

Ask the Sex Therapist!

As we near the end of 2012, I wanted to take the opportunity to publicly answer some of the privately asked questions from LWM readers over the past year. It has been a wonderful year and I received some truly fantastic questions from readers. All original names have been replaced for anonymity. Where applicable, I've noted the month/issue the reader may have been referring to with their question. Please visit Living Well Magazine's website for all past articles. Please also note that all articles have been reprinted on my website as well. Enjoy!

Dear Dr. Palimere,

I really loved reading your "Reclaiming Romance" article and was wondering if you could suggest any more resources for helping my husband and I come up with some ideas for how to be romantic.

Thanks,

~Bored in the Bedroom

Dear Bored in the Bedroom,

If you liked what I suggested in that article, [February 2012] I bet you will love the couples resource book, "101 Nights of Grrreat Romance" by Laura Corn. The book consists of 101 *sealed* pages, filled with "seductions" for both you and your partner. Once each week or how ever often you'd like, you tear out one of the sealed pages. For women, they are labeled "For her eyes only" and for men they are labeled "For his eyes only." You'll each find one that seems appropriate, and both of you will follow the "secret instructions" detailed inside throughout the week, building the romance as you move toward the end of the week. This book is a great way to get the romance in your relationship to be more spontaneous and creative!

Enjoy!

~Dianna

Dr. Palimere,

I read your article on being "normal" last month [March 2012] and I was wondering if you could tell me if it's normal that I can't have an orgasm with my boyfriend during just sex. I usually need some kind of touch on the outside to have one, if you know what I mean. Am I normal?

~Clitorally Confused

Dear Clitorally Confused,

Yes, my dear, you are normal. Approximately 70% of women need clitoral stimulation to have an orgasm. So, if you are not one of those lucky 30%, don't fret. First things first, I suggest you have a conversation with your partner about your needs. Second, the two of you can explore various options for clitoral stimulation, including using your hands, oral sex, or toys. For some ideas on toys, see my August 2012 article, "Let's Make Sex FUN Again!" You may need to try a few things out on your own and then share what "works" with your partner.

Relax and have fun,

Dianna

Dear Dianna,

Thank you so much for writing about fertility! [See November 2012] We've been trying to get pregnant for about 14 months now, and it has felt very lonely and frustrating. I read somewhere that having problems with your thyroid could affect fertility, is that true?

~ Still Trying

Dear Still Trying,

Yes, that is in fact true. Thyroid Stimulating Hormone (TSH) is a hormone that you can have your doctor check through blood work. If your Thyroid hormone levels are too high or too low, it could cause problems with your menstrual cycle and ability to conceive. In addition, I suggest you have your doctor do blood work to have all of your hormones checked, just to make sure that you rule out any and all possibilities of a medical issue that may be preventing you from conceiving. Finally, please remember that stress can be enough to cause you to have problems conceiving. As difficult as it may seem, try to relax, exercise, eat healthy and limit as many outside stressors as you can. Furthermore, 14 months isn't an alarming amount of time to be "trying," depending on your previous birth control methods (if any), your age, and your health condition(s). Stay positive, and surround yourself with people who love and support you, who are also positive.

Warm wishes,

Dianna

Thank you all for reading. If you have any questions you'd like answered, please feel free to contact me through my website.



I hope you all have a wonderful holiday season and a happy and healthy New Year!



Dr. Dianna Palimere is a Psychosexual Therapist and Licensed Clinical Social Worker. She has been in the field of mental health for the past 11 years, dedicating the past six years to specializing in clinical sexuality. She holds a Bachelors degree in Psychology, a Masters degree in Social Work, a Masters degree in Human Sexuality Education, and a PhD in Clinical Human Sexuality. Utilizing a holistic approach to therapy, she incorporates a variety of clinical interventions in her work with individuals, couples, and families. She is devoted to helping people achieve sexual health and healing through her work as a psychotherapist in her private practice in Pike Creek, DE; as well as in her work with local nonprofit organizations. To learn more about her or to schedule an appointment, visit her website: www.SexTherapyInDelaware.com.