**What is Hypoactive Sexual Desire Disorder?**

Hypoactive Sexual Desire Disorder (HSDD) is denoted by a chronic lack of interest in sex or sexual activity. While it is normal for a woman’s interest in sex to fluctuate due to stress and other situational factors, HSDD is marked by an on-going lack of interest that causes emotional and mental stress in the woman experiencing it. While HSDD can be frustrating for you and your partner, you aren’t alone -- Mayo Clinic cites that 40% of women experience HSDD at some point in their lives. HSDD is completely treatable.

**What Causes HSDD?**

Like many sexual disorders, HSDD is caused by a number of interlacing physical, social and psychological factors. It is important to us at the Center for Women’s Sexual Health that we work closely with you, our patient, to unravel these various factors to both determine and treat the root causes of your HSDD. Below are some common causes of HSDD to start our conversation.

Physical Causes of HSDD:

* Illnesses such as cancer, diabetes, arthritis, heart disease, or chronic fatigue syndrome
* Side effects of prescription medications or drugs
* Lowered libido due to menopause or changes in estrogen levels
* Hormonal changes after pregnancy or postpartum depression

Psychological Causes of HSDD:

* Depression
* Anxiety or stress issues
* Relationship issues
* Past sexual abuse, rape, incest or sexual trauma
* Poor body image
* Poor communication as to what kinds of sexual stimulation is preferred

Treatment for HSDD depends on the woman, though common treatments can include psychological therapy, lifestyle changes and hormonal therapies among other things. Your healthcare provider at the Center for Women’s Sexual Health will work with you to develop a treatment option personalized to your needs.