



## The Clitoral Orgasm

### What is an Orgasm?

An orgasm is a feeling of intense sexual pleasure that happens during sexual activity. It's sometimes called "coming" or "climaxing". When having an orgasm, your heart beats faster, and your breathing gets faster and heavier. In an individual with a vagina, an intense pleasurable release of sexual tension is accompanied by contractions of the genital muscles. An individual with a vagina, may be able to experience more than one orgasm shortly after the first if they continue to be stimulated.

### How Those With A Vagina Achieve Orgasm:

There is typically a four-step process through which those with a vagina achieve orgasm.

#### 1. **Excitement**

Heart rate and blood pressure increase, causing blood to rush to the clitoris, vagina, and nipples, creating a full-body sexual blush. It is during this stage that the female initiates or agrees to sex

#### 2. **Plateau**

Heart rate, blood pressure, and respiration continue to increase. All sensations other than sexual stimuli are drowned out and the outer one-third of the vagina becomes engorged (swollen) with blood. This creates what is called an "orgasmic platform".

#### 3. **Orgasm**

There is a series of rhythmic contractions that occur in the uterus, vagina, and pelvic floor muscles. As these muscles contract, a feeling of warmth will spread from the pelvis to the rest of the body.

#### 4. **Resolution**

The body relaxes, allowing blood to flow away from the sexual organs, as heart rate, blood pressure, and respiration return to normal.

## **Difficulties of the Clitoral Orgasm:**

When performing solo sex and/or using a vibrator, many females can orgasm before a man using that method. The difficulty for women is penetrative sex.

Although females can experience orgasm from different types of stimulation (front anterior wall of the vagina, back wall of the vagina, cervix, etc.) the most sensitive part of the female body in regards to reaching an orgasm in the clitoris – a small, sensitive organ located at the top of the vulva, just above the urethra and the vaginal opening. Given the fact that the clitoris is located *outside* of the vagina, penetrative sex is often unsuccessful in reaching an orgasm for many females. In fact, it is reported that only 30% of all heterosexual females orgasm regularly without clitoral stimulation.

## **Ways to Help the Clitoral Orgasm:**

The key to successful orgasms is practice. If you are not sure where to start, try masturbating and work out what feels best. You can then tell your partner(s) so that they can put the practices to use.

Depending on your situation, speaking to a sex therapist may be beneficial.

## **What is Anorgasmia in an Individual's with a Vagina?**

Anorgasmia is the medical term for regular difficulty reaching orgasm after ample sexual stimulation. The lack of orgasms distresses you or interferes with your relationship with your partner. The major symptoms of anorgasmia are the inability to have an orgasm or long delays in reaching orgasm that's distressing to you. There are different types of anorgasmia:

- \* Lifelong anorgasmia. You've never had an orgasm.
  - \* Acquired anorgasmia. You used to have orgasms, but now have difficulty reaching climax.
  - \* Situational anorgasmia. You're able to have an orgasm only in certain circumstances, such as during oral sex or masturbation or only with a certain partner.
  - \* Generalized anorgasmia. You aren't able to have an orgasm in any situation or with any partner(s).
- Orgasm is a complex reaction to various physical, emotional and psychological factors. Difficulties in any of these areas can affect your ability to orgasm.

*Lifestyle changes and therapy, medical treatments, alternative medicine, and coping and support methods are available for the treatment of anorgasmia.*

If you have any further questions regarding the female orgasm or would like to see a health care provider regarding any sexual health matter, please contact us.

# **Sexual Health Questions? We Have Answers!**

**Location:**

47 St. Clare Avenue, St. John's, NL, A1C 2J9

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Monday: 9am – 4:30pm

Tuesday: 9am – 4:30pm

Wednesday: 9am – 4:30pm

Thursday: 12pm – 6:00pm

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**Phone:**

709-579-1009

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