

Female Orgasmic Difficulty/Disorder (FOD): A Serious Public Health Problem

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Female Orgasm Difficulty (FOD) Facts

- FOD is a serious public health problem,¹ affecting the quality of life and health up to 41% of women world-wide.²
- The percentage of women suffering from FOD has not changed in 50 years.³
- A paucity of validated treatments exist.^{4,5}
- There are no truly effective conventional medications to treat FOD.⁶



Female Orgasm Difficulty (FOD) Facts continued

- ▶ FOD has well known links to:
 - ▶ Anxiety and depression ⁷⁻⁹
 - ▶ Psychosocial stressors ¹⁰⁻¹²
 - ▶ Post-traumatic stress disorder (PTSD) ¹³⁻¹⁵
 - ▶ Childhood sexual abuse ¹⁶⁻¹⁷
 - ▶ Other physical illness or disability ¹⁸⁻²⁰



Cannabis for FOD Treatment

- ▶ More than 50 years of research reveals that cannabis helps women orgasm and helps women orgasm who have FOD.²¹⁻⁴¹
- ▶ Researchers have recommended cannabis as a treatment for FOD and other sexual disorders for decades.^{22-24,32,35,41}
- ▶ Cannabis dose is an important factor in sexual functioning and orgasm response.^{24-27, 30, 33,36}
- ▶ Doctors, medical clinics, and sex therapists recommend cannabis to their clients who have FOD, including women with anorgasmia.⁴²⁻⁴⁵



Clinical Perspective

- ▶ In practice of cannabinoid medicine > 12 years, over 12,000 patients treated
- ▶ The cost of sexual dysfunction cannot be overstated: causing anxiety, depression, and low self-esteem; relationship strife, family conflict and dissolution.
- ▶ Sexual dysfunction is poorly recognized and treated with very little advancement over the past 50 years



Clinical Perspective

- ▶ When implemented using correct protocols and dose, cannabis can be very effective for FOD, as well as several other male and female sexual difficulties
- ▶ Interesting side note, many patients who come in for something else - anxiety, insomnia, cancer symptom management - return saying, “oh, by the way, doc, I’m having the best sex of my life”
- ▶ Data support state-based programs implementing cannabis for FOD as a “qualifying condition”



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