

Sexual Dysfunction and Seroxat

The side effect that no one talks about whether he or she is on Seroxat - or other SSRI medication – is sexual dysfunction. The way sexual dysfunction presents itself can vary, but broadly falls into the following categories:

1. Altered sexual desire, including loss or lack of desire
2. Orgasmic dysfunction, including anorgasmia (inability to have an orgasm) and painful or less pleasurable orgasm.
3. Erectile problems, including inability to get or maintain an erection (impotence), and painful erection.
4. Other problems, including problems of arousal, lubrication, reduced sexual satisfaction.

Whilst all on the above list are common, by far the most common form of sexual dysfunction reported by users is point number 2 – orgasmic dysfunction. Indeed, studies on Seroxat show this problem to be commonplace. Of course the most people don't like talking about such personal matters as this, so this matter tends to remain 'hidden' and people just think they have to put up with it; not so, there are ways of dealing with this side effect which we shall cover here.

Solutions

Should you feel that you are ready to come off Seroxat, then with the advice of your doctor, and perhaps with the help of the information on this site, you can start to slowly withdraw. Once you are clear of Seroxat this problem will then resolve. N.B there have been reports of the problem not resolving immediately, you may need to be patient and perhaps seek specialist advice.

Should you still be on Seroxat then there are other options:

1. There is some evidence to suggest (from clinical trials and anecdotal reporting) that supplements of the herb *Ginkgo Biloba* can be useful if treating SSRI induced sexual dysfunction, especially anorgasmia. Nature's Best make a good quality Ginkgo supplement. Always check with your doctor before commencing any supplement regime; for instance Ginkgo can have a thinning effect on the blood and should be avoided if you are on any blood thinning medication or if you have a history of bleeding disorders.
2. If you are a man experiencing impotence then it may well be worth talking to your doctor about the possibility of taking Viagra or Uprima or other such drug. It must be noted that this strategy will only treat the mechanical problem of impotence and will not have any effect on symptoms such as anorgasmia or loss of drive.

3. Some psychiatrists will add in another drug to counteract the negative effect that Seroxat can have. Such drugs may be mirtazapine, amantadine, cyproheptadine, and buspirone; for this you will need to see a specialist, experienced in giving this kind of treatment.
4. If you feel that your original condition has still not resolved underneath your treatment with Seroxat; or if you feel or know that you will always need some type of drug treatment for a psychiatric disorder, then the logical option is to change to a drug that does not have sexual side effects as a common feature. Antidepressants that do not generally have a lot of sexual dysfunction associated with them are: Zispin (mirtazapine), Zyban (bupropion – an antidepressant as well as a stop smoking drug), and some others, again you will need specialist advice for this. Of course, if you have a mild condition, and your doctor agrees, you may try St Johns Wort.

Summary

Remember this is a very common side effect: some studies showing up to 90% of people, when specifically questioned, being affected by this. It is not something you have to put up with; there are a whole host of solutions you and your doctor can try – don't suffer in silence!

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