



Cannabis and Female Orgasm Difficulty: An Overview

Welcome to our presentation on cannabis as a treatment for female orgasm difficulty. We'll explore Dr. Suzanne Mulvehill's groundbreaking research, public policy initiatives what it means for women seeking alternative solutions.



by Dr. Suzanne Mulvehill

A silhouette of a person with long hair, possibly a woman, is shown in a contemplative or distressed pose, leaning forward with their head buried in their hands. The background is a gradient of teal and orange, suggesting a sunset or sunrise over a body of water.

Understanding Female Orgasm Difficulty (FOD)



Definition

FOD refers to persistent difficulty or inability to achieve orgasm despite adequate sexual stimulation and arousal.



Prevalence

FOD affects up to 41% of women worldwide, making it one of the most common sexual issues.



Impact

Can significantly diminish quality of life, self-esteem, and relationship satisfaction.

Traditional Treatments for FOD

Psychological Approaches

- Cognitive-behavioral therapy
- Mindfulness techniques
- Couples counseling

Pharmaceutical Options

- Hormone therapy
- Flibanserin (Addyi)
- Off-label medications

Limitations

- Minimal efficacy for many women
- Unwanted side effects
- High discontinuation rates

Introduction to Cannabis as a Potential Treatment

1

Ancient Use

Cannabis referenced in Chinese and Indian texts for female sexual health as early as 2000 BCE.

2

20th Century Prohibition

Medical applications largely unexplored due to legal restrictions and stigma.

3

Modern Renaissance

Growing scientific interest in cannabis for sexual function as legalization expands.

4

Present Day

Emerging research showing promise for treatment of various sexual difficulties.

Ancient medical

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Dr. Suzanne Mulvehill's Research

Research Background

Dr. Mulvehill, a renowned sexual health researcher with 15+ years of clinical experience, specializes in alternative treatments for sexual dysfunction.

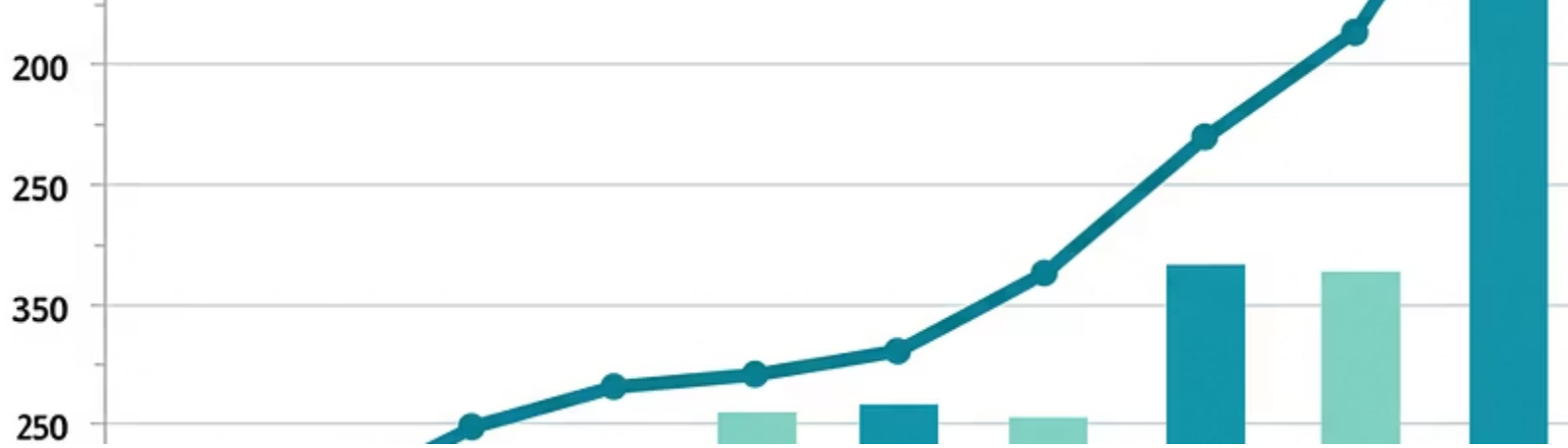
Study Design

Multi-center clinical trial with 350 women diagnosed with FOD, ages 25-55, using standardized measurement tools.

Methodology

Double-blind, placebo-controlled study with detailed follow-up over 6 months, using validated sexual function inventories.





Key Findings from Dr. Mulvehill's Study

72.8%

Improved Frequency

Nearly three-quarters of participants reported increased orgasm frequency.

67%

Enhanced Satisfaction

Two-thirds noted significantly improved quality and satisfaction of orgasms.

71%

Easier Achievement

Most women found orgasms easier to achieve with less effort and frustration.

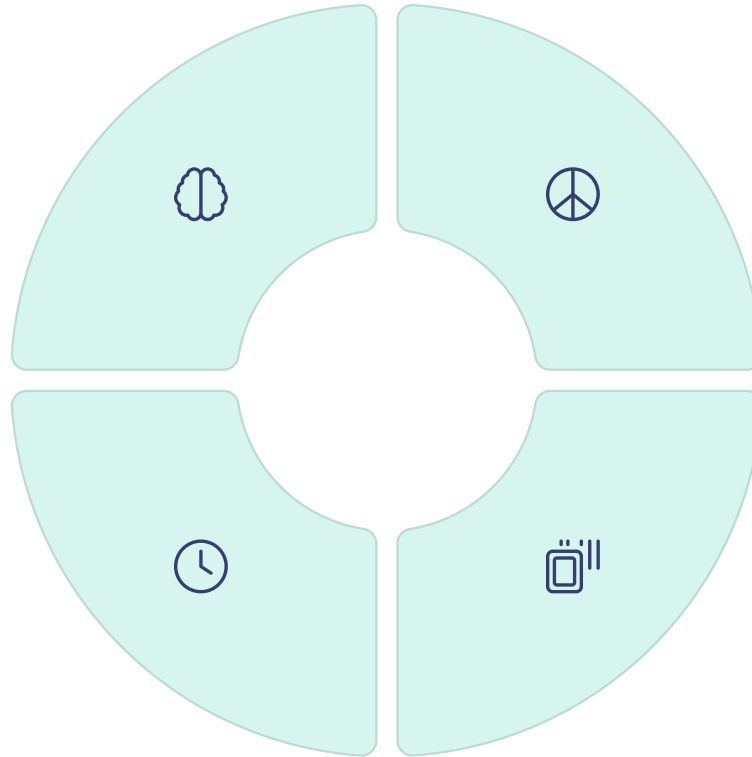
How Cannabis May Improve Sexual Function

Endocannabinoid System

Cannabis interacts with receptors throughout the body that regulate pleasure, pain, and sensory perception.

Time Perception

Alters perception of time, allowing for greater immersion in sexual experience.



Anxiety Reduction

Decreases performance anxiety and negative thought patterns that inhibit arousal and orgasm.

Sensory Enhancement

Heightens tactile sensation and increases blood flow to erogenous zones.

Types of Cannabis and Methods of Consumption



Cannabis Types

- THC: psychoactive effects
- CBD: non-intoxicating
- Balanced strains: combination



Inhalation Methods

- Fast onset (5-10 minutes)
- Easier dose control
- Shorter duration (1-3 hours)



Edibles & Oils

- Slower onset (30-90 minutes)
- Longer duration (4-8 hours)
- More whole-body effects

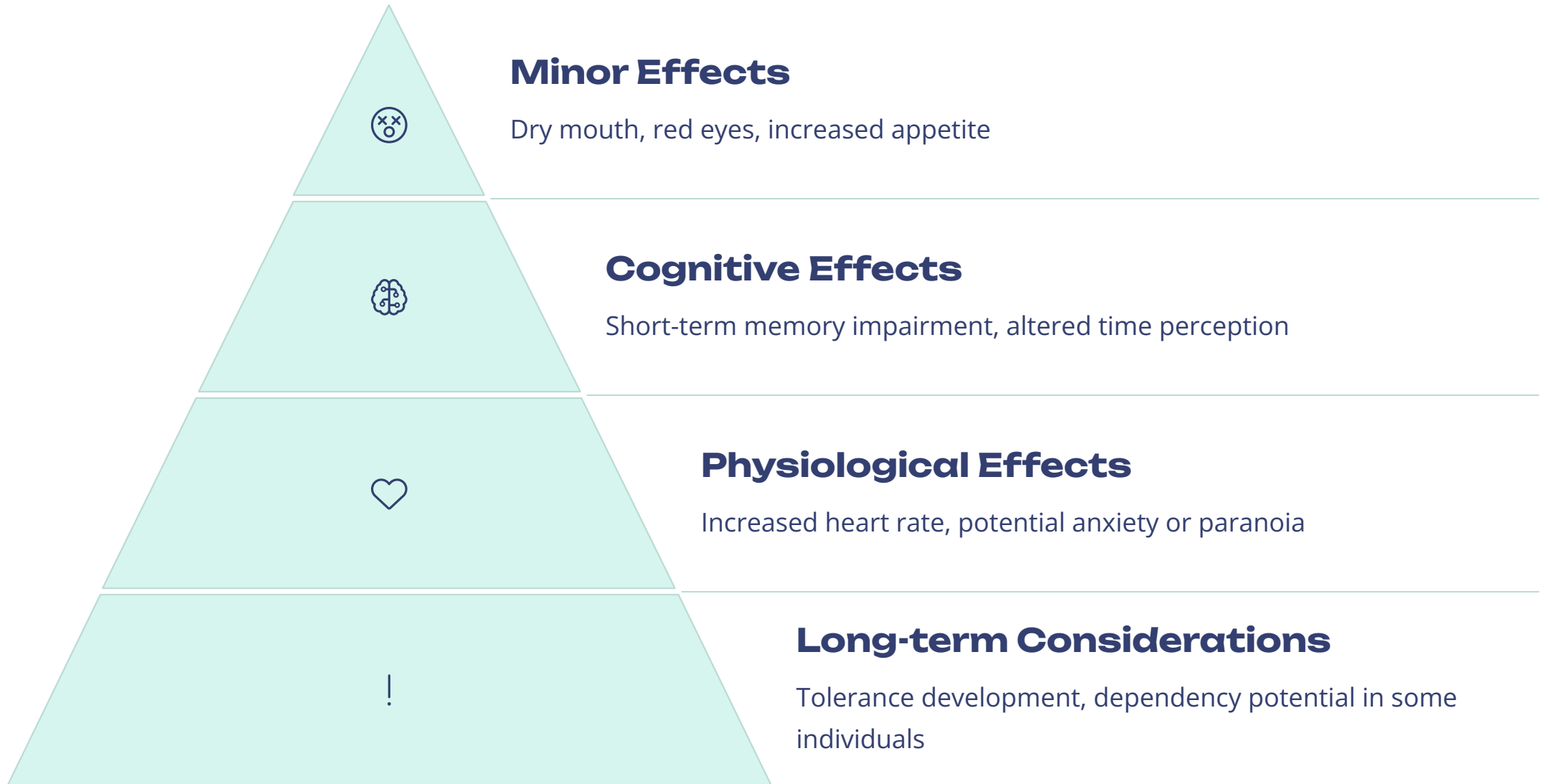


Topicals

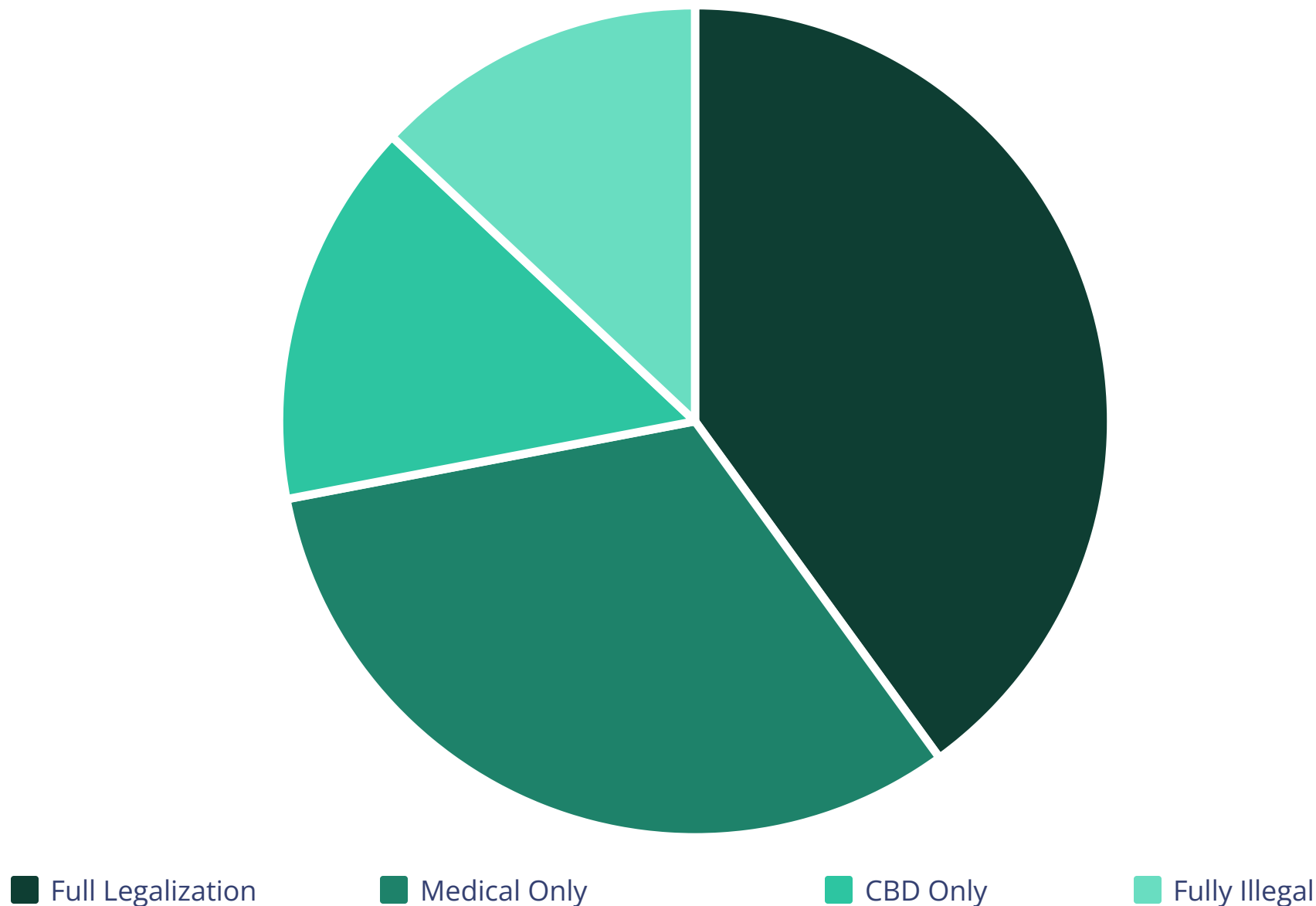
- Localized effects
- Minimal psychoactivity
- Good for focused sensation



Potential Risks and Side Effects



Legal Considerations



Legal status varies widely. Most states require a qualifying condition for medical cannabis. FOD is rarely listed specifically as a qualifying condition.

Other Research Supporting Cannabis for Sexual Health

Stanford University Study (2019)

Found cannabis users had 20% more sexual activity than non-users. Increased desire was independent of other factors.

St. Louis University Research (2020)

68% of women reported more satisfying sexual experiences with cannabis use. Improved arousal and lubrication noted.

Canadian Journal of Human Sexuality (2021)

Study of 216 couples showed improved sexual communication and satisfaction with moderate cannabis use.

North American Menopause Society (2022)

Research found cannabis particularly effective for post-menopausal women experiencing sexual difficulties.



Combining Cannabis with Other Therapies

Cannabis Therapy

Reduces anxiety and enhances sensory perception

Physical Therapy

Improves pelvic floor function and reduces pain



Mindfulness Practices

Increases body awareness and present-moment focus

Sex Therapy

Addresses psychological barriers and improves communication



Patient Experiences and Testimonials

1

"Finally Found Relief"

"After years of frustration, I finally found something that works. My relationship has completely transformed." - Age 37

2

"Reduced Performance Anxiety"

"Cannabis helps quiet my mind during intimacy. I'm no longer stuck in my head." - Age 42

3

"Life-Changing Results"

"I experienced my first orgasm at 39 after incorporating cannabis into my routine. It's been life-changing." - Age 41

4

"Enhanced Connection"

"Beyond physical benefits, I feel more emotionally connected during intimacy. My partner notices the difference too." - Age 29

Future Directions in Research



Strain-Specific Research

Identifying optimal cannabinoid profiles for sexual health



Larger Clinical Trials

Expanding sample sizes and demographic diversity



Pharmaceutical Development

Creating standardized cannabis-based medications for FOD



Long-Term Studies

Evaluating efficacy and safety over extended periods

Conclusion: Is Cannabis Right for You?



Cannabis may offer hope for those struggling with FOD. Consider your health history, local laws, and personal comfort. Always consult healthcare providers before starting cannabis therapy.