

Treatments for Sexual Dysfunction in Women

Agent	Dose	Notes
Bremelanotide (Vyleesi)	1.75 mg SC injection PRN, 45 minutes before sex.	FDA approved, but benefits are small. SE: ¹ nausea (40%), hypertension, and potentially permanent skin discoloration (1%).
Bupropion XL (Wellbutrin)	300–450 mg QAM.	Modest benefits.
Buspirone (Buspar)	15–60 mg divided BID to TID.	Lacks controlled trials.
Flibanserin (Addyi)	100 mg nightly.	FDA approved, but benefits are small. SE: syncope when taken with alcohol.
Maca root	3,000 mg daily.	Good products: Nutrigold Maca Gold capsules, Maca Magic powder, Gaia Herbs Gelatinized Maca powder (\$3–\$10/month).
Saffron	15 mg BID.	Good products: Swanson Superior Herbs, Elixir, BCN Saffron Ultra (\$10–\$20/month).
Testosterone transdermal patch	300 mcg/day transdermal patch applied 2x/week. Requires a compounding pharmacy to create this low dose. Monitor serum testosterone to avoid supraphysiologic levels.	Not FDA approved, but licensed in Europe for postmenopausal women. Potential long-term risks (breast cancer, heart disease) warrant coordination with PCP, OB-GYN, or endocrinologist. SE: acne, breast pain, headache, weight gain, hirsutism.
Zestra (botanical cream)	Apply vaginally before sex.	SE: mild burning sensation. Available at www.zestra.com .

¹SE = side effects

From the Article
“Treating Sexual Dysfunction in Women”
 by Adam Strassberg, MD
The Carlat Psychiatry Report, Volume 17, Number 10, October 2019
www.thecarlatreport.com