Sexuality is a fundamental part of the lifecycle for most people, and difficulties can lead to loss of self-esteem, depression, anxiety, and interpersonal strife[2,3]. Despite its normality, half of men and nearly half of women are troubled by some form of difficulties with sexuality at some point in their life[2,3]. Difficulties go far beyond erectile dysfunction (ED) in men and low libido in women[1,3], and arise in 4 phases: Interest, Arousal, Orgasm, and Satisfaction. Interestingly, few people ever address these issues with their care team, despite evidence that three quarters of their providers are willing and able to be helpful [7]. Part of this stems from the assumption by both patients and providers that beyond the phosphodiesterase inhibitors, which work only for ED in men, there is little to be gained from therapeutics.

Cannabis therapy can provide a more effective, cross-gender solution to a broad range of these sexual difficulties. In a largely dose-dependent manner Cannabis has been shown to improve function in all 4 of the domains mentioned above[4,5,8]. We will discuss data, clinical scenarios, and practice of treating sexual dysfunction with cannabis. We will also briefly discuss how Cannabis can be used to improve sexual relations in people for whom dysfunction is not currently a problem.

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