OB/GYNs’ Attitudes and Perceptions Regarding Sexual Health of Patients After Delivery

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Introduction
- Female sexual health should be a concern for OB/GYNs
- By addressing patients’ sexual health and encouraging dialogues, physicians may gain insight about the changes that may occur after delivery
- Laxity of the vaginal introitus is one of the many physical changes that occurs and may result in diminished sensation and sexual satisfaction during intercourse
- To tighten the vaginal introitus in order to improve women’s physical sensation and sexual satisfaction, it would be important to understand OB/GYNs perspectives about the procedure

Purpose of Survey
- To gain insight into OB/GYN’s discussions regarding sexual health and physical changes after childbirth with their patients
- To assess their reaction to a new treatment to improve tightness of the vaginal introitus following childbirth

Methods
- Utilizing the OB/GYN Alliance database of approximately 12,000 OB/GYNs, an online survey was conducted including practice-based OB/GYNs and gynecologists in the US
- Physicians were contacted via e-mail with a request to participate in the study; a link in the e-mail took them to the survey site
- Excluded from study: physicians who spend less than 50% of their time in study; a link in the e-mail took them to the survey site
- A total of 524 OB/GYNs completed the survey within 48 hours of receiving an e-mail request from the OB/GYN Alliance

Main Outcome Measures
- Frequency tabulation of physician and patient demographics, responses to sexual health discussions and perceived physical changes after vaginal births

Physician Demographics

A total of 524 OB/GYNs completed the survey within 48 hours of receiving an e-mail request from the OB/GYN Alliance

<table>
<thead>
<tr>
<th>Question</th>
<th>Response</th>
</tr>
</thead>
<tbody>
<tr>
<td>Respondent gender</td>
<td>56% male, 44% female</td>
</tr>
<tr>
<td>Respondent age</td>
<td>37% under 40 - 48 years old, 42% age 40</td>
</tr>
<tr>
<td>Number of patients treated per week</td>
<td>30% over 100 patients per week, 50% over 50 - 100 patients a week, 20% under 50 patients a week</td>
</tr>
<tr>
<td>Number of visits per patient</td>
<td>37% over 40 - 48 years old, 42% average age of OB/GYNs, 42 years</td>
</tr>
<tr>
<td>% Trained in sexual medicine</td>
<td>11%</td>
</tr>
<tr>
<td>% Who patients recommend in their office</td>
<td>67%</td>
</tr>
</tbody>
</table>

OB/GYNs’ Sexual Health Discussions with Patients

Most OB/GYNs believe patients sexual health is important but site reasons why they don’t always talk about it.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Percent Who Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>My patients’ sexual health is important to me</td>
<td>96%</td>
</tr>
<tr>
<td>I feel comfortable talking to my patients about their sex life</td>
<td>82%</td>
</tr>
<tr>
<td>My patients are embarrassed to discuss the details of their sex life with me</td>
<td>93%</td>
</tr>
<tr>
<td>There is not enough information on female sexual function available</td>
<td>66%</td>
</tr>
<tr>
<td>There are enough patients with an exam to discuss potential problems with a patient’s sex life</td>
<td>61%</td>
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Training to Diagnose Female Sexual Dysfunction (FSD)

Just over half of doctors feel adequately trained to diagnose their patients with a FSD.

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<tr>
<td>% Of OB/GYNs feel they are adequately trained to accurately diagnose a patient with a sexual dysfunction</td>
<td>51%</td>
</tr>
<tr>
<td>% Of OB/GYNs in survey reported they had additional training in sexual medicine or sexual dysfunction</td>
<td>13%</td>
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Common FSD Diagnoses

Doctors reported lack of desire as the most common FSD

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<td>Most OB/GYNs reported lack of desire as the most common FSD</td>
<td>61%</td>
</tr>
<tr>
<td>Most patients diagnosed with a FSD are treated by their OB/GYN</td>
<td>82%</td>
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<tr>
<td>Most doctors believe vaginal laxity is under-reported by patients</td>
<td>61%</td>
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Discussions of Changes in Sexual Satisfaction OB/GYNs are not regularly discussing changes in sexual satisfaction after childbirth with their patients

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Vaginal Laxity Reported by Patients

Most doctors believe vaginal laxity is under-reported by patients

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<tr>
<td>Most doctors believe vaginal laxity is under-reported by patients</td>
<td>44%</td>
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<td>Most patients diagnosed with a FSD are treated by their OB/GYN</td>
<td>82%</td>
</tr>
<tr>
<td>Most doctors believe vaginal laxity is under-reported by patients</td>
<td>44%</td>
</tr>
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<td>Most patients diagnosed with a FSD are treated by their OB/GYN</td>
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Conclusions

- The survey of OB/GYNs reinforces the importance of engaging patients in sexual health dialogue and confirms a high prevalence of vaginal laxity as a physical change experienced after vaginal delivery.
- The vast majority of OB/GYNs had interest in a nonsurgical treatment of vaginal laxity.