

The Textbook of Clinical Sexual Medicine

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*To the love of my life, the incredibly amazing
Asbasia (Hanan) Mikhail-IsHak, M.D., F.A.C.E.P.,
and the fruits of our love William and Michael.*

To the phenomenal father:

William Makram IsHak, M.D.
May he rest in peace.

To the remarkable mother:

Nawara Yacoub Dawoud-IsHak, M.D.

To the exceptional brother:

Rafik William IsHak, M.D., F.R.C.S.

To the loving parents-in-law:

Mr. Aboelkhair and Mrs. Aziza Mikhail.

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For their inspiration, encouragement, and love.

Foreword

Cardiovascular health and sexual health have their roots in a healthy endothelium, the most important site of production of nitric oxide (NO) in blood vessels. Our discoveries of the fundamental roles of NO in regulating blood flow, blood pressure, and blood coagulation, as well as functioning as the principal neurotransmitter mediating erectile function, signaled the exploration of the role of NO in penile blood flow, leading to the application of the first oral agent to treat erectile dysfunction. This and other revolutionary contributions to the field in the past 25 years place clinicians at the optimal position to evaluate very carefully the impact of biological as well as psychosocial factors on sexual functioning in addition to integrating biological treatments and psychosocial approaches to improve sexual function and, hence, the quality of life.

The *Textbook of Clinical Sexual Medicine* utilizes the biopsychosocial approach to inform physicians, practitioners, residents, trainees, and students about the latest that science has to offer for the evaluation and treatment of sexual dysfunctions especially the utilization of the full armamentarium of assessment methods and treatment interventions in order to restore sexual health and enhance quality of life.

The discovery of the cardiovascular protective and blood flow regulatory actions of NO continues to give potential applications in aging, neurodegenerative disorders, and overall well-being. Therefore, despite the lack of instant gratification, I cannot stop getting excited about basic research, and I always look forward to the inevitable scientific discoveries and resulting vital contributions to humankind, leading us all on the road to wellness.

Louis J. Ignarro
Nobel Prize in Medicine, 1998

Preface

The purpose of this textbook is to arm the reader with practical knowledge in how to recognize, address, and treat most modern-time sexual medicine issues and complications. In the remote past, issues and complications arising from one's sexuality were considered taboo. Gradually, sexual medicine gained greater importance, as in our current world one's sexuality has become a vital aspect of human quality of life. Unfortunately, some individuals who suffered from sexual disorders were still at a loss because clinicians were not equipped with the most up-to-date treatment modalities and standards to care for such patients. With this textbook, physicians, practitioners, residents, trainees, and students alike will confidently learn about sexual medicine and be able to practically apply their knowledge toward real-world clinical problems.

This textbook is divided into three parts. Part I covers fundamental knowledge regarding the clinical approach to sexual medicine. Part II contains dedicated chapters to each sexual dysfunction. Classic disorders of desire, arousal, orgasm, and sexual pain are covered in two separate chapters for each disorder: an evaluation chapter and a treatment chapter. Evaluation chapters review the etiology, phenomenology, and the assessment tools for each sexual disorder so as to offer an in-depth understanding of each disorder. These chapters then lead to further chapters detailing the specific treatment for each of the sexual disorders discussed previously. Part III covers a fascinating range of topics associated with sex in general, from myths about sexual activity to sexual emergencies. Related topics such as paraphilias and gender identity disorders are beyond the scope of this book and are covered elsewhere by recent publications. The appendices include reference materials for the reader. Appendix I reviews the rating instruments used for sexual medicine and includes copies of the most cutting-edge measurement tools of sexual functioning provided by the US National Institute of Health known as the Patient-Reported Outcome Measurement Information System (PROMIS). Appendix II highlights the published evaluation and treatment algorithms for the most common sexual dysfunctions especially algorithms from the International Society of Sexual Medicine (ISSM). The acknowledgment section is a testimony to the generous and nurturing individuals for whom the editor is eternally grateful.

This volume also advances the critical need of the integration of the biological and psychological schools of thought by embedding the biopsychosocial approach in the everyday evaluation and treatment of sexual dysfunctions in individuals and couples. I truly hope that this textbook will provide you with the necessary tools you need to lead a productive and satisfying practice.

Los Angeles, California, USA

Waguih William IsHak

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