

Cure Confidential: Big O FOMO

Written by Arizona Foothills Magazine

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Welcome to Cure Confidential! We're Dr. Cristina Bosch and Dr. John A. Robinson, aka the Sex Docs. You've got burning questions on sex and hormonal health, and we've got the answers.

Dear Sex Docs,

While talking with some girlfriends, I recently realized that I may have never experienced an orgasm. I've been having sex for years! What can I do to stop missing out on the big O?

Signed,

Big O FOMO

Dear Big O FOMO,

Thanks for writing. Sex without orgasm is a symptom of Female Sexual Disorder (FSD). You're not alone, but you shouldn't have to settle. FSD has a prevalence rate ranging 25-63%! Often women tend to "fake it 'til you make it." When it comes to orgasms, you can make all the noise you want, but it's what's inside—physically and emotionally—that counts.

Your gynecologist may say you're in perfect health while your psychologist is privy to stressful work days that follow you home to the bedroom. We, on the other hand, approach patients comprehensively for the best of both worlds.

At the Hormone Zone, our patients don't just check boxes on a chart; you talk, and we listen. (Trust us—we've heard it all!) We specialize in two natural treatments to enhance sexual stimulation and increase orgasms. Bio-Identical Sex Hormone Replacement Therapy (HRT) balances your hormonal levels to reduce anxiety, increase your libido and stimulate sensitivity. The O-Shot® is a quick, simple procedure using Platelet Rich Plasma (PRP) to boost vaginal and clitoral sensitivity for multiple, intensified orgasms.

On average, it takes women longer to orgasm than men. Sex isn't a race to the finish line. Checking in with you partner increases intimacy and releases feel-good hormones, like oxytocin, that help you relax. Don't have a regular partner? Practice makes perfect! A little "me time" will reveal what turns you on, through both clitoral and internal stimulation. Like anything else in life, our sexuality is a work in progress.

Unlock your sexual satisfaction with hormonal well-being by visiting the Hormone Zone. Follow [@thesexdocs](#) on Instagram and [@thehormonezone](#) on Facebook for more tips and visit hormone-zone.com for treatment options.

Got a question for the Sex Docs? Email us at 480sexdocs@gmail.com!