Sexual (Dys)Function in CKD

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Thanks to our speaker!

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- Medical Advisor of Medical Clinical Affairs at Satellite Healthcare
- Was in private practice for 25 years
- Served as a Medical Director at Satellite Healthcare until his retirement in 2017

Emily Watson, MSW, LCSW
- Director of Social Work for Satellite Healthcare
- Emily has been a social worker for over 16 years, and for the last 13 years, dialysis at Satellite Healthcare
Disclosures

• None
Overview

• Normal sexual function versus sexual dysfunction
• Differences between males and females
• Increased risk for dysfunction in CKD population
• Treatment focus and options for CKD patients
First Name: John
Last Name: Doe
DOB: 1/1/1920
Sex: No, thank you.

Ever feel this way???
OR does your partner??
Normal Sexual Function

Different stages of sexual cycle.

(Adapted from Master’s and Johnson)
Sexual Dysfunction

Dysfunction in the stages of sexual cycle.

DESIRE
Sexual desire occurs in response to sexual stimuli

AROUSAL STAGE
Starts with subjective sense of sexual pleasure. Marked by penile tumescence in males, vasoconstriction leading to vaginal lubrication and breast tumescence in females

RESOLUTION STAGE
Decrease in arousal occurs after orgasm

ORGASM STAGE
Marked by ejaculation in males and contraction of lower 1/3 vaginal walls in females

PLATEAU STAGE
Changes seen in previous stages are intensified
# Sexual Dysfunction Classifications

<table>
<thead>
<tr>
<th>Type of Disorder</th>
<th>Females</th>
<th>Males</th>
</tr>
</thead>
<tbody>
<tr>
<td>DESIRE</td>
<td>Female sexual interest/arousal disorder</td>
<td>Male hypoactive sexual desire disorder</td>
</tr>
<tr>
<td>AROUSAL</td>
<td>Female sexual arousal disorder</td>
<td>Erectile dysfunction</td>
</tr>
<tr>
<td>ORGASM</td>
<td>Female orgasmic disorder or anorgasmia</td>
<td>Delayed or premature ejaculations</td>
</tr>
<tr>
<td>PAIN</td>
<td>Genito-pelvic pain, penetration disorder, vaginismus</td>
<td>Penodynia, scrotodynia</td>
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</tbody>
</table>
Risk factors in Females

- Age and menopause
- Lack of partner; bitterness towards partner
- Medications
- Childbirth
- Bladder and Pelvic problems
- Medical Conditions
- Anxiety, Depression
- History of sexual trauma
Risk factors in Males

• Aging
• Medical Conditions
  – Hypertension, Diabetes, Cardiovascular Disease
• Medications
  – Blood Pressure meds, antidepressants
• Neurological
• Obesity and cigarette smoking
• Depression or anxiety or history of sexual trauma
# Physical Causes/Risks in CKD Patients

<table>
<thead>
<tr>
<th>Males</th>
<th>Females</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hormonal/abnormal changes to pituitary and testicles</td>
<td>Hormonal/abnormal changes to pituitary and ovaries</td>
</tr>
<tr>
<td>Abnormal ‘chemistries’, affecting testosterone levels</td>
<td>Abnormal ‘chemistries’, affecting estrogen levels</td>
</tr>
<tr>
<td>Vascular disease affecting blood flow, Nerve supply/damage due to Diabetes or neuropathy</td>
<td>Ovarian failure; fertility decreases</td>
</tr>
<tr>
<td>Depression, anxiety</td>
<td>Depression, anxiety</td>
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<tr>
<td>Fatigue; effects of dialysis</td>
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</tbody>
</table>
# Sexual Dysfunction in CKD

<table>
<thead>
<tr>
<th>Males</th>
<th>Females</th>
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</thead>
<tbody>
<tr>
<td>Common: up to 70%</td>
<td>Common: up to 84%</td>
</tr>
<tr>
<td>Under-reported</td>
<td>Under-reported</td>
</tr>
<tr>
<td>Affects quality of life</td>
<td>Affects quality of life</td>
</tr>
<tr>
<td>Avoid discussions with provider</td>
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</tr>
</tbody>
</table>
Psychological effects

- Quality of Life
  - Living the life you want(ed)? Doing activities you enjoy(ed)?
- Depression and anxiety
  - May lead to low libido/desire
- Financial stress: Loss of employment? Retirement?
- Body image changes
  - Catheter, hair, skin, breath, “less attractive,” weight gain/loss
- Loss of independence or increased dependence on others
- Listing and/or waiting for transplant
What can I do?

1. Discuss with your physician
2. Review medical conditions,
   - complete history of concerns and those with partner
3. Review medications with provider.
   - **Important**: Do not change or stop medications without doctor input
4. Optimize dialysis
5. Consider counseling
Treatment Focus for males

Hormonal, chemical, medication approaches

- Treat anemia
- Prolactin suppression. *Little effect*
- Erectile dysfunction medications
  - PDE5i. “Blue pills”. (Helps in 85%)
- Zinc supplements (Helps in small study)
- Testosterone
- Treat depression and anxiety
- Optimize dialysis
- List for transplant
Treatment Options for males

Mechanical or devices

• Vacuum devices
• Penile injections
• Penile implants
Treatment Focus for females

Hormonal, chemical, medication approaches

- Treat anemia
- Zinc supplements (Helps in small study)
- Use of progestins to initiate menstruation
- Roles of Viagra (no studies)
- Lubricants
- Treat depression or anxiety
- Optimize dialysis
- List for transplant
- Birth control if child bearing age
Reproductive Health and CKD

- Complex decisions and challenges in reproductive years
- Contraceptive choices may be limited
- Kidney disease treatment can affect fertility
- Ill timed pregnancy can result in kidney disease progression and affect fetus
- 10x risk of preeclampsia in CKD
- 6x risk of preterm delivery
  - Need shared decision making
Role of therapy

- ‘Talk therapy’ can support all other treatment options mentioned above
- Your Social Worker is available as a resource and support
- A therapist can help identify and address thoughts and patterns that affect how you feel.
- Talking about sexual dysfunction or the effects of dialysis can help identify solutions.
- Sex therapy is a specialty therapy that may help.
Key take-aways

- Talk with your doctor
- Talk with your Social Worker
- Sexuality and intimacy are much more than sexual intercourse alone.
  - It includes human relationship, feeling of closeness, touching, hugging, kissing, cuddling.
- Be reassured that sexuality is safe
- Recognize that relaxation, exercise program, feeling of well being can be help.
References

- “Medications that Affect Sexual Function.” Cleveland Clinic. Retrieved from https://my.clevelandclinic.org/health/articles/9124-medications-that-affect-sexual-function
Live Q&A

Type in your questions now!
Join us for our next webinar!

Managing Side Effects of Dialysis
Tuesday, August 20, 2019 from 1:00 – 2:00 p.m. EDT

Join us to hear more about:

- Dry, itchy skin associated with kidney disease; and strategies to manage it
- Post-dialysis fatigue and recovery
- Sleep disorders in advanced kidney disease
- Resources and support

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