

Lubricants, moisturizers,  
enhancers....what's best for whom?

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# Disclosures

- Dr. Kellogg is a consultant/speaker with Shionogi, Sprout, Neogyn, Novonordisk and Sempra.

# Objectives:

- 1. Explain the difference between moisturizers, lubricants and enhancers**
- 2. Know the difference between vibrators and dilators**
- 3. Incorporate sexual positions and thrusting technique advise with recommendations for toys, aids and products.**

# Joann

- Is on a low dose OCP and finds that her 17 year old boyfriend, who thinks foreplay is over-rated, wants to enter her with his latex condom on before she is fully aroused...
- She would benefit from????????????

# Lorelei

- Is looking for a vibrator to stimulate her G spot but is virginal... so wide and long is NOT better!
- Suggestions for a vibrator?

# JAYCEE

- Is trying to get pregnant and very worried about any lubricant or moisturizer interfering with sperm motility. She can't have intercourse without a lubricant...
- What product is best?

# Sandy

- Has a longstanding history of RVVC and c/o vaginal dryness with prolonged thrusting. Is not always at home or “prepared” when sex occurs.
- What product (s) suits her needs?

# Kelly

- Has HTPFD/vaginismus and is in PFM PT.
- Her PT has advised her to perform self internal massage on her coccygeus muscles but she cannot reach them
- What device might help her with working out TRP in her PFM?

# Mariah

- Is very interested in exploring BDSM and anal play with her male partner but is afraid of her delicate tissue during bondage, penetration and thrusting. What products might best meet her needs?

# Mariah Two

- In need of something to stimulate her fantasy so that she can imagine her mild mannered boyfriend in a different light

# Leona

- Has had adverse reactions to nearly every lubricant and to latex . She has tried “most products on the market” and is concerned about using “green” products with minimal parabens, glycerin and alcohol (because of her past hx of PVD).

Suggest a lubricant/moisturizer.....

Suggest a condom.....

# Jaclyn

- Is on a SSRI antidepressant and notices that her orgasms take longer and when they do occur, they have very low amplitude/intensity.
- What nonRX option can you offer her?

# Betty

- Is two years s/p Dx and Rx for invasive cervical cancer. She has been left with a foreshortened and nonelastic vaginal vault. She is having difficulty with arousal and is only able to accommodate approx 2 ½ inches of penile length in her vagina. When her partner gets overly excited and thrusts hard and deep, she is in excruciating pain.
- Think of an aid for her....

# Poppy

- Is able to have an orgasm with direct clitoral stimulation but wants to experience one with her partners penis inside of her
- Beyond recommending different sexual/coital positions which would facilitate bridging, what sextoy might assist her?

# Summary

**Know the difference between moisturizers, lubricants and enhancers**

**Know when to recommend water, oil or silicone lube**

**Know the difference between vibrators and dilators**

**Incorporate sexual positions and thrusting technique advise with recommendations for toys, aids and product**