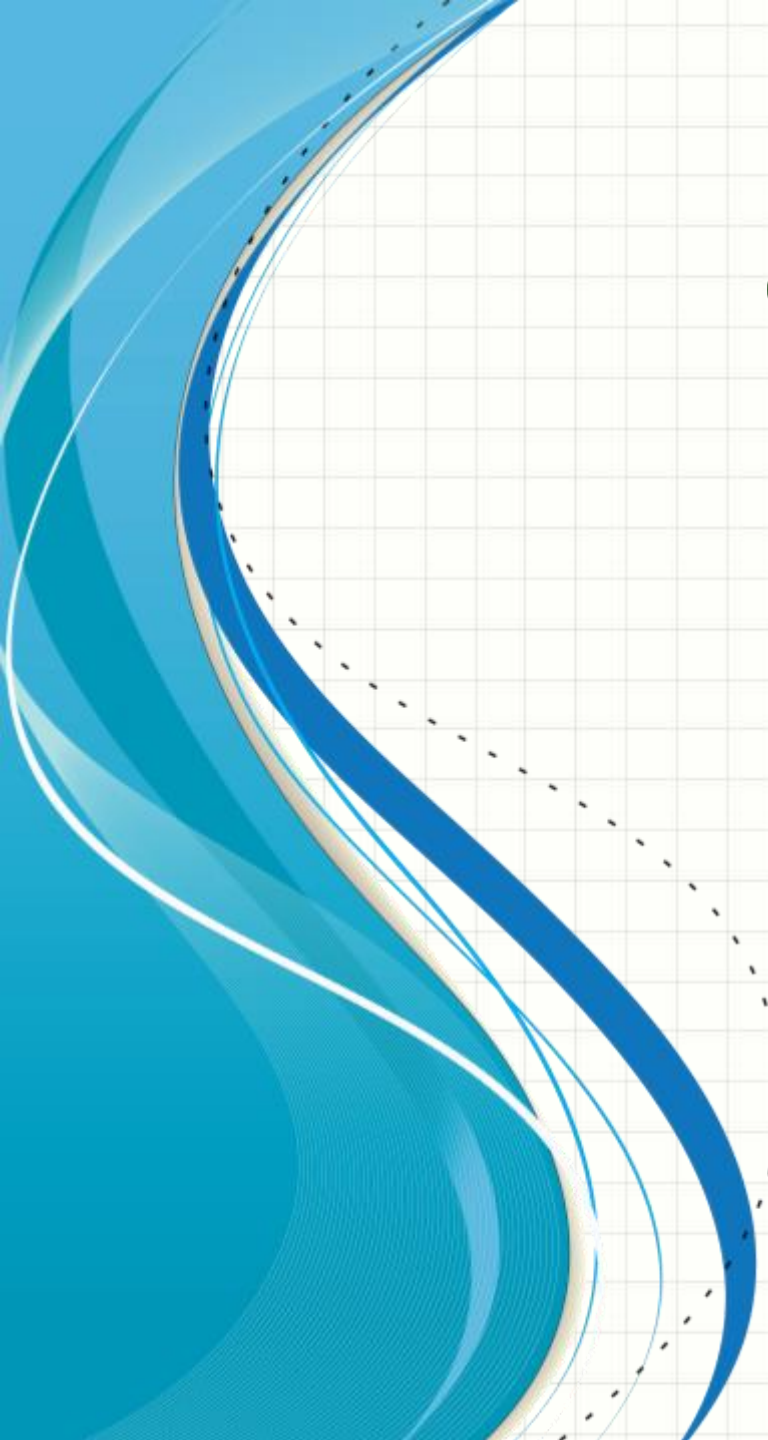


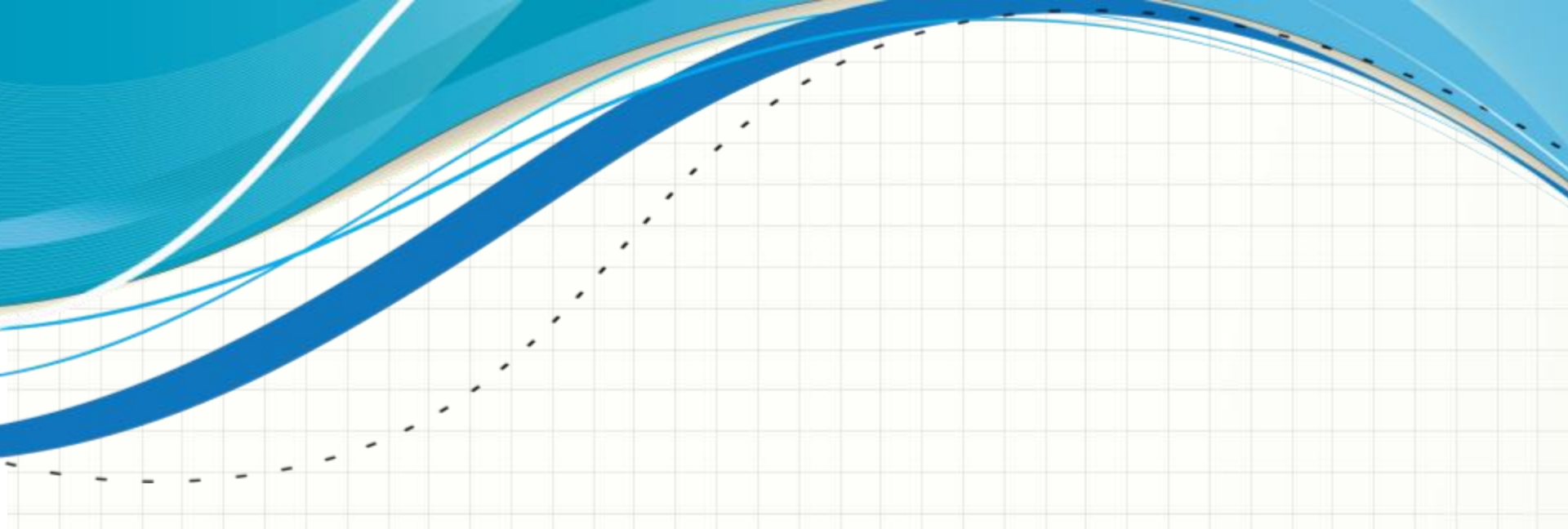


CİNSEL UYARININ EVRELERİ

Dr. SÜLEYMAN ESERDAĞ

**GYNECOLOGIST &
FELLOW OF THE EUROPEAN COMMITTEE
OF SEXUAL MEDICINE (FECSM)**

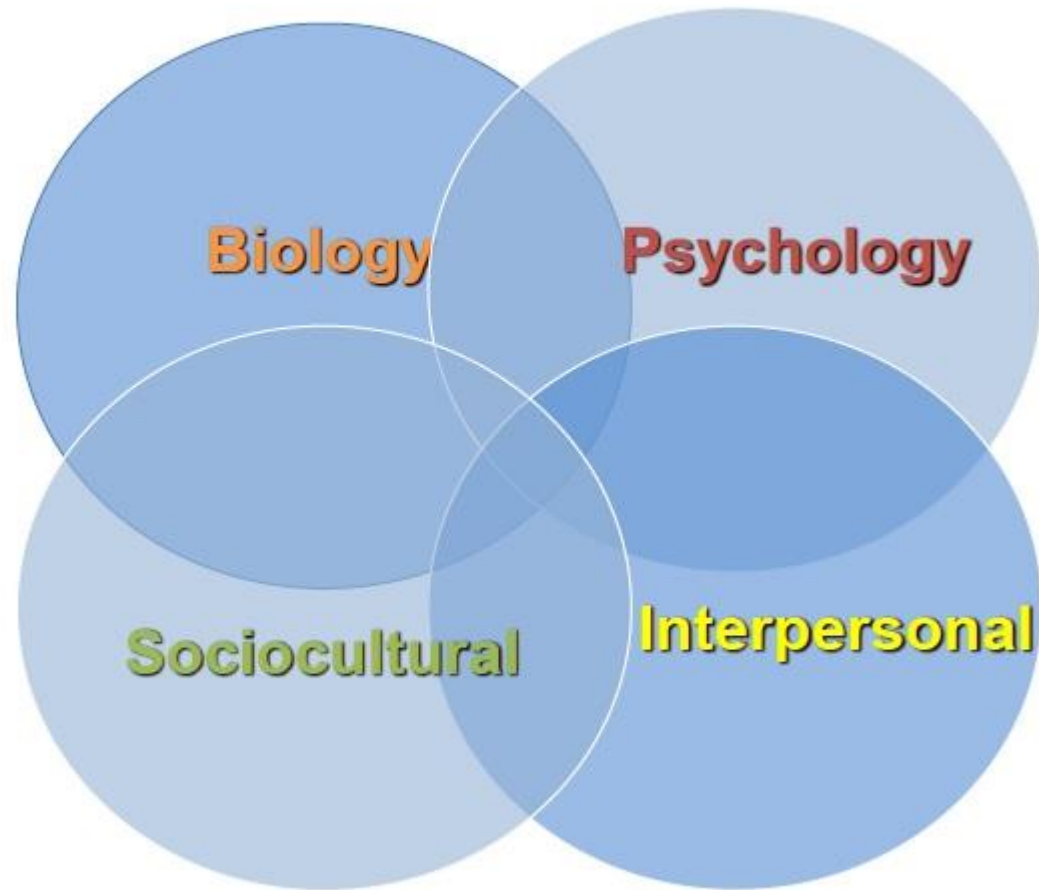
Hera Klinik / ANKARA



Cinsel Uyarı Döngüsü Nedir?

Bir insan cinsel ilişki ile ilgili bir aktivitede bulunduğunda veya mastürbasyon yaptığında pek çok duygusal ve fiziksel değişikliklere maruz kalır.

Bio-psycho-social Model



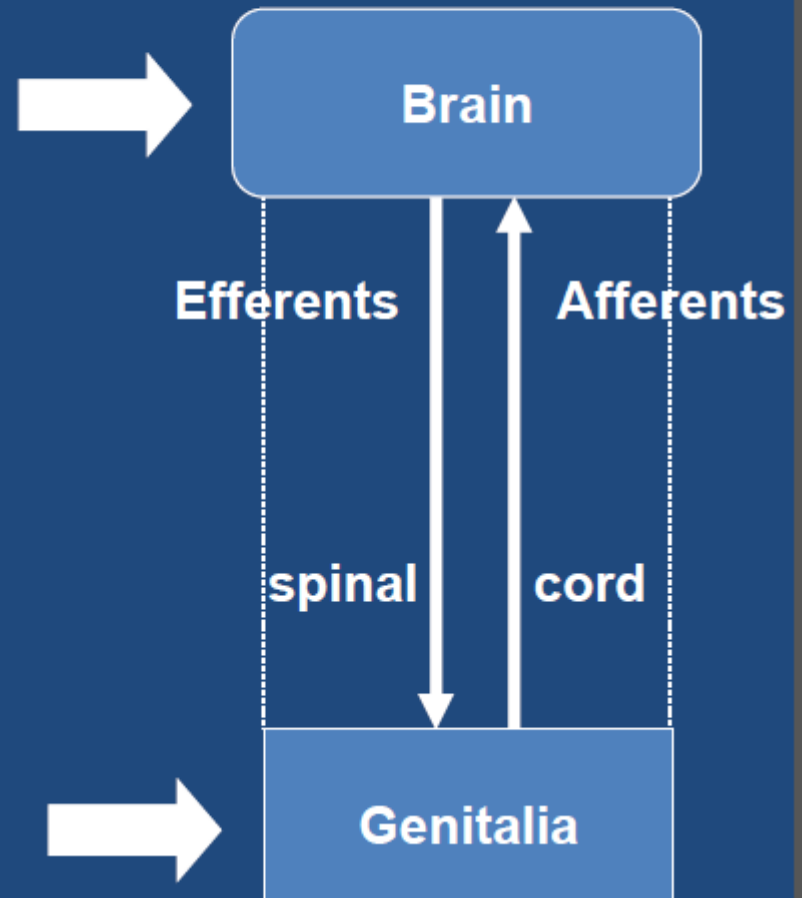
Rosen RC, Barsky JL. *Obstet Gynecol Clin North Am.* 2006;334:515-526.

Sexual response – an interaction between brain and genitals

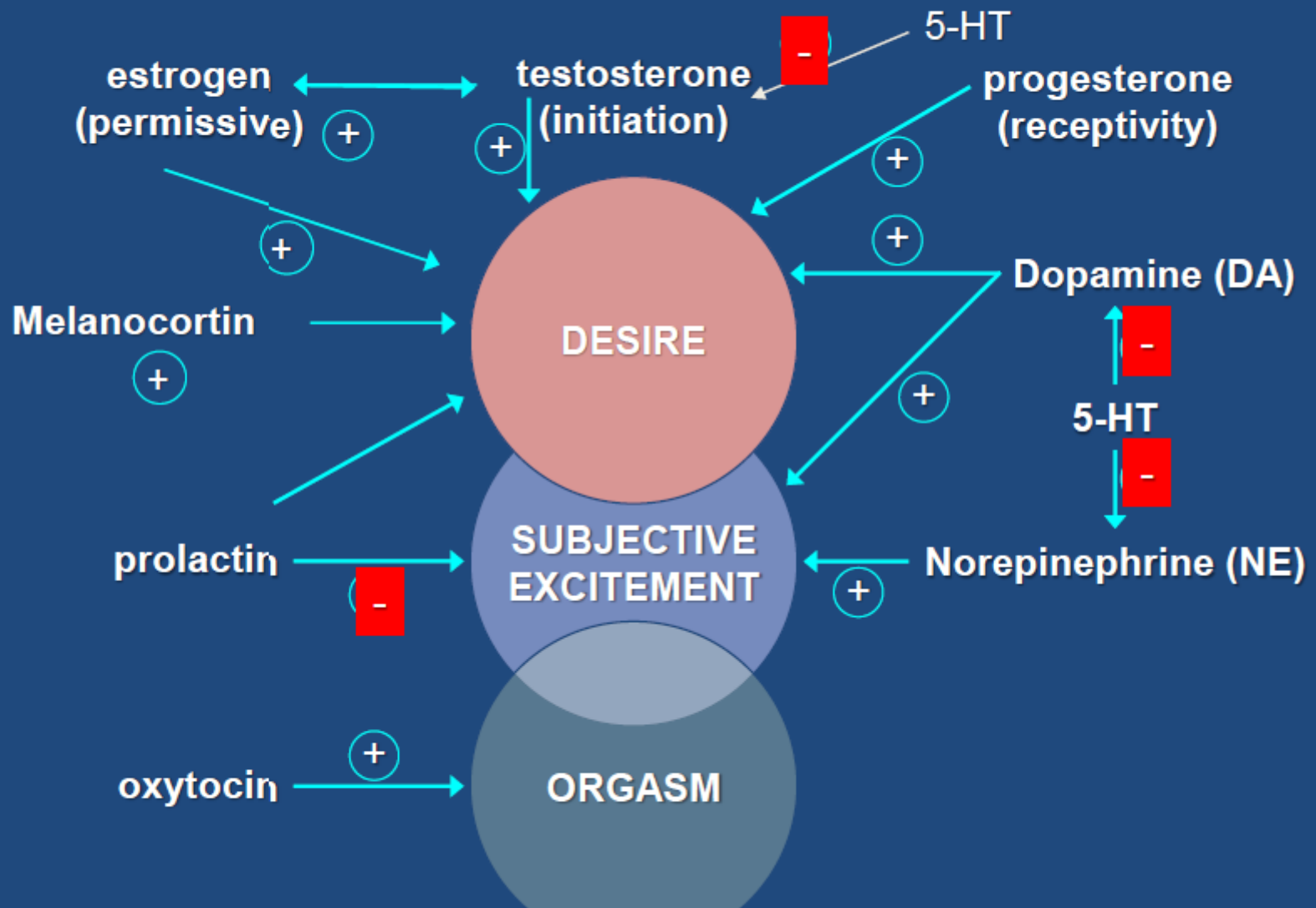
Efferent signals from brain activate arousal changes in genitalia

Afferent signals from genitalia feed information to brain to activate further efferent output

Positive feedback system functions until orgasm occurs



Central Effects on Sexual Function



Modified from Clayton AH. *Psychiatric Clinics of North America* 2003; 26:673-682

Current understanding of Sexual Desire

The tipping point model

Dopamin

Norepinephrin

Melanocortin

Oxytocin

Estrogen Testosterone

Serotonin

Prolactin

Opoids

Progesterone

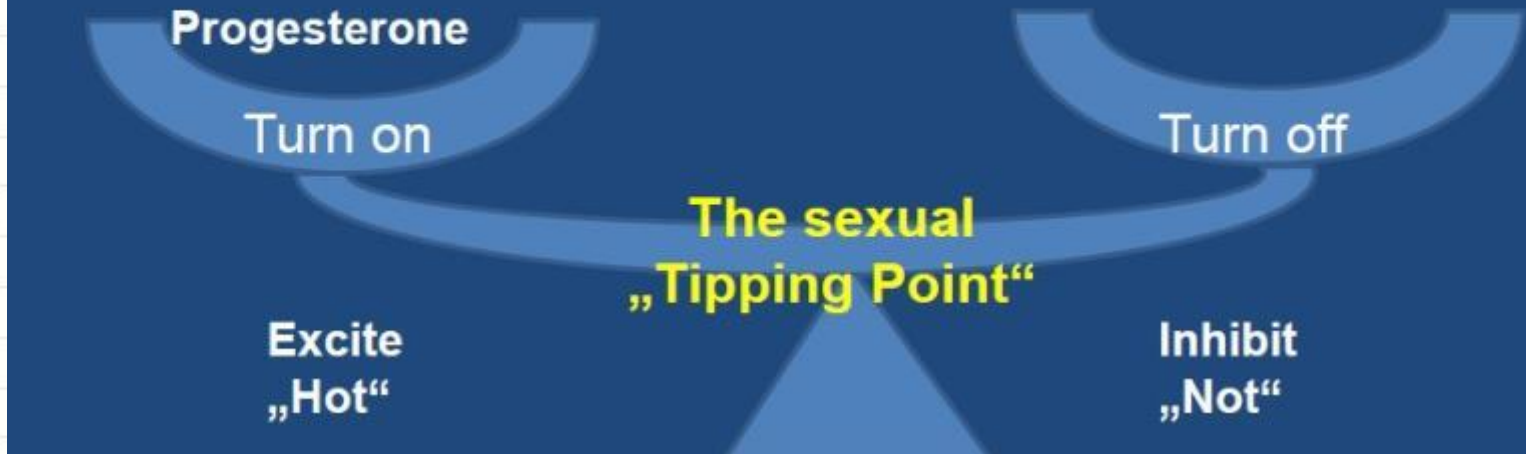
Turn on

Turn off

The sexual
„Tipping Point“

Excite
„Hot“

Inhibit
„Not“



Genitals

Excitatory

Estrogens
Testosterone
NO
PGE1
VIP

Clitoral tissue

Vasocongestion/
Lubrication

Inhibitory

5-HT
NE
NPY?

Sensation

5-HT

Clayton A. J Sex Med
2007;4 (Suppl 4):260-
8.

Ranking order of genital erotic sites sexual arousing potential

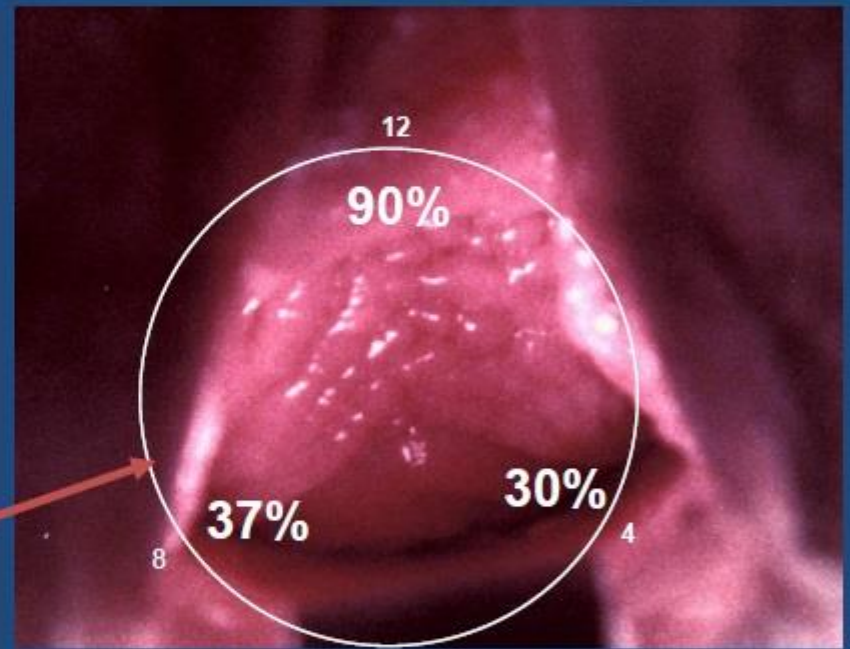
Clitoris

Vagina
(near clitoris)
periurethral
glans

Labia minora

Vaginal lumen
(anterior wall)

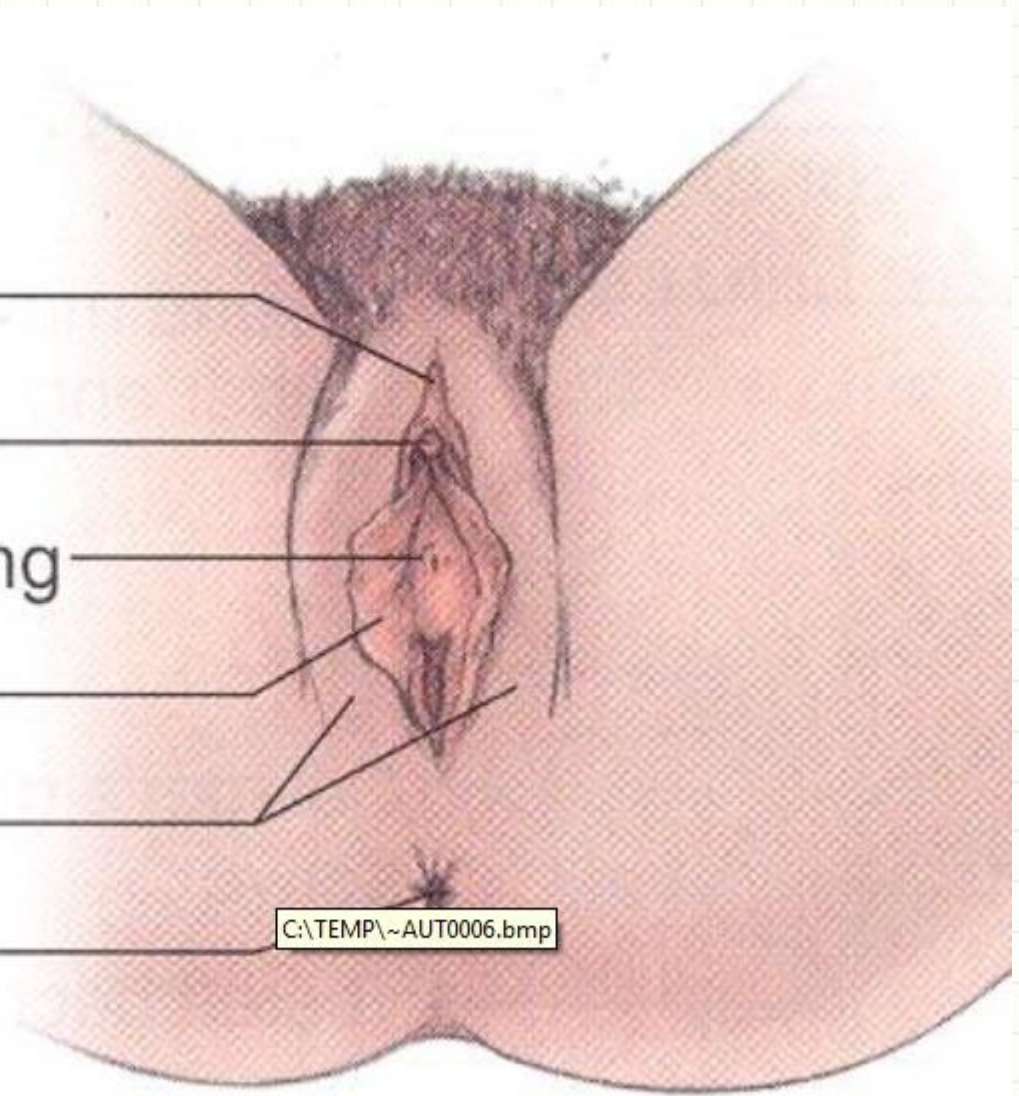
(Breasts/nipples)



vaginal sensitivity
(n=47)

(Perry & Whipple)

Anatomi

- 
- Clitoral hood
- Clitoral glans
- Urethral opening
- Labia minora
- Labia majora
- Anus
- C:\TEMP\~AUT0006.bmp
- This is a medical illustration of the female perineal region. It shows the clitoris at the top, partially covered by the clitoral hood. Below the clitoris is the urethral opening. The labia minora (inner lips) are shown surrounding the urethra, and the labia majora (outer lips) are the larger, outer folds of skin. The anus is located at the bottom of the diagram. Lines connect the text labels on the left to the corresponding anatomical structures in the illustration. A small file path 'C:\TEMP\~AUT0006.bmp' is visible near the bottom right of the diagram.

Ranking order of genital erotic sites sexual arousing potential

Clitoris

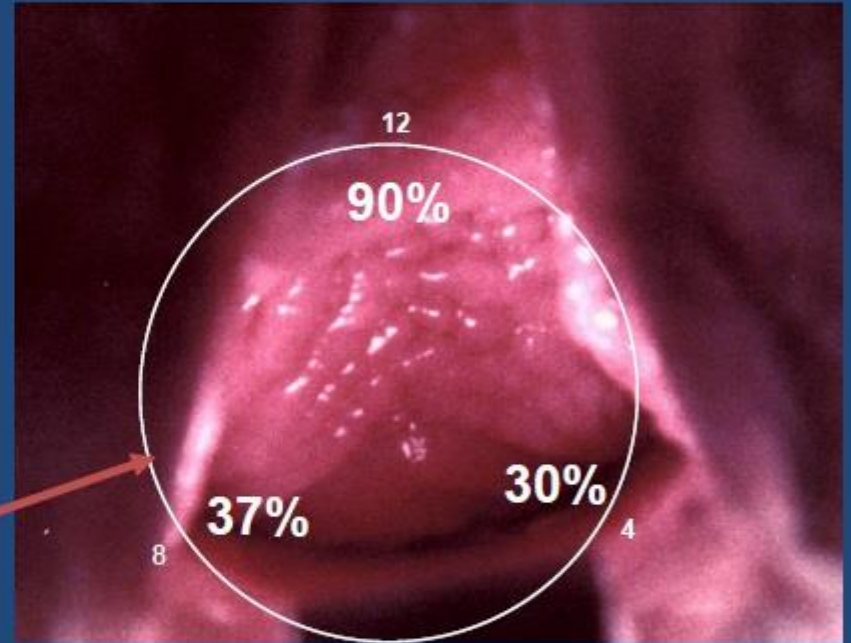


Vagina
(near clitoris)
periurethral
glans

Labia minora

Vaginal lumen
(anterior wall)

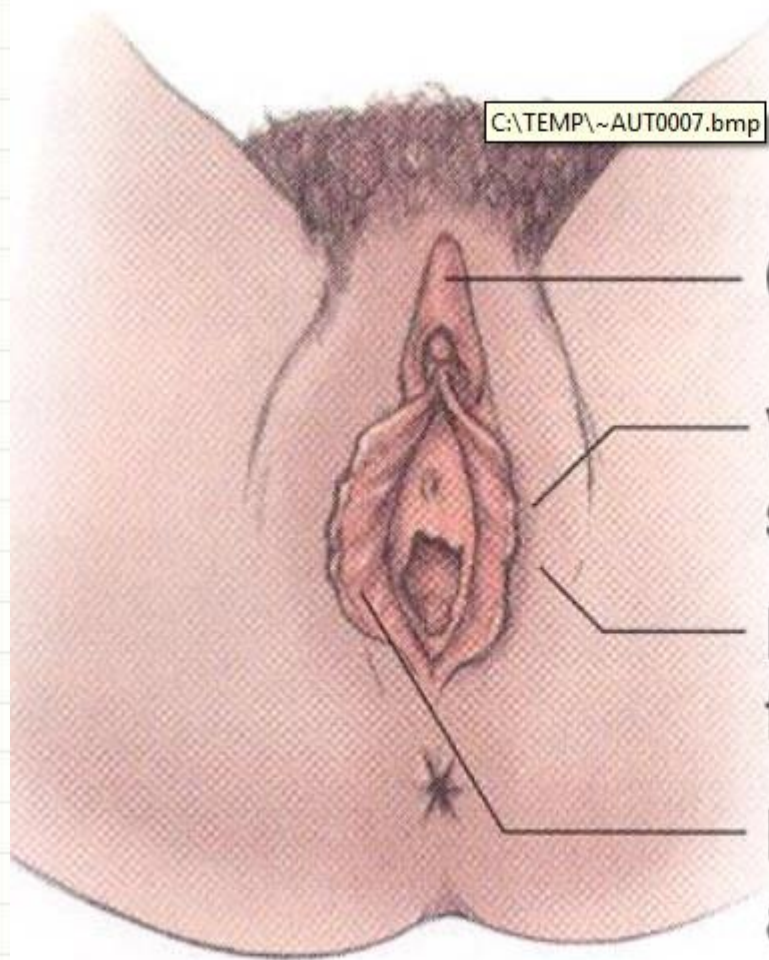
(Breasts/nipples)



vaginal sensitivity
(n=47)

(Perry & Whipple)

Heyecanlanma Evresi



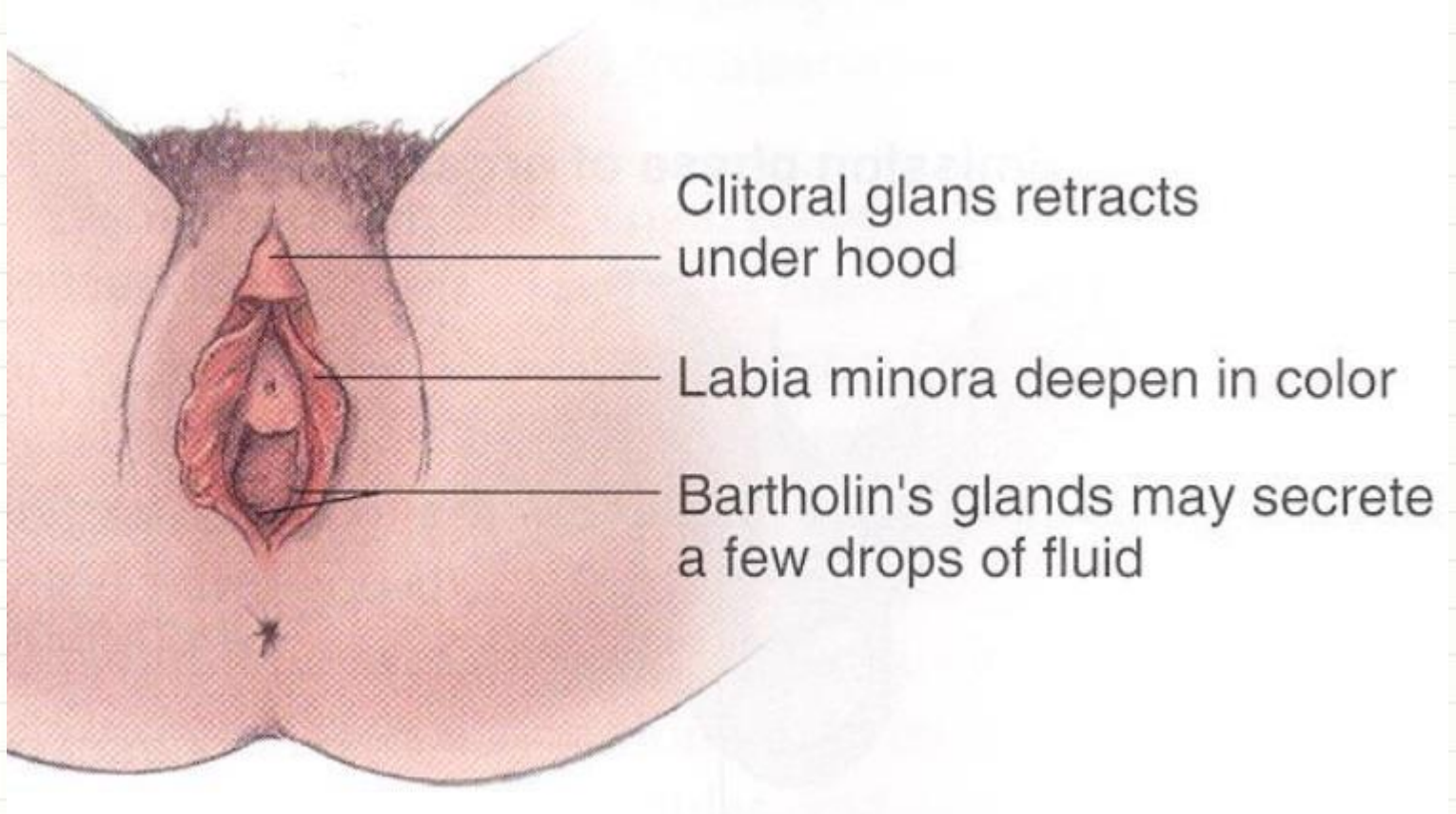
Clitoral shaft increases in size

Vestibular bulbs increase in size

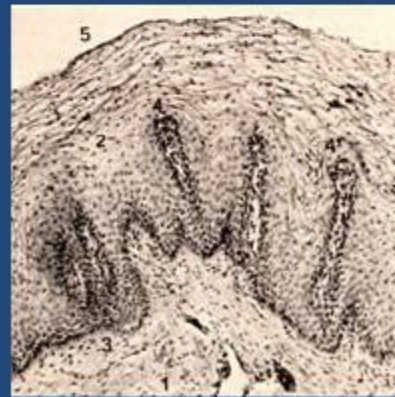
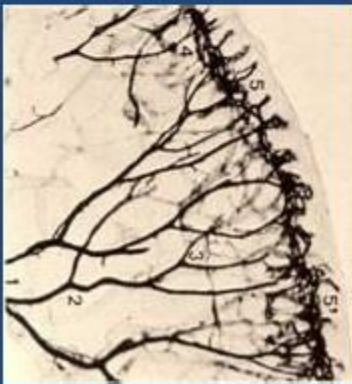
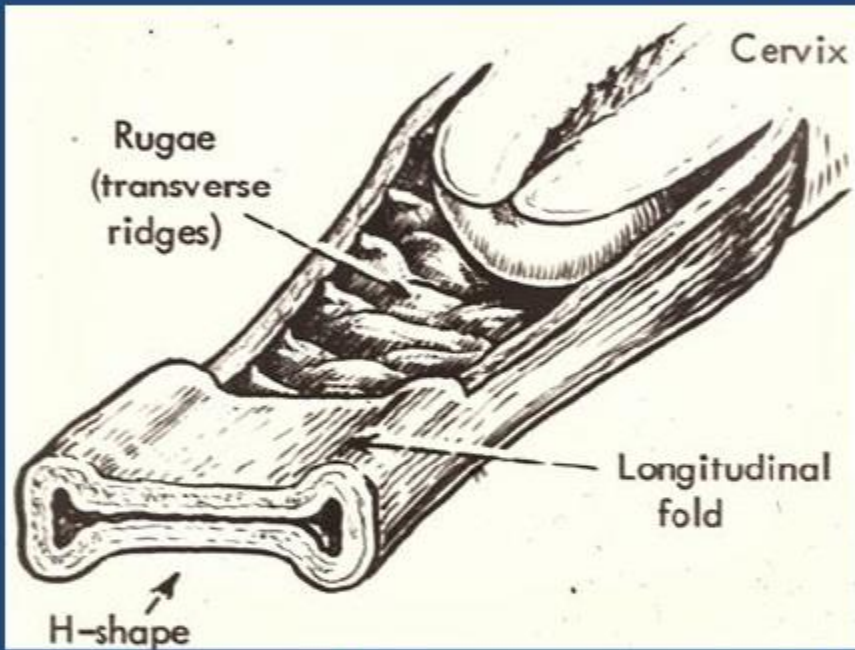
Labia majora separate away from vaginal opening

Labia minora increase in size and become more deeply colored

Plato



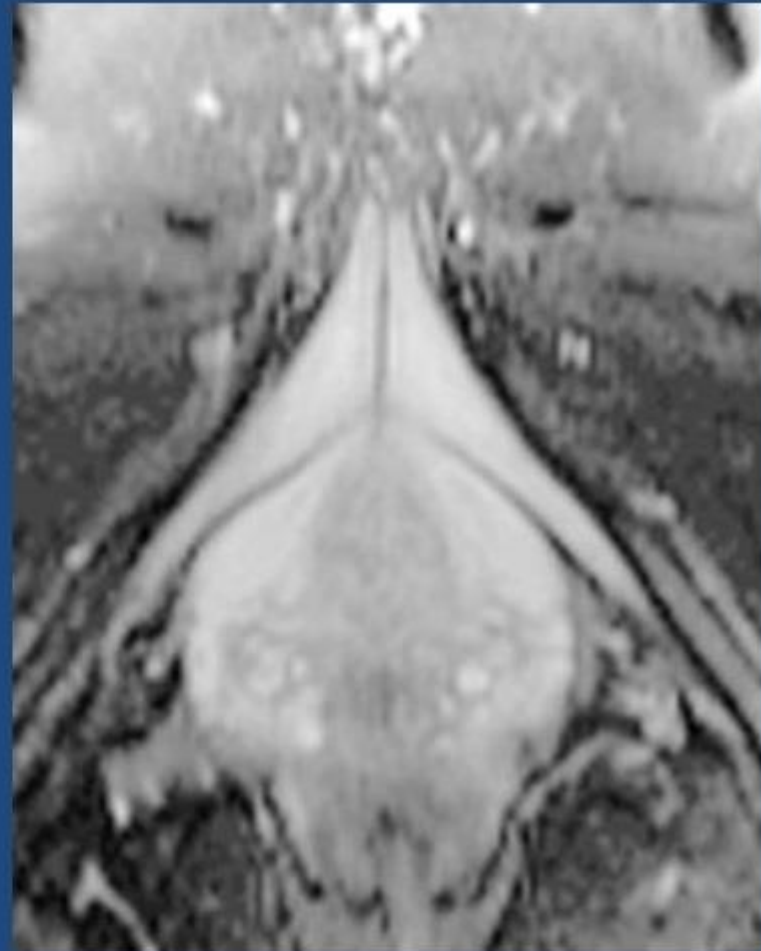
Vagina – gross and histological structure



Clinical MRI Pre-/Post-Arousal



Rest



Aroused

Maravilla, et al. J. Magn. Reson. Imaging 2003;18:216–224.

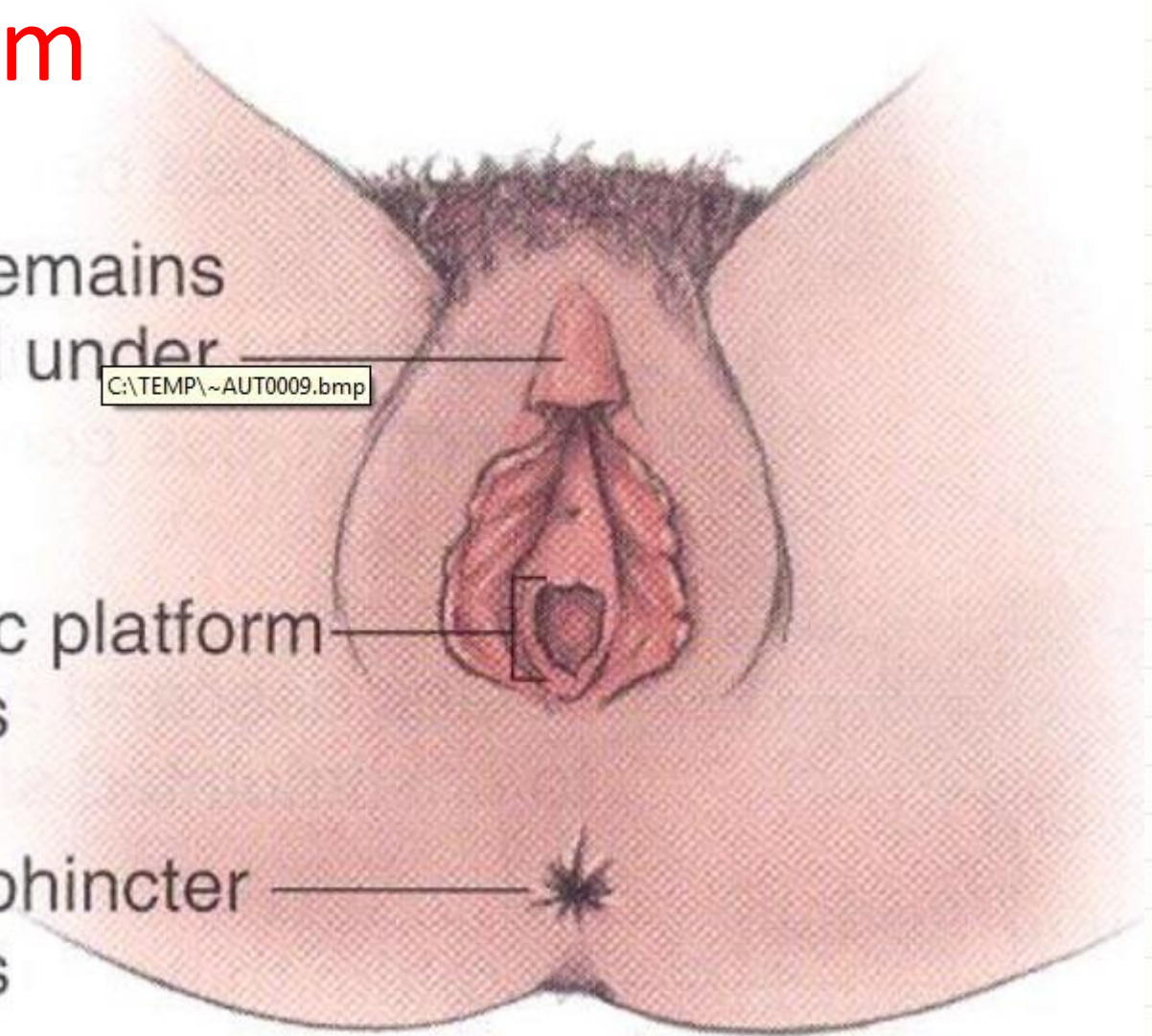
Orgazm

Clitoris remains
retracted under
hood

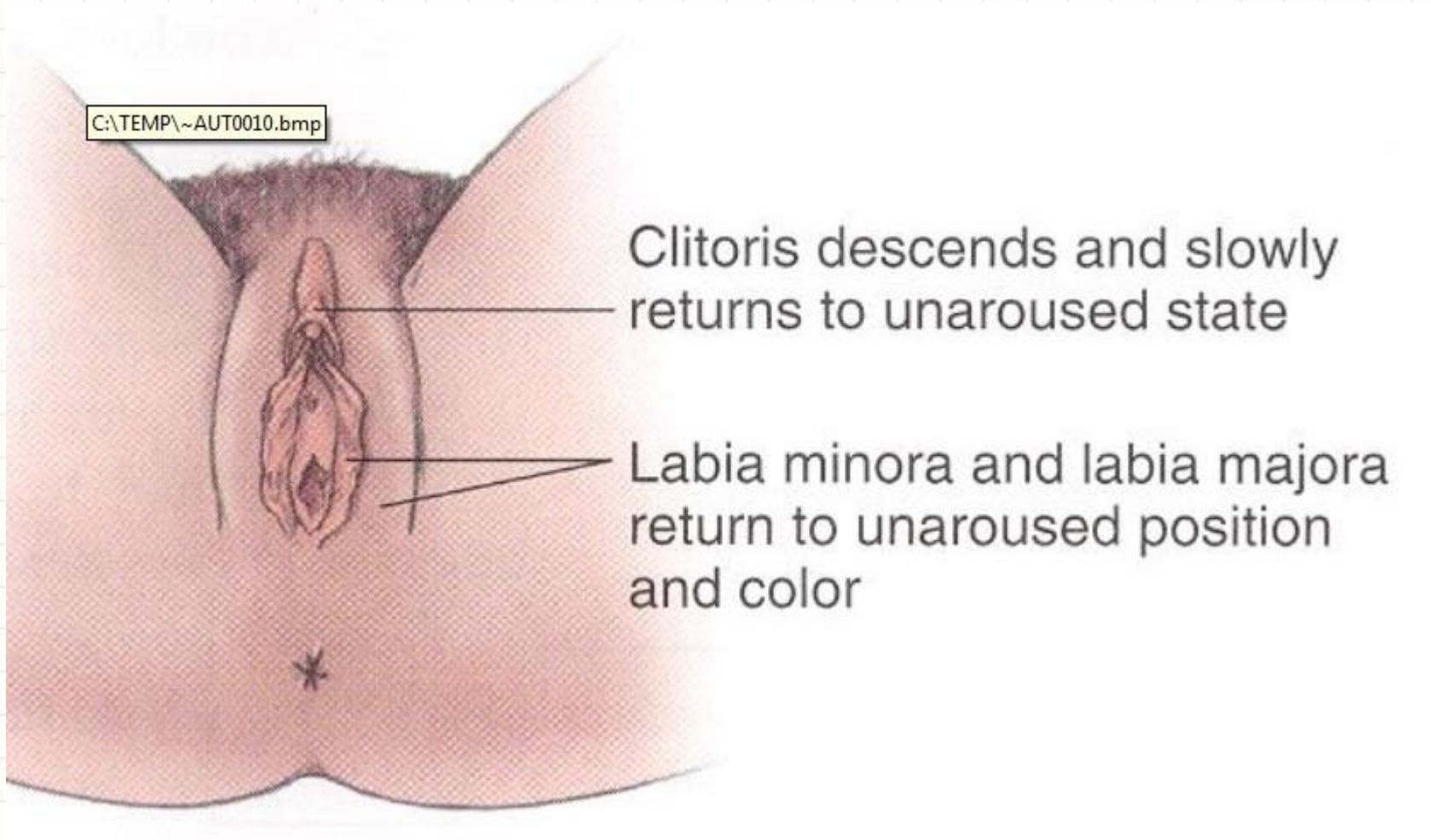
C:\TEMP\~AUT0009.bmp

Orgasmic platform
contracts

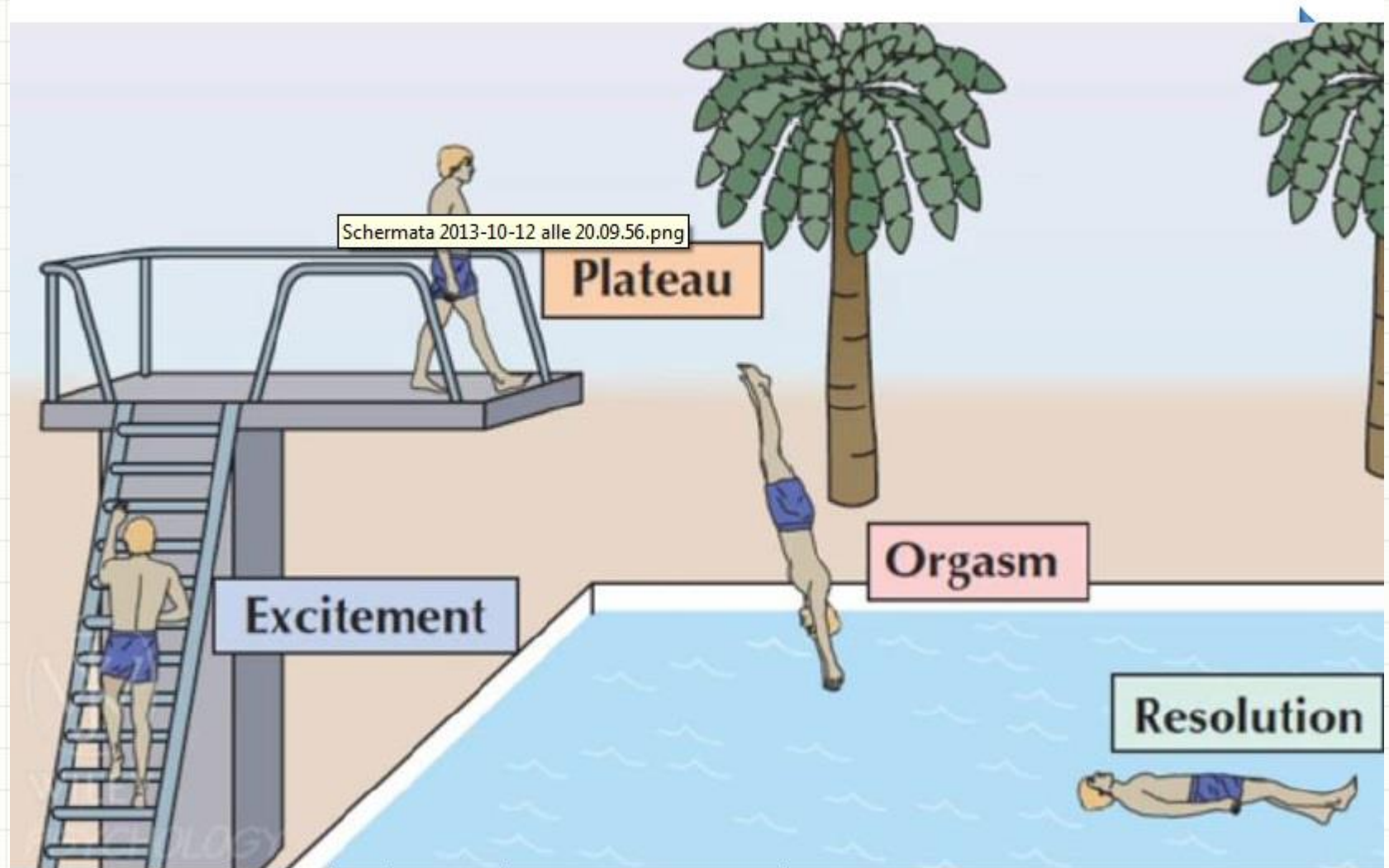
Rectal sphincter
contracts



Çözülme evresi



Masters & Johnson linear model

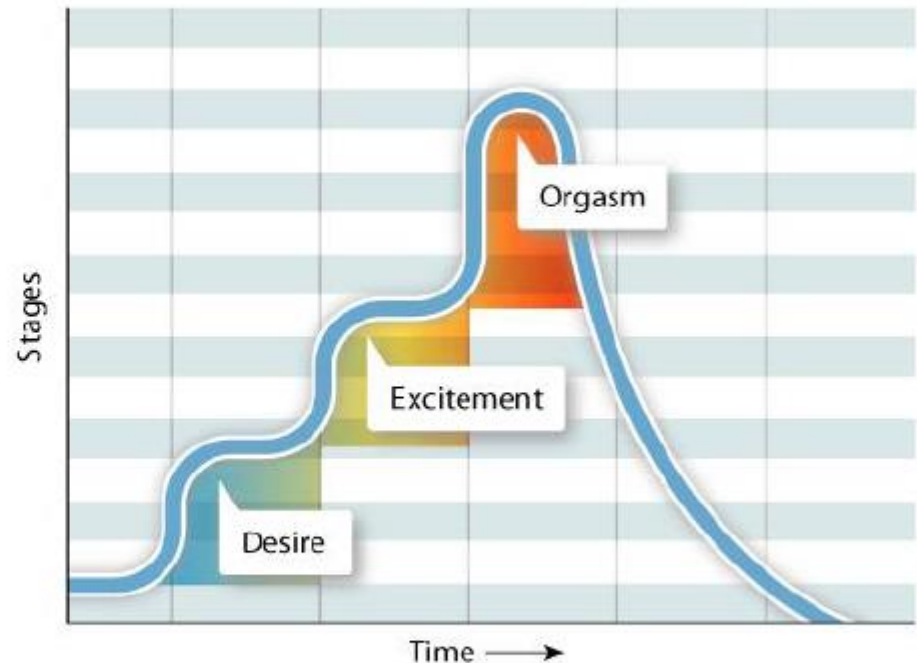
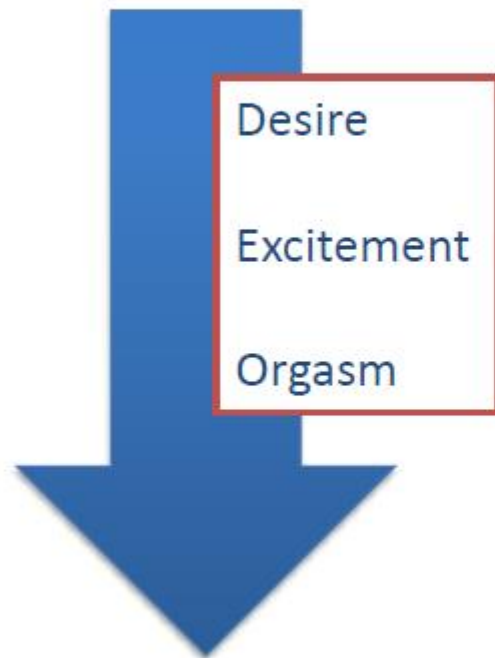


Modelin Eleştirileri

- Tüm kadın ve erkeklerin aynı zamanda ve her seferinde 4 adımda cevap verdiklerini kabul eder.
- İstek, duygu, mutluluk ve tatmin gibi non-biyolojik tecrübeleri yok sayar.
- Genital cevap ile sınırlıdır.
- Cinselliğin genital eksenli olduğu ve en önemli kısmının orgazm olduğu kültürü üzerine konumlandırılmıştır.

Kaplan's model of sexual response

Three-Stage Model



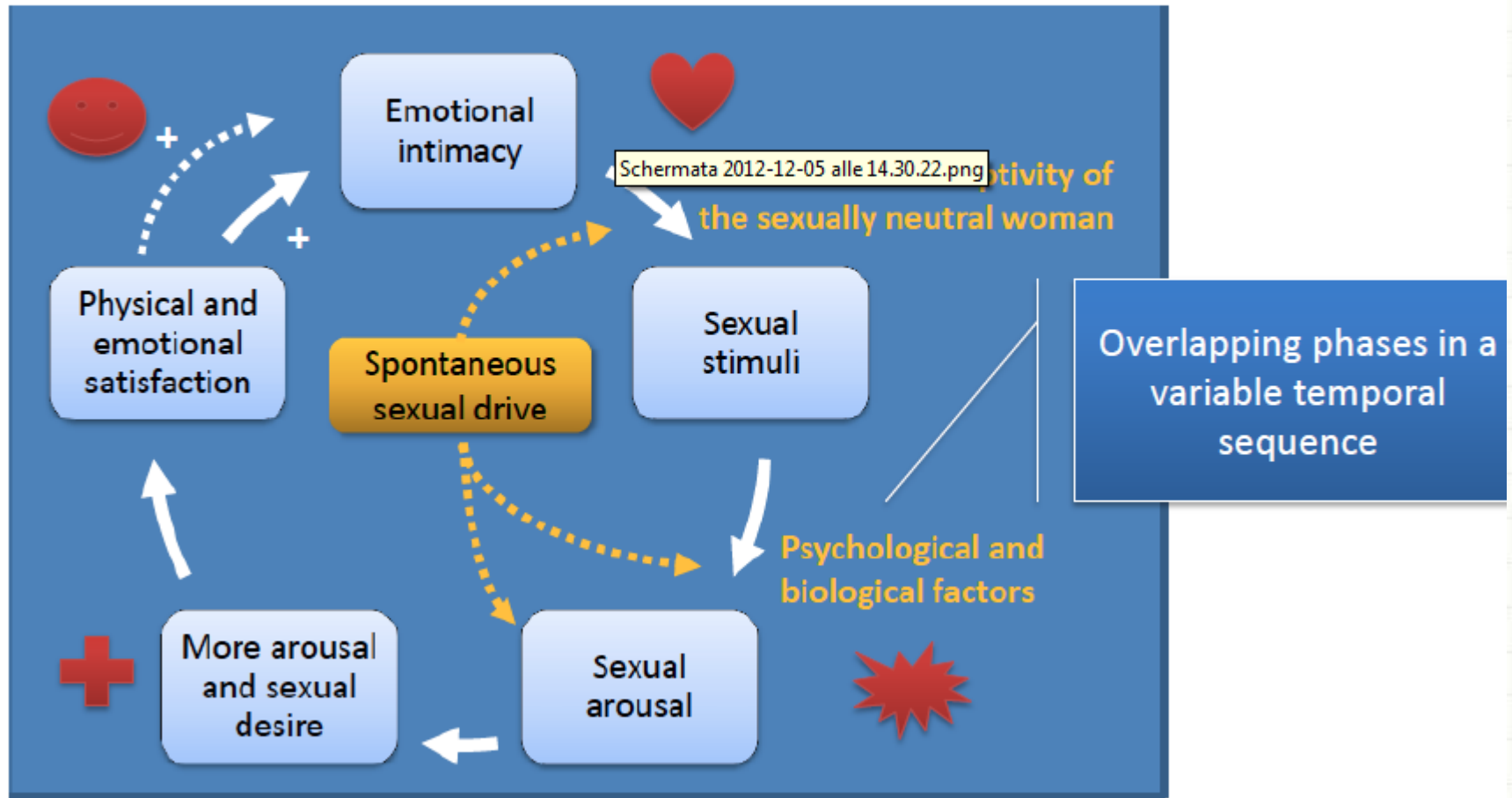
This model give the same importance to the physiological as well as the psychological aspects of sexual response.

Kaplan, HS. The New Sex Therapy. Bruner Mazel: New York 1974

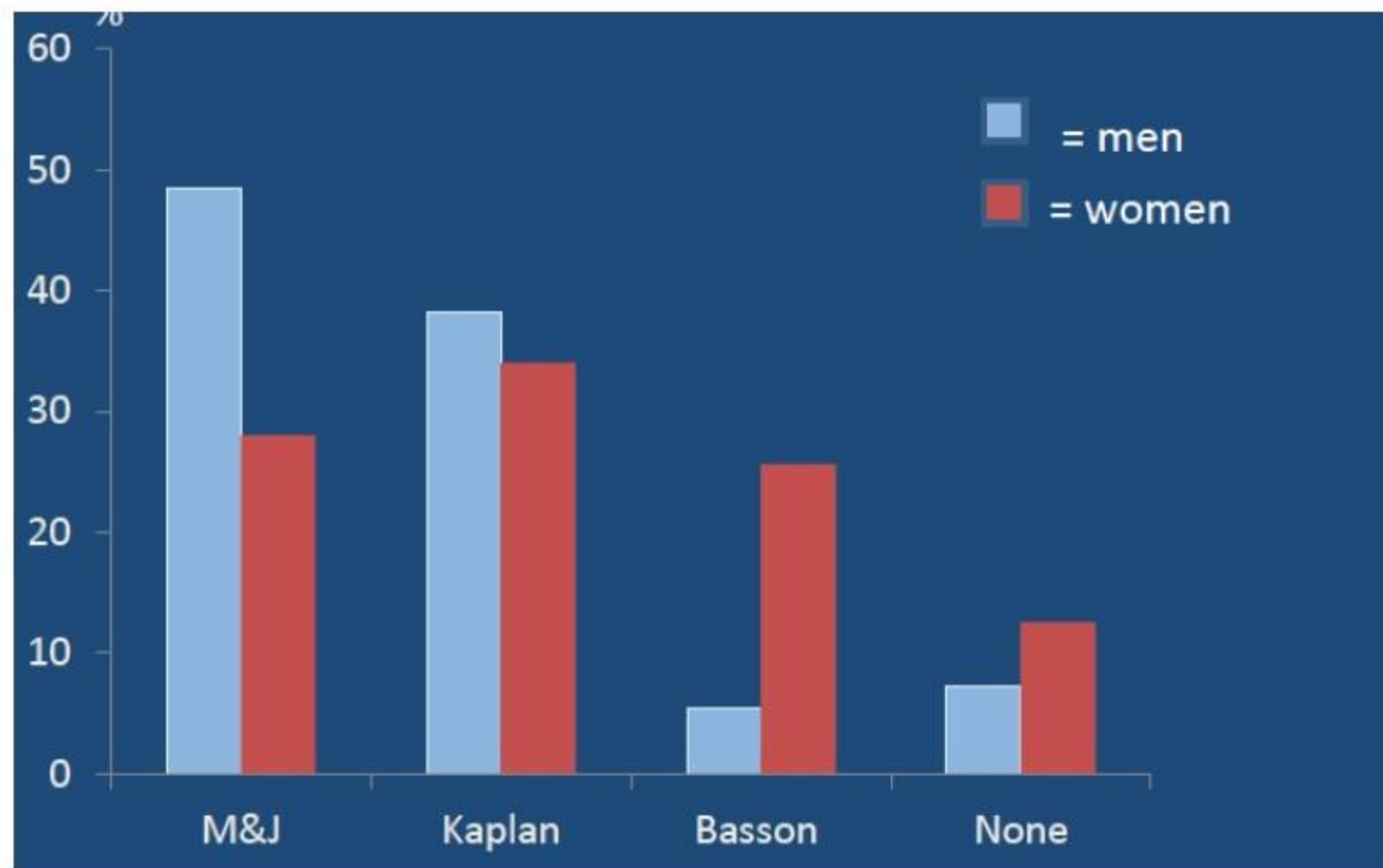
Kaplan Modeli Eleřtirileri

- Kadınlarda spontan istek her zaman olmaz.
- Kadınlarda receptive/motivational istek vardır.
- Pek çok kadın uyarılma cevabı sonrası istek duymaya başlar.
- Duygusal yakınlık, cinsel uyarı ve ilişki tatmini önemlidir.

Female Sexual Response

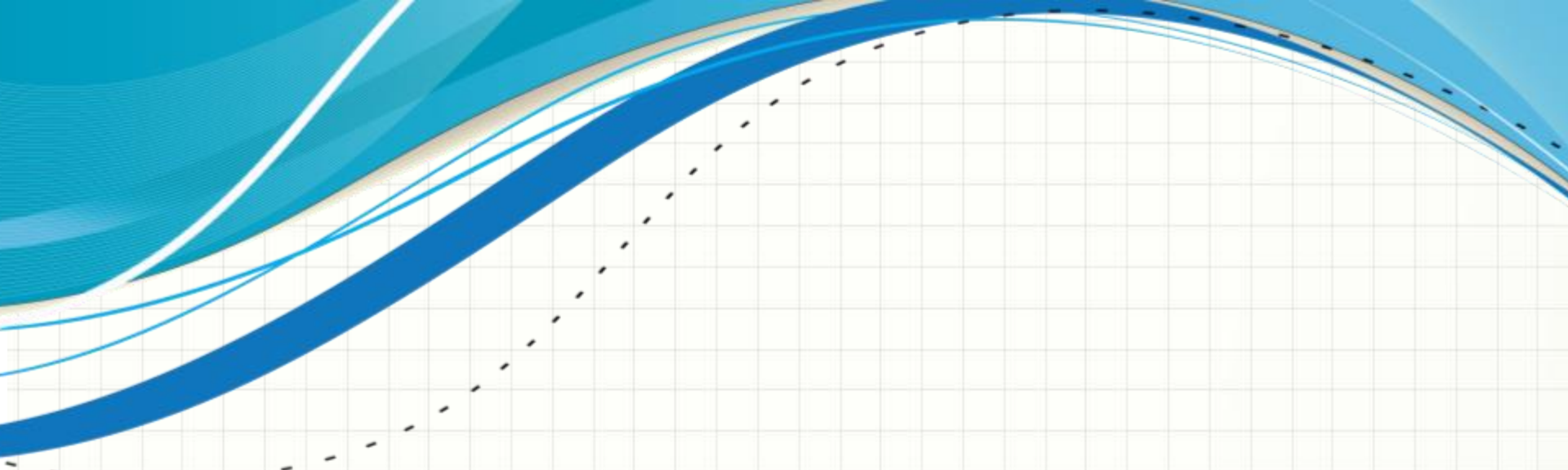


Basson R. *Obstet Gynecol.*
2001;98(2):350-353.



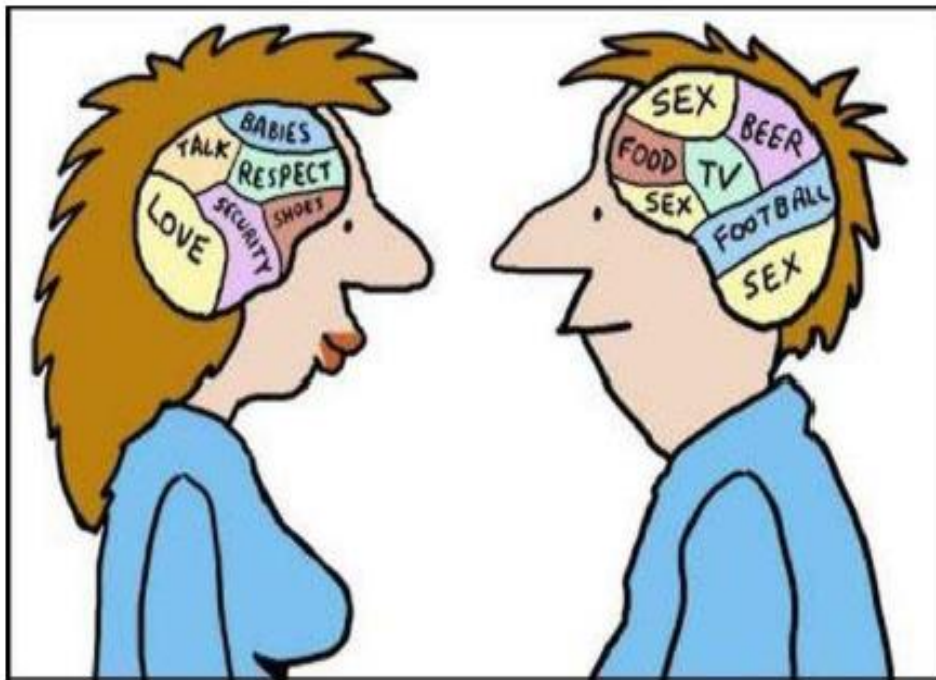
Sand, et al., Women's endorsement of models of female sexual response. J Sex Med 2007; 4: 708–719.

Giraldi, et al., Men's endorsement of models of sexual response and motivation for sexual activity. Seoul 2010

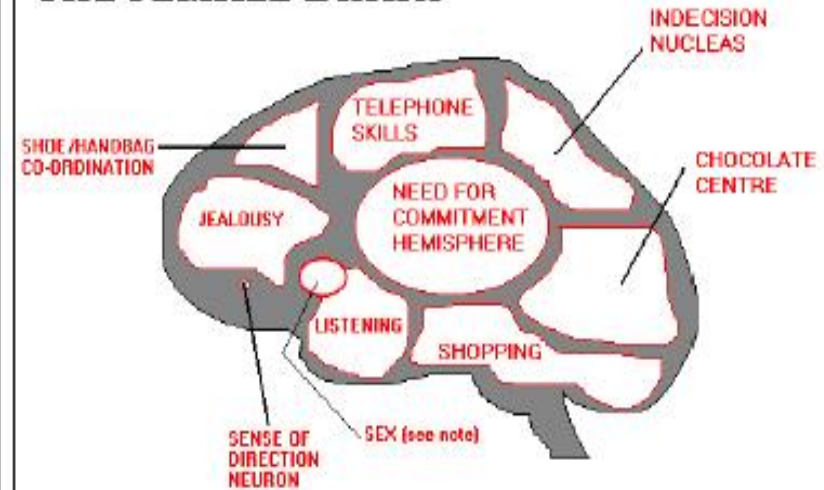


SONUÇLAR

- Pek çok erkek lineer modeli onaylamaktadır.
- Eşit sayıda kadın M&J, Kaplan ve Basson modellerini onaylamaktadır.
- Cinsel sorunlar yaşayan kadınların yaklaşık %75'i Basson modelini veya hiçbir modeli onaylamaktadırlar.



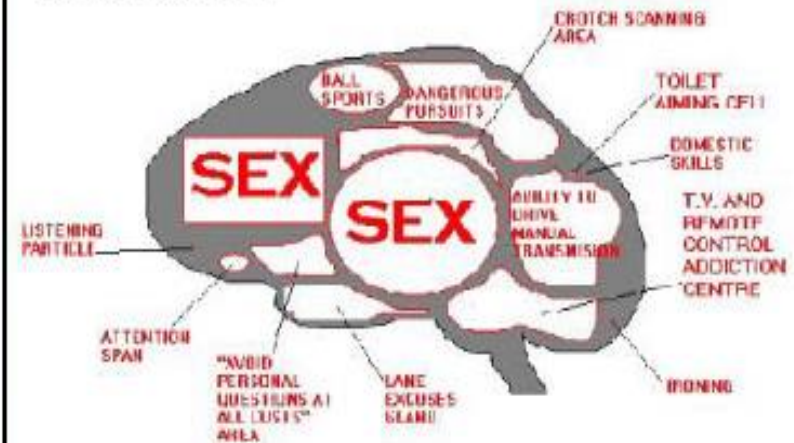
THE FEMALE BRAIN



FOOTNOTE: Note how closely connected the small sex cell is to the listening gland.



The Male Brain



FOOTNOTE: the "Listening to children cry in the middle of the night" gland is not shown due to its small and underdeveloped nature. Best viewed under a microscope.

[Click to Enlarge](#)

TEŞEKKÜRLER - THANK YOU