Sexuality in bariatric patients

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**Background:** Obesity is a physical condition that, in turn, can cause psychological disturbances with specific characteristics in people who suffer from it. Objective: To evaluate the influence of morbid obesity on sexuality on bariatric surgery candidates. **Material and Methods:** In 15 patients a descriptive, cross-sectional study, analyze their sexuality and how morbidly obese (MO) patients live and bariatric surgery affects them. **Results:** The mean age of patients was 36 years (± 9.768). The average weight of the patients was 131.7 (± 19.92), and the mean BMI of 46.24 (± 5.66). 73.3% of them believe that obesity impairs sex, since 100% have physical difficulties and 93.3% think they would enjoy sex more weight lost (WL). **Conclusions:** MO patients, bariatric surgery candidates, are influenced by sexual activity as a result of obesity. The vast majority of MO patients believe that sexual behavior related to their obesity, will be solved with WL.

**Keywords:** Obesity, sexuality bariatric surgery.

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**Background**

Obesity is a major problem in all developed countries due to its high prevalence and the co-morbidity conditions presents: type 2 diabetes mellitus (T2DM), dyslipidemia (DLP), high blood pressure (HBP) obstructive sleep apnea syndrome (OSAS). Currently due to its proportion of the epidemic would put them in a light century. [1]. The worldwide prevalence of obesity in the early ages of life and adolescence has increased in recent decades, and it is estimated that between 6.9% and 17.4% of adolescents (aged 10 - 19 years) are obese worldwide [2].

In our sexuality several complex dimensions closely interrelated biological, psychological and sociocultural coexist. We can really talk about sexuality as a "bio-psycho-social" reality. Each person’s sexuality is a light weave and beautiful, impossible to be divided into parts, as it is a unity of being, feeling and act [3].

Obesity is an altered physical condition that, in turn, can cause psychological disorders with common characteristics. Sexual abnormalities in people who are obese to be found are:

- Inhibited sexual desire (related to body image).
- Erectile Dysfunction: There are degrees of obesity in which males do not get to see their genital and the abdominal adiposity hinder certain coital positions. They tend to be so mismatched metabolic variables (cholesterol and triglycerides, T2DM, hypertension ...) Do not forget that in the erectile response is a major vascular component [4].

The main objective of this study is to evaluate the influence of morbid obesity on sexuality in patients candidates for bariatric surgery.

**Material and Methods:**

We studied 15 patients between November, 2011 and March, 2011, with a mean BMI-46.24 and 36 years of age, 605 females and 405 males. The study is
Results:

After passing the FSM, the following results were obtained: As far as a) Sexual drive 6.7% of patients had severe disorder and 93.3% had no disorder, b) Excitation: 13.3% had severe disorder and 86.7% had no disorder, c) Vaginal penetration: 86.7% had no disorder d) Lubrication disorder 13.3% had moderate and 80% had no disorder e) Severe orgasm disorder was severe present in 13.3% and 86.7% had had no disorder e) Anticipatory Anxiety Dimension, did not appear in any of the cases. 20% of patients had a severe disorder of Sexual Initiative and 13.3% moderate disorder f) Sexual Communication degree, 13.3% had severe disorder and 6.7% moderate disorder. 6.7% had a moderately severe disorder of both the General Sexual Satisfaction and the satisfaction of the General Activity, and 86.7% had no disorder. The reason why there had been no vaginal intercourse in the past 4 weeks, 6.7% said that the lack of interest and 6.7% for inability to penetration by partner. During the past 4 weeks, 20% had had 1-2 times of sexual activity, 40% 3-4 times, 33.3% of 5-8 times and 6.7% more than 12 times. On the question of whether they felt confident / as to communicate to your partner what you like and dislike in their sexual encounters, 13.3% have answered never, 6.7% rarely, 13.3% sometimes or often and 53.3% almost always, always.

Secondly, the patients in this study underwent a series of questions in the questionnaire R-ISS (Hudson, 1997) and the results are: The vast majority seem to have a physically exciting sexual activity (20 to 26.7%), although sometimes try to avoid sexual contact (26.7%). On the other hand, sometimes think or some of the time, lack of quality in terms of physical pleasure (13.3%). Third, they spent a few questions R-BSAS scale (Reich, 2006) and obtained the following results: 26.7% strongly disagree or somewhat disagree that there has to be emotionally committed to a person to have sex with him / her. Between 40 to 33.3% disagree that sex is just a press fit. Finally, also noteworthy that 53.3% of patients are somewhat disagree that sex is mainly physical, only 20% are neutral and 13.3% are somewhat agree. And subsequently to the questionnaires mentioned above, a number of questions added were not validated, but are related to obesity and the results obtained are as follows: 73.3% impair belief obesity in sex, 100% have physical difficulties and 93.3% think they would enjoy sex more with weight loss (see Table 1) .
**Discussion**

Sexuality is a central aspect of being human throughout this life. It encompasses sex, gender identities and gender roles, eroticism, pleasure, intimacy, reproduction and sexual orientation. Sexuality is influenced by the interaction of biological, psychological, social, economic, political, cultural, ethical, legal, historical, religious and spiritual [5]. The objective of this research is to understand how subjects who are obese are dashed by, among other things, physical and psychological difficulties that may arise in the sexual act. Most patients in this study are young, since the average is 36, and as seen in other studies, obesity is becoming one of the fastest growing pandemics today.

The obesity pandemic may be due to a lower nutritional quality and physical activity, which has increased the prevalence of obesity, and therefore, may result in nominated history along the study such as OSA, HTN and DM [6] (See figure 1).

Patients who responded to the questionnaire of this study, present no disturbances on the desire drive, arousal, orgasm ... though, it should be noted, a severe disorder sexual initiative in the degree of sexual communication and arousal (which leads to poor communication between partners). But on the other hand, some studies emphasize that obesity is associated with lack of exercise, sexual activity, lack of sexual desire, sexual performance difficulties, and avoidance of sexual encounters [7, 8, 9].

As seen in this study, most patients appear to have a physically exciting sexual activity. However, as other research tell, the communication between partners is essential, if not indispensable. Human sexuality is an interpersonal communication activity, associated with obtaining and providing pleasant sensations, and improve physical and mental health of the individual [10].

While in these patients, only 6.7% have a lack of interest and inability to penetration by the partner (erectile dysfunction and vaginismus or dyspareunia), there is a high frequency in the number of sex relations. According to different authors, related factors to the style, including physical activity and leanness, were related to the maintenance of erectile function [11].

Therefore, obesity should not be a condition which can interfere with satisfactory sexual behavior; we are far from the nineteenth century, when it was not accepted that women could and should get satisfaction in sex. Today, the treatment of obesity should be comprehensive, involving nutritionist, psychologist and physician, it is equally necessary to address the biological, psychological, social and sexual behavior of the obese patient.

**Conclusions**

Morbidly obese patients, bariatric surgery candidates, have an influenced sexual activity as a result of obesity. The vast majority of morbidly obese patients consider that sexual problems related to their obesity will be solved with weight loss. Despite the difficulties presented with obesity, a high percentage of obese patients are satisfied with their sexual activity.

**References:**


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