

The Orgasm Answer Guide

Barry R. Komisaruk, Beverly Whipple, Sara Nasserzadeh and Carlos Beyer-Flores
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The authors of *The Orgasm Answer Guide* present 84 questions and answers relating to orgasm and other aspects of human sexuality. The questions are divided into eight sections, which are referenced. There is no index. Three of the authors, Barry R. Komisaruk, Carlos Beyer-Flores and Beverly Whipple are well known researchers, who wrote *The Science of Orgasm*, published by Johns Hopkins University Press in 2006. The fourth author, Sara Nasserzadeh, is a sex therapist.

The Orgasm Answer Guide is presented in such a way to be accessible to the lay person as well as the health professional. The authors had the challenge of confining the content of the book to orgasm, when orgasm is only a part of sexual response, which also relates to sexual desire and arousal, which, in turn, are related to many other factors. The questions in each section are extremely varied and sometimes seem to be only loosely related to the section theme. In my opinion, too many factors are covered too briefly, and important aspects such as the physiology of sexual response, the role of hormones and the psychology of orgasm are given insufficient attention.

The complexities of physical, psychological and relationship factors in two people coming together in a sexual relationship are not explored in enough depth. The book describes the science of orgasm in more detail than the therapy for sexual problems. The authors' brief suggestions for treating various sexual problems make it seem deceptively easy to have a satisfying sex life. In particular, the use of medication is dismissed in a few sentences.

In the main, the authors focus on validated research findings. However, some studies which have not been validated are included. For example, the U spot and the A spot are mentioned as potential vaginal sites for sexual stimulation.

Based on their own research, the authors accept the G spot as a distinct identity, although Beverly Whipple is strongly

in favour of more research to clarify our understanding of the subject. The scientific literature debates the validity of the existence of the G spot,¹ and controversy surrounds the discussion.

This book expresses opinions which may or may not be true, such as different coital positions to enhance orgasm (p. 23), and the use of ribbed condoms to enhance sensation for the woman (p. 107). The use of sedatives to increase comfort for the woman with dyspareunia, after cancer treatment (p. 73), is controversial. On pages 90–1 the advice regarding the use of antidepressants to treat premature ejaculation is suitably cautious. However, stating that alcohol and benzodiazepine have been effective treatments to control premature ejaculation is probably contrary to standard sexual medicine practice.

The book contains several curious facts about pig sexual physiology, sex museums, frontal lobotomy, dry sex and piercing, which may interest some readers.

Most books about orgasm seek to help people solve orgasm problems, and this book also falls into the category of a self-help book. It is likely to sell well as orgasm problems affect approximately one in four women.²

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References

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- 2 Sexual dysfunction in the United States. *JAMA* 1999; 281: 537–44. doi: 10.1001/jama.281.6.537