

# Study: Cannabis Offers Relief for Female Orgasmic Disorder Amid Ohio's Qualifying Condition Review

A recent study published in the journal *Sexual Medicine* suggests that cannabis could offer significant benefits for individuals experiencing Female Orgasmic Disorder (FOD), potentially increasing orgasm ease, frequency, and satisfaction.

## Findings from the Survey

The 10-page study, based on a 2022 survey of sexually active women who used cannabis, revealed promising results. More than 70% of respondents experiencing challenges in achieving orgasm reported that cannabis increased orgasm ease and frequency. Additionally, two-thirds noted improved orgasm satisfaction with cannabis use.

## Overlapping Factors: Anxiety and Trauma

The study identified anxiety as a significant factor associated with FOD, with women diagnosed with anxiety disorders being 3.5 times more likely to experience FOD. Furthermore, survivors of sexual abuse reported increased orgasm frequency with cannabis use, potentially attributed to the cannabinoid THC's role in reducing traumatic memories' impact on brain activity.

## Ohio's Consideration of FOD as a Qualifying Condition

The study's release precedes an upcoming decision by Ohio's State Medical Board on whether to add FOD as a qualifying condition for the state's medical cannabis program. Suzanne Mulvehill, a clinical sexologist involved in the study, has been advocating for the recognition of FOD as a qualifying condition and submitted a petition to the Ohio board.

## Policy Implications and State Actions

Ohio is one of several states, including Illinois, New Mexico, and Connecticut, considering adding FOD as a qualifying condition this year. In March, Illinois officials voted in favor of the addition, awaiting approval from the state Department of Health. Similarly, New Mexico regulators are expected to hold a hearing on the issue, while Connecticut plans to review a similar proposal.

## Growing Evidence of Cannabis Benefits for Sexual Function

The study adds to mounting evidence of cannabis's potential to enhance sexual function. Previous research has indicated cannabis's positive effects on sexual desire, pleasure, and satisfaction. While there are dosage-dependent considerations, lower doses of THC have been associated with improved libido and sexual function in women.

## **Cannabis's Impact on Brain Activity**

Cannabis's ability to modulate brain activity, particularly in the default mode network, may play a crucial role in enhancing orgasmic experiences. This modulation is central to psychedelic-assisted therapies, which have also shown promise in improving sexual pleasure and function.

## **Continued Research and Policy Considerations**

The study underscores the importance of continued research into cannabis's therapeutic potential for sexual health issues like FOD. As policymakers consider adding FOD as a qualifying condition for medical cannabis programs, further exploration of cannabis's impact on sexual function is warranted to ensure comprehensive patient care and well-being.

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