*, 27, 2001.