

## Sexual Dysfunctions in women with Multiple Sclerosis

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**Introduction:** Multiple Sclerosis (MS) is an autoimmune disease that can negatively affect the physical, emotional, and social aspects of one's life. Sexual dysfunction (SD) is a common but often overlooked symptom in MS. Studies on SD in MS population showed a wide variety of 40-80 % among women.

**Methods:** this paper was provided as a review by selecting related items which published between the years 2005-2015. Documents were collected from databases, pubmed, google scholar, cochrane library, Iran medex, alternative medicine.

**Result:** The etiology of SD in MS is still a matter of discussion. Researchers are thought SD be derived from disease-related neurologic changes demyelination and the atrophy of nerve fibers that impact sexual response. These problems include altered genital sensation, problems with arousal and orgasm, decreased libido, decreased vaginal lubrication (Primarily SD), fatigue and physical disability related to MS includes bladder and bowel problems, muscle weakness, fatigue, spasticity, impairments in attention and concentration, body or hand tremors, and non-genital sensory changes (Secondary SD). SD are MS-related psychological, emotional, social and cultural influences that may interfere with sexual functioning such as altered self-image, lowered self-esteem, depression, feeling less feminine and feeling less attractive (tertiary SD).

**Conclusion:** studies showed that SD is a serious problem in women suffering from MS. According to studies about MS individuals with SD, have a diminished quality of life compared to others and show poorer outcomes in all major dimensions determining wellbeing like health, achievements, personal relationships, safety and a feeling of being a part of their community. Medical professionals working with patients with MS should also pay more attention to their sexual concerns. Since treatments and preventive strategies might manage SD, focus on these aspects of the disease, when counseling patients, may lead to improving their life.

**Keywords:** Sexual Dysfunctions . women . Multiple Sclerosis