

Researchers suggest doctors should start prescribing vibrators to women

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A team of researchers led by Alexandra Dubinskaya, of Cedar-Sinai Medical Center has found that the medical benefits of women using vibrators are strong enough to warrant doctors prescribing their use to

female patients on a regular basis. In their paper published in *The Journal of Urology*, the group describes their metastudy of research into the health impacts of vibrator use by women and why they believe the time may have come for them to be considered medical therapy devices.

Prior research has suggested that frequent masturbation by women can have positive health impacts, both physical and mental. In this new effort, the researchers noted that little work has been done on the use of vibrators as a masturbation aid and whether they have positive health impacts. They reviewed research databases for studies that involved use of vibrators for medical benefits and found 558 papers, which they whittled down to 21.

In their analysis, the researchers found evidence of a host of benefits of regular vibrator use, noting that it improved the health of the pelvic floor, reduced vulvar pain and led to improvements in overall sexual health. They also found instances of regular vibrator use leading to improvements in incontinence along with [pelvic floor](#) muscle strength.

The researchers note that use of a vibrator during masturbation reduces the time it takes for a woman to achieve an orgasm, and also helps with achieving multiple orgasms. Other prior research associates experiencing regular orgasms with stress reduction and an improvement in overall sexual [health](#). They suggest that adding a vibrator to masturbatory experiences leads to better outcomes.

The researchers conclude that vibrators can and should be considered not just sex toys, but therapeutic devices. And that, they point out, suggests that it is time that female pelvic medicine and reconstructive surgery specialists, and perhaps doctors in general, begin prescribing vibrators to their [female patients](#). The team will be presenting their findings at this year's Annual Scientific Meeting of the American Urological Association.

More information: Alexandra Dubinskaya et al, MP38-16 IS IT TIME FOR FPMRS TO PRESCRIBE VIBRATORS?, *Journal of Urology* (2022). [DOI: 10.1097/JU.0000000000002592.16](https://doi.org/10.1097/JU.0000000000002592)

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