Low Dose Naltrexone (LDN) for treatment of Postcoital Dysphoria

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Previous presentations:

- Part 1: LDN in psychiatry
- Part 2: LDN for treatment of sexual dysfunctions
  - sex hormones and reproduction – Dr. Phil Boyle
  - sex hormones and sex function – Dr. Mark Sukhman
disclaimers

These slides are a part of a more comprehensive presentation.
for the original presentations or for the references please contact me at Dr.Mark.Shukhman@gmail.com

pharmaceutical quality supplements

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Human sexual response is not limited to a mechanistic interplay of hormones, neurotransmitters etc. It also includes psychological and social factors. This presentation, however, is only focusing on those aspects of the sex functioning that are possibly modifiable with medications, supplements or LDN.
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As far as I know, this presentation is the first to one to point out the utility of LDN for mitigation of physiological changes related to the rapid fall in dopamine level.
Postcoital Dysphoria

- "Every animal is sad after coitus except the human female and the rooster."
  - Galen

- “…after the enjoyment of sensual pleasure is past, the greatest sadness follows. If this does not completely engross, still it thoroughly confuses and dulls the mind."
  - Barukh Spinoza
Postcoital Dysphoria

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- feeling fearful, sad, anxious, aggressive, generally melancholic, motiveless crying after otherwise satisfying sex
Postcoital Dysphoria (PCD)

Postcoital Dysphoria: Prevalence and Psychological Correlates

- Robert D Schweitzer et al, Sexual Medicine, Oct 2015

- 33-46% women had it more than once
- 4-5% “a few times” within the past 4 weeks
- 2-7.5% “always or most of the times”
Doctors do not ask, Patients do not tell

- Not a part of a routine exam
  - doctors: No time, no training
  - patients: “am I supposed to mention it?”

- What is a sexual dysfunction?
  - A problem that bothers you or people around you

- attributing the symptoms to the psycho-social aspects of the act, not to the physiological dysfunction
  - “I was not supposed to” or “he was not supposed to”, “I was not good enough” or “he was not good”, “he took advantage of me”, “I am stupid”, “I was not gentle”, “he was good and I was bad”, “he did it because... I did it because...”, “how could he...”
after orgasm

- rapid fall in dopamine
  - \(\uparrow\) prolactin, \(\downarrow\) oxytocin, \(\downarrow\) T
  - anxious, irritable, aggressive
  - wave of sadness, regret, \(\downarrow\) desire to bond
Dysphoric Milk Ejection Reflex
Orgasm can trigger a flair of an autoimmune illness.
Orgasm can trigger sadness and despair.
do not let your dopamine raise

Chastity
keep your dopamine up

- Tantra, Karezza
  - creative ways to avoid orgasms while still enjoying the interaction
not to let your dopamine drop

“President Coolidge solution”
continue, but with a different partner
Does Anyone Still Smoke After Sex? The Surprising History of Post-Coital Nicotine
Remember, if you smoke after sex you're doing it too fast.

(Woody Allen)
what else can be done

- antidepressants (fluoxetine, etc)
  - ↓PCD, but also ↓desire and intensity of orgasm
- dopamine blockers (antipsychotics)
  - unless you are depressed, is it a good idea?
- antiparkinsonian meds
  - s/e: nausea
- Nuplazid (primvanserin)
- Ingrezza (valbenazine)
what else can be done

- MAOI +/- a stimulant
  - it can make your pharmacist nervous
  - selegiline patch
- buprenorphine, modafinil, stimulants
- supplements
  - L-tyrosine
  - Rhodiola rosea, Magnolia extract, Mucuna

see www.MedsForMinds.com (when ready)
or Dr.Mark.Shukhman@gmail.com for more
orgasm

↑ prolactin, ↓ oxytocin, ↓ T

― inflammation

“do not touch me”
“do not bother me”

endorphins

↓ DA

↑ DA

+
DA ↓ DA ↑ prolactin, ↓ oxytocin, ↓ T

orgasm

“do not touch me”
“do not bother me”

inflammation

↑ prolactin, ↓ oxytocin, ↓ T

Dr. Mark Shukhman’s solution

endorphins

+ LDN
the same can be also used in… (?)

- crash after cocaine
- acute pain reaction
- binge eating
- Dysphoric Milk Ejection Reflex (D-MER)
  - not better, but can be worse with…
    - alcohol, caffeine, acute stress, breast feeding immediately after meals with extended family
  - improves with …
    - Pseudo-ephedrine (two 30 mg tablets)
    - Bupropion - 150 mg/day
    - occasional evening binges with chocolate ice cream
    - chronic moderate stress
- medication-assisted psychotherapy
How to use LDN for SD?

- address psycho-social issues
- exactly know what are you trying to improve.
  - you are unique and your problem is unique
  - have realistic expectations
- treat your medical conditions
  - include LDN in treatment
  - replace more problematic medications with less problematic
- do not use high doses of LDN immediately before sex
  - unless when used for porn or sexual addiction
  - if you are usually taking LDN before going to bed, try sex in the morning
- do not take LDN too far in advance
  - might increase endorphins and ↓desire to have sex
we are looking for volunteers

- available research studies:
  - time and dose of LDN administration

- why participate:
  - for the advancement of science
  - to improve own sexual experience
  - to find out what is “normal”; “am I missing something?” “how do I compare to others” (if you want to know),
  - we can talk to your partner about the issues that you wanted to discuss but did not feel comfortable

- how to participate:
  - please contact me at Dr.Mark.Shukhman@gmail.com
Sound
Marcus Elsegood

Video
Christopher Pigott

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