

INTEGRATIVE MEDICINE TREATMENT OF SEXUAL PROBLEMS

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Ashwagandha



Tribulus

DECLINING TESTOSTERONE T-LEVELS IN MEN

Starting at age 30, a man's T level decreases about 1% annually

- A 22-year-old man today has the T level of a 67-year-old man in 2000
- T levels have dropped more than 20% in the last 20 years
- 1 in 4 men over 30 have low testosterone
- Sperm counts declined by 60% in the past 40 years
- Male infertility rates are on the rise

Testosterone plays an essential role in men's sexual and mental health.

Low T impacts anxiety, insomnia, libido, mood, self-esteem, vitality, more.



LIFESTYLE-RELATED CAUSES OF LOW TESTOSTERONE

- Exposure to endocrine-disrupting chemicals (BPA, heavy metals, parabens, phthalates), antibiotics & hormones in meat food sources
- Poor lifestyle choices, increased diabetes, metabolic syndrome and obesity
- Inadequate diet, processed food, contributing to poor health
- Medications deplete micronutrients needed for hormone and neurotransmitter production
- Health issues from excessive exposure to Wifi and cell phones



INTEGRATIVE MEDICINE APPROACHES TO SEXUAL DYSFUNCTION (1)

- **Adequate sleep:** Essential for sex hormone production & sexual function
- **Ancient traditional therapies:** Acupuncture, aromatherapy, Ayurveda, European hydrotherapy, traditional Chinese medicine
- **Exercise:** Benefits appearance, fitness, mood & sexuality
- **Limit Alcohol Use:** alcohol impairs sleep & sexual performance
- **Mediterranean-Style Diet:** for sex positive & anti-inflammatory benefits
- **Smoking Cessation:** smoking damages blood vessels



INTEGRATIVE MEDICINE APPROACHES TO SEXUAL DYSFUNCTION (2)

- **Micronutrients:** Necessary for hormone balance and endothelial and neurotransmitter function. Supplementing with vitamins B6, B12, C, D, and Boron, Folate, Iron, Magnesium, Niacin, Sodium, and Zinc can help, especially when deficient.
- **Amino acids:** L-arginine and L-citrulline, precursors to nitric oxide, support vasodilatation and sexual function.
- **Omega-3 fatty acids:** Support hormone metabolism, cardiovascular health, and neurological function.



Omega 3

INTEGRATIVE MEDICINE APPROACHES TO SEXUAL DYSFUNCTION (3)

- **Botanical Medicines:** Ashwagandha, Damiana, Ginseng, Horny Goat Weed, Maca, Rhodiola, Shilajit, and Tribulus are used traditionally and most are backed up by research
- **CBD/ Cannabis:** Available over-the-counter (OTC) in edibles, capsules, tinctures, lotions, lubricants & more
- **DHEA:** Orally or vaginally, with or without a prescription
- **Oxytocin:** By prescription at compounding pharmacies as oral troches and nasal sprays



Ginseng



INTEGRATIVE MEDICINE APPROACHES TO SEXUAL DYSFUNCTION (4)

- **Off-label compounded creams and gels** (mostly not evidence-based): **penile (intraurethral) and vulvar creams**
- **OTC moisturizers and arousal creams for Women** (mostly not evidence-based): contain combinations of hyaluronic acid, vitamin E, coconut oil, cinnamon (warming), peppermint (cooling), cacao, ginger, maca, wild yam
- **OTC Gel for Men:** Eroxon is FDA-approved; mechanism is cooling through evaporation, then rebound warming to increase penile blood flow



CASE STUDY: A 39-year-old woman with severe premenstrual dysphoria (1)

History: Patient with premenstrual dysphoria and irritability.

- She was drinking two glasses of wine a night.
- She had been sexually abused as a child and struggled with vaginismus from her late teens.
- At age 34, received treatment with vaginal dilators for improved sexual intercourse.
- Vaginismus returned after the birth of her child.
- Currently engaged in alternative forms of sexual activity



CASE STUDY: A 39-year-old woman with severe premenstrual dysphoria (2)

Integrative Treatment: Patient started on SERTRALINE 50mg during the luteal phase of her cycle for PMDD. She began taking a detox shake and nutritional supplements designed to address female hormone balance which includes vitamins D, B6, B12, E, thiamine, folate, magnesium, curcumin and omega-3 fatty acids.

- She changed her diet to the Paleo diet
- Her PMS improved after 2 months, but she still had vaginismus.
- She started 50 mg of sildenafil = very effective.
- Patient noted SUCCESS in vaginal relaxation, improved lubrication & no pain during penetration.



PELVIC FLOOR MUSCLES, BLADDER CONTROL, AND SEXUAL FUNCTION

- Pulsed Electromagnetic Field (PEMF) Therapy
- High-intensity focused electromagnetic technology (A type of PEMF)
- Neuromuscular Electrical Stimulation devices
- Radiofrequency Thermal Treatment
- Red Light Therapy



OBTAINING INTEGRATIVE / FUNCTIONAL MEDICINE TRAINING

You can obtain integrative medicine training and become an integrative health or nutrition coach at the following:

- Institute of Integrative Nutrition (IIN), NYC
www.integrativenutrition.com
- Andrew Weil Center for Integrative Medicine (AWCIM), University of Arizona, **awcim.arizona.edu**
- Institute for Functional Medicine (IFM), **www.ifm.org**



INTEGRATIVE SEXUAL HEALTH (2018)

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[Dr. Andrew] Weil Integrative Medical Library

Oxford University Press

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My Comedy/Sex Therapy Q and A show: slipperywhenwetshow.com

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