

10 MEDS THAT KILL FEMALE SEX DRIVE

by **Dr. Mache Seibel**



Is your mojo a no show? There are many reasons why; but the answer could be in your medicine cabinet. These 10 meds cause up to 1 in 4 cases of sexual dysfunction.

1 — SELECTIVE SEROTONIN REUPTAKE INHIBITORS (SSRIS)

If you've ever felt sad or blue, your doctor may have talked with you about SSRIs. Examples are Prozac and Zoloft. But you don't have to avoid treatment to keep love alive. Options such as Wellbutrin and Viibryd are examples of SSRIs that don't crush libido to lift your spirits.

2 — TRICYCLIC ANTIDEPRESSANTS

Antidepressants like Elavil were around before the SSRIs and work for depression. They're also used to treat nerve pain associated with shingles. If it lowers your desire, a lower dose may solve the problem.

3 — BIRTH CONTROL PILLS (BCPS)

BCPs are an extremely common female contraceptive. They're also used to regulate cycles, treat acne and other non-contraception reasons. But along with lowering pregnancy rates, BCPs can also lower testosterone levels. So if your libido is making the BCP seem unnecessary, consider a non-hormonal contraception like an IUD or condom.

4 — PROPECIA

The generic name of Propecia is finasteride. It works by preventing testosterone from being converted to its active form. In higher dosages, finasteride is used in men to treat an enlarged prostate. But Propecia is used to prevent hair loss in both men and women. Caution: lower sex drive can persist after this med stops. Rogaine is an alternative with fewer libido lowering side effects for women.

5 — ANTI-SEIZURE MEDS

About one percent of Americans have some form of epilepsy, and nearly four percent (1 in 26) will develop epilepsy at some point in their lives. Effective treatments like topiramate (Tegretol), phenytoin (Dilantin) and gabapentin (Neurontin) work well on seizures because they lower nerve impulses. And that can also reduce orgasms. If that happens to you, ask if there is an alternative treatment that would be as effective for your seizures.

6 — STATINS AND FIBRATES

Your cholesterol is high and you want to prevent heart disease so you get one of these meds. Your LDL or "Bad" Cholesterol comes down, but so does your ability to reach an orgasm. The LDL Cholesterol is needed to make testosterone, estrogen and other sex hormones and that causes the problem. That's a powerful incentive to improve your cholesterol by eating healthier and exercising. Some healthcare providers suggest a combo of sublingual (under-the-tongue) vitamin B12 (1000mcg daily), folic acid (800mcg daily) and vitamin B6 (200mg daily).

7 — BLOOD PRESSURE MEDS

The ones that affect sexual desire most are the diuretics or "water pills," beta-blockers and alpha-blockers. Diuretics both interfere with blood flow to the sex organs and increase the body's excretion of zinc, which is required for testosterone production. Beta-blockers can lower libido and can make you feel tired and depressed. If this happens, ask your doctor to try another med.

8 — BENZODIAZEPINES

These meds are usually used to treat anxiety, insomnia, agitation and muscle spasms. Sometimes they are also used to treat seizures. Because they interfere with testosterone production, they can lower desire, reduce orgasms, and cause painful intercourse. Before using one of these meds, it's always a good idea to try other options first.

9 — OPIOIDS

Opioids used for chronic pain such as Vicodin, Percocet, and OxyContin can lower testosterone levels and contribute to low libido and difficulty with orgasm in both sexes.

10 — ANTIPSYCHOTICS

These meds are typically used to treat major mental health issues like schizophrenia and bipolar disorder, but they're also used to treat anxiety, depression and other things. They block the hormone dopamine, which lowers sexual function and the ability to have an orgasm in a large percentage of people taking them. Talk with your doctor if you're having this side effect.