

sextalk.

answers to your questions about sex and relationships

factoid Erogenous zones are physically defined as well as culturally determined. The part of the female anatomy that drove men crazy in traditional Japan was the nape of a woman's neck.

Q. What is the G-spot and how can I find it?

A. The G-spot is believed to be a highly sensitive, dime-sized area located behind the front wall of a woman's vagina. Named for Dr. Ernst Grafenberg, the first physician to describe the area and detail its significance as a pleasure center, the G-spot is thought to be either a bundle of nerve endings or a gland that swells like a sponge, producing secretions.

While the idea of the G-spot is here to stay, disagreement on its existence, both in the scientific community and among women, abounds. Some scientists cite a lack of anatomical evidence, while others contend that its existence is confirmed by women who experience intense orgasms there, sometimes accompanied by a gush of clear fluid. Because this ejaculate is released through the urethra, the fluid is often mistaken for urine. In fact, female ejaculate is unrelated to both urine and vaginal secretion, and is very similar to the "cum" that men produce - without the sperm.

A woman may find her G-spot with help from her partner, or by herself with the use of a dildo. Lying comfortably on her back with her legs apart, insert one or two fingers inside her, palm facing up, and curve your fingers toward the top wall of her vagina. Once inside a few inches, you may feel a raised area. Gently stroke this region - a woman may find this enjoyable or have an urge to urinate, or sometimes both. Let her responses tell you if you have found it, and keep in mind that reactions to the G-spot vary widely. Many women do not find the mysterious zone gratifying, and others may experience orgasms there without any noticeable ejaculation.

The idea that the G-spot is the ultimate address for passion is misguided. Rather, it is just one of many sensual "spots" that include the lips, neck, breasts, scalp and many more.

Being with a partner you feel comfortable with is an excellent way to explore the topography of pleasure, and sex itself need not be part of the itinerary.

Have a question? Send it to sextalk@email.arizona.edu

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