

Abstract citation ID: qdae054.014**(014) WOMEN WITH POSTORGASMIC ILLNESS SYNDROME: DATA FROM AN INTERNATIONAL PROSPECTIVE REGISTRY**

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Introduction: Postorgasmic Illness Syndrome (POIS) describes a debilitating collection of flu-like or allergy-like symptoms experienced post-orgasm. The disorder can be divided into primary or secondary subtypes, and even further into seven

clusters. POIS is considered a rare, poorly understood condition that largely affects people with penises.

Objective: To assess females' experiences with POIS, including symptomology, treatments trialed, and sexual function via the Female Sexual Function Index-6 (FSFI-6). To also compare their experiences with men who have POIS.

Methods: An IRB-approved RedCAP survey was created and administered in September of 2023. The anonymous survey was distributed to the following online platforms: Twitter, Instagram, email, Reddit to include r/POIS and r/SampleSize, and the POISCenter forum. The survey was closed on November 5th, 2023 and descriptive statistics were performed.

Results: Of 424 records, nineteen indicated they have a vulva and vagina. Authors individually and thoroughly assessed all nineteen records and eliminated duplicate responses, records that did not meet any of the established symptom criteria, and incomplete responses. After this, ten records were included in the statistical analysis. Participants identified as white/caucasian (7), Hispanic/Latina (2), and Iranian/Persian (1). One of the ten respondents has been diagnosed by a medical professional. Five participants indicated that they experience a "sensation of a flu-like state." Three experience "extreme fatigue or exhaustion." One experiences "feverishness or perspiration." One experiences "mood instability and/or irritability." Providers visited for their symptoms included primary care, endocrinologist, obstetrician/gynecologist, and mental health. Treatments trialed include allergy medications, antidepressants, prednisolone, pelvic floor physical therapy, and pain relievers (i.e., NSAIDs). Seven participants completed the FSFI-6; three had a score of less than or equal to 19 (the cutoff for female sexual dysfunction(FSD)) and four had a score of greater than 20.

Conclusions: POIS has been viewed as a "male-only" condition. While it largely impacts men, this data suggests that women are not immune to it and when compared to men, their experiences vary. From this prospective registry, the most common symptoms experienced by women were "flu-like." Additionally, none of the participants visited a urologist compared to 65% of men who have. While nearly 60% of the FSFI-6 respondents are not classified as having FSD, it is important to note that only one participant stated they were "very satisfied" with their sex life. More data is needed on this understudied population affected by POIS.

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