

Table 3
 Prescription and OTC Treatments for Low Libido²⁴

HORMONAL THERAPIES

	ADMINISTRATION	INDICATIONS	SIDE EFFECTS	COMMENTS
Estrogen Therapy	<p>Oral: Premarin, Estrace 0.05-2.5 mg/day</p> <p>Transdermal patch: Vivelle, Estraderm: 0.025-0.1 mg twice/week</p> <p>Vaginal cream: Premarin 0.625 mg/g dosed 1-2 g 1-3 times/week Estrace 0.1 mg/g dosed 1 g 1-3 times/week</p> <p>Vaginal pill: Vagifem estradiol 25 mcg; one tablet twice/week</p> <p>Vaginal ring: Femring 0.05-0.1 mg/day; one ring every 3 months</p>	<p>Hot flashes</p> <p>Vaginal dryness</p>	<ul style="list-style-type: none"> - thromboembolic events - possible increased cardiovascular disease - possible increased risk of breast cancer - allergic reactions - increased risk of endometrial cancer with unopposed progesterone therapy 	<ul style="list-style-type: none"> - prevents osteoporosis - improves genital sensation - decreases pain and burning during intercourse
Androgen Therapy	<p>Oral methyltestosterone: 10-25 mg/day e.g., Android, Testred</p> <p>Transdermal testosterone: 2.5-5 mg/day e.g., Testoderm, Androderm</p> <p>Topical testosterone: Propionate cream 2%</p> <p>Testosterone gel: Androgel 1% up to three times/week</p> <p>Oral dehydroepiandrosterone (DHEA): 50 mg/day, available OTC as a dietary supplement</p>	<p>These testosterone products are dosed for men and are not FDA approved for women. When used off label, they are commonly used for decreased desire, vaginal dryness and diminished genital sensation.</p>	<p>With male-dosed products:</p> <ul style="list-style-type: none"> - acne - weight gain - excess facial and body hair - voice changes - emotional changes - lipid changes - possible liver damage 	<ul style="list-style-type: none"> - must check labs before and every 2-3 months during treatments: testosterone, lipids, liver enzymes
Estrogen and Androgen Combinations	<p>Estratest 1.25 mg/2.5mg/day</p> <p>Estratest HS 0.625 mg/1.25 mg/day</p> <p>Premarin with methyltestosterone 0.625 mg/5 mg/day or 0.625 mg/10 mg/day</p>	<p>Menopausal symptoms not relieved by estrogen alone</p> <p>Postmenopausal treatment</p>	<p>See above risks for estrogen and testosterone therapy</p>	<ul style="list-style-type: none"> - if uterus intact, add progestins

NONHORMONAL THERAPIES

Bupropion	Wellbutrin 75-100 mg three times/day	Not FDA approved for FSD	<ul style="list-style-type: none"> - headache - dry mouth - insomnia - rare seizures 	<ul style="list-style-type: none"> - antidepressant - weak blocker of serotonin and norepinephrine uptake
Phentolamine mesylate	Vasomax 40 mg/day	Not FDA approved for FSD	<ul style="list-style-type: none"> - tachycardia - weakness - possible MI, stroke, hypotension 	<ul style="list-style-type: none"> - nonspecific adrenergic blocker - relaxes vascular smooth muscle
Prostaglandin	Alprostadil (Muse): topical 100-400 mg once or twice/day	Not FDA approved for FSD	<ul style="list-style-type: none"> - pain - hypotension - possible syncope 	<ul style="list-style-type: none"> - relaxes arterial smooth muscle, producing vasodilatation
Nitric oxide facilitators: Sildenafil citrate (similar drugs have not been studied in women)	Viagra 50-100 mg ½ hr to 4 hrs before sexual activity	Dose approved in men, not FDA approved for FSD	<ul style="list-style-type: none"> - headache - uterine contractions - dizziness - possible MI or stroke - sudden death - hypotension 	<ul style="list-style-type: none"> - selective type 5 (cGMP-specific) phosphodiesterase inhibitor that decreases the catabolism of cGMP, the second messenger in the nitric oxide-mediated relaxation of clitoral and vaginal smooth muscle

OTC THERAPIES

ArginMax	<p>Oral: 6 capsules/day for at least 2-4 weeks</p>		<ul style="list-style-type: none"> - heartburn - nausea 	
L-Arginine	<p>Oral: 6 pills administered 45 minutes before sexual activity</p>		<ul style="list-style-type: none"> - thickening of skin - increased coarseness of skin - muscle weakness - diarrhea - nausea 	
Zestra	<p>Topical: 0.5 mL-1mL with gentle massage to the external female genitalia 5 minutes before sexual activity</p>		<ul style="list-style-type: none"> - local burning or stinging 	

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