

Regular Moderate Intake of Red Wine is Linked to a better Women's Health

J SEX. MED. 2009 OCT;6(10):2772-7.

Only known study addressing potential correlation between red wine intake and women's sexual function.

-Results:

Associate daily red wine intake with women's sexual function.

Stratify into Daily Moderate (1-2D/d); teetotalers (0); "occasional" (<1D/d)

Controlled for education, smoking, BMI

-No difference in arousal, satisfaction, pain or orgasm

-Differences: desire, lubrication total score

All results were subjective; no exam involved

-Proposed Mechanisms:

-Flavonoids result in better endothelial fct; this is already known to be important in male erection: polyphenols dilate blood vessels and suppress endothelin-1

-the most robust correlation is in men with vascular congestion leading to erection and arousal compared to women. What is known in women is that there are three important components to an intact sexual response:

1. intact sex steroids
2. intact autonomic and somatic nervous system
3. intact arterial perfusion/inflow