SEXUALITY IN OBESE WOMEN

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Few aspects of our life can elude the rigid control that culture imposes to sexuality. When we think that sexuality is something very personal and private we are not completely conscious of how wrong we are. All the societies in history of Humanity have imposed sexual behavior and patterns of beauty to their members, excluding those members who did not achieve the standards artificially created. Women have always been on the worst side of the conduct code.

In our times, a woman with obesity, have higher risk to suffer sexual dysfunction than those who are not obese. The causes are physical and emotional. Desire, sexual performance and satisfaction diminish dramatically, comparing with women with appropriate BMI. In the origin of sexual dysfunction we can see low self esteem, shame of the body, anxiety, but also physical issues as diminished motility, vascular pathology, estrogenic and progestin levels modified, hypertension.

The frequency of intercourse per week is higher in lean than in overweight and obese women. The percentage of anorgasmic women is higher in obese than in lean subjects.

When talking about sexuality we talk about people, diversity and sexuality. When making reference to people with obesity, what first comes to our mind is the image of someone "different", or someone who just can’t do it. We must learn that different people have sexual rights and we must learn how to help them in finding their own way to cope with their bodies.

Sexuality is wonderful, let us no define it as something rigid, ruled and static. Each person is unique and each union is unique. So let's help obese women in finding their way to pleasure.