

# sextalk.

answers to your questions about sex and relationships

**factoid**

**The clitoris has more concentrated nerve fibers than the fingertips, lips, or tongue, and twice as many as the penis.**

## **Q. If you overstimulate your clitoris, can it become desensitized indefinitely? What about other erogenous zones?**

**A.** The idea that the clitoris can be overstimulated – leading to permanent desensitization – is simply not true. While sex, masturbation and the lingering effects of orgasm can all lead to a feeling of numbness in the short-term, long lasting effects are not usually in the realm of possibility. So go ahead and chalk this one up as another sex myth – right alongside masturbation-induced palm fur.

If you are concerned about overdoing things with a vibrator or other sex toy, you needn't worry about an implicit "cost" to all those RPM's: the clitoris that is aroused with twice the vigor does not, it turns out, arouse for half the time.

However, if you are sensing diminished returns on what was once a more gratifying experience, it may just seem like this is due to a physical change. Although the clitoris has an abundance of nerve fibers, the brain remains the true sex organ-in-chief, and will ultimately determine just how good things feel. Because of this, you'll want to consider other factors that could be influencing things such as your emotions, environment or partner.

It's often said that the clitoris is unique in that its only purpose is pleasure. Other erogenous zones (e.g. breasts, neck, legs, lips) tend to be defined in more cultural terms, but the answer to your question would apply to those as well. Overindulgence doesn't desensitize these "hot spots" – but not taking the time to discover them just might.

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