

SPECTRUM AND MANAGEMENT OF SEXUAL PROBLEMS

IN PEOPLE WITH HIV INFECTION

BY

DR JOSE CATALAN

CONTENTS

- What problems ?
- How common ?
- What are the causes ?
- What can be done to help ?
- What are the ethical considerations ?

SEXUAL PROBLEMS

- Sexual dysfunction
- Sexual dissatisfaction

SEXUAL DYSFUNCTION

	DESIRE	AROUSAL	ORGASM	OTHER
MEN	reduced increased	erectile dysfunction	premature Delayed/absent	pain
WOMEN	reduced increased	Lubrication dysfunction	delayed/absent	pain vaginismus

SEXUAL DISSATISFACTION

HOW COMMON ARE SEXUAL PROBLEMS IN HIV?

- THE CONTEXT IS ALL IMPORTANT:
- sexual problems in general population and in people attending family doctors are common
(Mercer et al, 2003; Nazareth et al, 2003)
- Sexual problems in people with chronic illnesses are very common (Basson & Schultz, 2007)

SEXUAL PROBLEMS IN HIV WERE REPORTED BEFORE THE INTRODUCTION OF HAART

- men that have sex with men (Catalan et al, 1992a)
ED: 38% DE: 38% LI: 75%
- men with haemophilia (Catalan et al, 1992b)
ED: 15% DE/PE: 30% LI: 55%
- women (Pergami et al, 1993; Heino et al, 1993)
LI: 40%- Abstinence: 20% Orgasm: 50%

SEXUAL PROBLEMS ARE MORE FREQUENTLY REPORTED FOLLOWING INTRODUCTION OF HAART

In men with HIV: erectile dysfunction, low desire,
premature ejaculation

Schrooten et al, 2001

Gianotten & Heijnen, 2009

Collazos et al, 2002

Jeffries et al, 2009

Goldmeir et al, 2003

Tubino Scanavino, 2011

Asboe et al, 2007

Shindel et al, 2011 and 2011b

Colazos, 2007

Russell, 2011

Guaraldi et al, 2007

Hart et al, 2011

Lau et al, 2008

SEXUAL PROBLEMS IN MEN AFTER HAART

- Erectile Dysfunction: 46% (9% - 74%)
- Low Interest: 44% (24% - 73%)
- Delayed Ejaculation : 39% (36% - 42%)

WHAT ARE THE CAUSES OF SEXUAL DYSFUNCTIONS IN MEN?

- older age
- HAART?
- Depression
- antidepressant use
- Antihypertensives
- Ethnicity?
- Sexual orientation?

SEXUAL PROBLEMS IN WOMEN WITH HIV

Low desire, lubrication and orgasm problems, avoidance of sexual contact, dissatisfaction

- Freitas et al, 2000
- Schrooten et al, 2001
- Florence et al, 2004
- Goldmeier et al, 2004
- Bell et al, 2006
- Luzi et al, 2009
- Wilson et al, 2010
- Lambert et al, 2012

SEXUAL PROBLEMS IN WOMEN WITH HIV

- Low Interest: 50%
- Orgasm: 24%
- Vaginismus: 60%
- Avoidance: 84%

WHAT ARE THE CAUSES OF SEXUAL PROBLEMS IN WOMEN WITH HIV

- Relationship problems
- Isolation
- Depression
- Body image and lipodystrophy
- HAART ?
- Unsafe sexual behaviour?

MANAGEMENT OF SEXUAL PROBLEMS IN PEOPLE WITH HIV INFECTION

- ASSESSMENT

- TREATMENT

ASSESSMENT

- Detailed history and nature of problems
- Presenting person and partner
- HIV and its significance
- Contextual circumstances
- Medications
- Background clinical status
- Expectations of treatment

TREATMENT

- PSYCHOLOGICAL INTERVENTIONS

Non specific

Specific – individual or couple

- MEDICATION

TREATMENT

■ MEDICATION : MEN

1. Erectile Dysfunction:

Sildenafil v Tadalafil
Alprostadil

2. Premature Ejaculation:

dapoxetine and older SSRIs
local anaesthetic creams

3. Low desire:

testosterone replacement therapy

TREATMENT

- MEDICATION: WOMEN
 1. Low desire :
transdermal testosterone
 2. SSRI induced sexual dysfunction:
Sildenafil

THE ETHICS OF RESTORING THE POTENTIAL TO SPREAD HIV INFECTION

THANK YOU

j.catalan@nhs.net