

# sex talk.

answers to your questions about sex and relationships

wildfact

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## Q I am female and I can't climax... what's wrong with me?!

A. There is nothing wrong with you! It is not uncommon for women to have difficulties climaxing, especially during vaginal-penile intercourse. You are not alone. In fact, about 75% of women do not reach orgasm solely from vaginal intercourse and 10-15% of women have never reached orgasm. Other statistics say that as many as 1 in 3 women have trouble reaching orgasm. Many experts say that difficulty achieving orgasm is mostly psychological. Worrying about not being able to have an orgasm may be one of the reasons you are having trouble in the first place.

Women are much more likely to achieve orgasm through clitoral stimulation than through vaginal intercourse. The clitoris has over 8,000 nerve endings; far more than those found on the inner walls of the vagina and double the amount found in the

penis. So whether you are trying to climax alone or with a partner your best bet is to focus on the clitoris.

Masturbation is a great way to explore what works for you. Exploring your own body first can also be very helpful when trying to achieve orgasm with a partner. If you're using your hands, try different rhythms and different amounts of pressure. Also make sure that you are somewhere you are comfortable and relaxed. Sex toys may also help – vibrators and dildos can be great for masturbation or for sex play with a partner.

Communication is key when trying to achieve orgasm with a partner. Talking about what you like and don't like can help you become more aroused and more likely to achieve orgasm. It is good to say things like "I like it when you do this" and "I like it when you touch here" or "what feels good to you?" etc. Don't be afraid to say what you like and what you don't.

Guest Columnist: Zoe Warren,  
Public Health Senior



(References: [www.goaskalice.columbia.edu](http://www.goaskalice.columbia.edu) • [www.abcnews.go.com](http://www.abcnews.go.com) • [www.brown.edu](http://www.brown.edu))

Have a question? Send it to [sextalk@email.arizona.edu](mailto:sextalk@email.arizona.edu)

SexTalk is written by Lee Ann Hamilton, M.A., CHES, David Salafsky, MPH, and Carrie Hardesty, BS, CHES, health educators at The UA Campus Health Service.



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