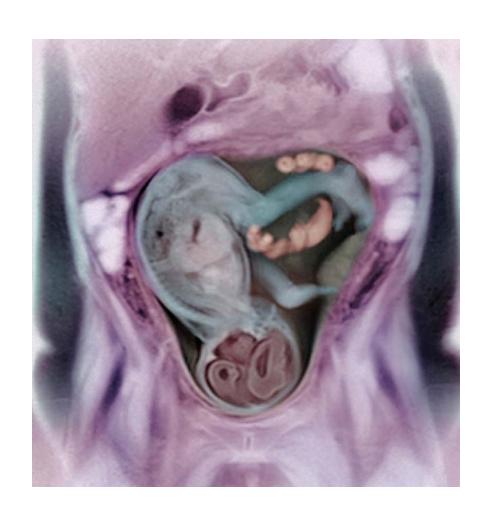
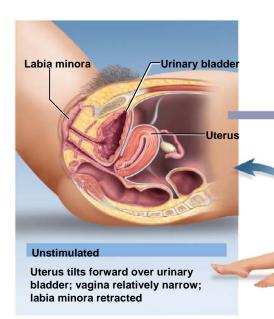
Chapter 28
Female Sexual Response





Excitement

Uterus stands more superiorly; inner end of vagina dilates; labia minora become vasocongested, may extend beyond labia majora; labia minora and vaginal mucosa become red to violet due to hyperemia; vaginal transudate moistens vagina and vestibule

Resolution

Uterus returns to original position; orgasmic platform relaxes; inner end of vagina constricts and returns to original dimensions

Plateau

Uterus is tented (erected) and cervix is withdrawn from vagina; orgasmic platform (lower one-third) of vagina constricts penis; clitoris is engorged and its glans is withdrawn beneath prepuce; labia are bright red or violet

Orgasm

Orgasmic platform contracts rhythmically; cervix may dip into pool of semen; uterus exhibits peristaltic contractions; anal and urinary sphincters constrict

- physiological changes that occur during intercourse
 - differences from male
- excitement and plateau
 - labia minora becomes congested and often protrude beyond the labia majora
 - labia majora become reddened and enlarged
 - then flatten and spread away from vaginal orifice
 - vaginal transudate serous fluid that seeps through the walls of the canal
 - greater vestibular gland secretion moistens the vestibule and provides lubrication
 - lower 1/3 of vagina constricts the orgasmic platform
 - narrower canal and vaginal rugae enhance stimulation and help induce orgasm in both partners
 - tenting effect uterus stands nearly vertical, where normally it tilts forward over the bladder
 - breasts swell and nipples become erect
 - stimulation of the erect clitoris brings about erotic stimulation
 - thrusting of the penis and pressure between the pubic symphyses of the partners

orgasm

- late in plateau phase, many women experience involuntary pelvis thrusts, followed by 1 to 2 seconds of "suspension" or "stillness" preceding orgasm
- orgasm intense sensation spreading from the clitoris through the pelvis
 - sometimes with **pelvic throbbing** and a spreading sense of **warmth**
 - pelvic platform gives three to five strong contractions about 0.8 sec apart
 - cervix plunges spasmodically into vagina and pool of semen
 - **uterus** exhibits peristaltic contraction
 - anal and urethral sphincters constrict
 - paraurethral glands (homologous to the prostate) sometimes expel copious fluid similar to prostatic fluid (female ejaculation)
 - tachycardia, hyperventilation
 - sometimes women experience **reddish**, **rash-like flush** that appears on the lower abdomen, chest, neck, and face

- resolution
 - the uterus drops forward to its resting position
 - orgasmic platform quickly relaxes
 - rest of the vagina returns more slowly to its normal dimensions
 - flush disappears quickly
 - areolae and nipples undergo rapid detumescence
 - may take 5 to 10 minutes for breasts to return to their normal size
 - postorgasmic outbreak of perspiration
 - women do not have refractory period
 - may quickly experience additional orgasms