

# Preface

The purpose of this textbook is to arm the reader with practical knowledge in how to recognize, address, and treat most modern-time sexual medicine issues and complications. In the remote past, issues and complications arising from one's sexuality were considered taboo. Gradually, sexual medicine gained greater importance, as in our current world one's sexuality has become a vital aspect of human quality of life. Unfortunately, some individuals who suffered from sexual disorders were still at a loss because clinicians were not equipped with the most up-to-date treatment modalities and standards to care for such patients. With this textbook, physicians, practitioners, residents, trainees, and students alike will confidently learn about sexual medicine and be able to practically apply their knowledge toward real-world clinical problems.

This textbook is divided into three parts. Part I covers fundamental knowledge regarding the clinical approach to sexual medicine. Part II contains dedicated chapters to each sexual dysfunction. Classic disorders of desire, arousal, orgasm, and sexual pain are covered in two separate chapters for each disorder: an evaluation chapter and a treatment chapter. Evaluation chapters review the etiology, phenomenology, and the assessment tools for each sexual disorder so as to offer an in-depth understanding of each disorder. These chapters then lead to further chapters detailing the specific treatment for each of the sexual disorders discussed previously. Part III covers a fascinating range of topics associated with sex in general, from myths about sexual activity to sexual emergencies. Related topics such as paraphilias and gender identity disorders are beyond the scope of this book and are covered elsewhere by recent publications. The appendices include reference materials for the reader. Appendix I reviews the rating instruments used for sexual medicine and includes copies of the most cutting-edge measurement tools of sexual functioning provided by the US National Institute of Health known as the Patient-Reported Outcome Measurement Information System (PROMIS). Appendix II highlights the published evaluation and treatment algorithms for the most common sexual dysfunctions especially algorithms from the International Society of Sexual Medicine (ISSM). The acknowledgment section is a testimony to the generous and nurturing individuals for whom the editor is eternally grateful.

This volume also advances the critical need of the integration of the biological and psychological schools of thought by embedding the biopsychosocial approach in the everyday evaluation and treatment of sexual dysfunctions in individuals and couples. I truly hope that this textbook will provide you with the necessary tools you need to lead a productive and satisfying practice.

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