

AS01-04 - POST ORGASMIC ILLNESS SYNDROME: INDICATIONS FOR AN AUTO-IMMUNE PATHOGENESIS

M.D.Waldinger

Outpatient Dept of Neurosexology, HagaZiekenhuis, Den Haag, The Netherlands

Post-orgasmic unwell being denoted as postorgasmic illness syndrome (POIS) was for the first time reported by Waldinger and Schweitzer in 2002 [1]. Recently, Waldinger et al. investigated 45 Caucasian males with complaints of POIS and categorized their symptoms in 5 preliminary criteria [2,3]. POIS is characterized by local mucosal manifestations (nasal congestion, itching eyes), and systemic features (flu-like syndrome with feverishness, muscle tension, exhaustion, foggy head, concentration difficulties, and mood irritability), occurring within 30-60 minutes after ejaculation. The symptoms always starts off after ejaculation, often reaching its peak severity at the second day and gradually diminishes within 1-7 days [3]. Affected males usually try to avoid ejaculating by planning intercourse or by abstaining from sexual activity. Waldinger et al. showed that 88% of the males had a positive intracutaneous (IC) skin-prick test for autologous semen and postulated that POIS is an expression of an auto-immune process. Support for this hypothesis comes from positive effects of hyposensitization treatment with diluted autologous semen in two men with POIS.

References:

1. Waldinger MD, Schweitzer DH. Postorgasmic illness syndrome: two cases. *J Sex and Marital Therapy* 2002; 28: 251-5.
2. Waldinger MD, Meinardi MHM, Zwinderman AH, Schweitzer DH. Post-orgasmic illness syndrome (POIS) in 45 Dutch Caucasian males: Clinical characteristics and evidence for an immunogenic pathogenesis (Part 1). *J Sex Medicine* 2011; 8: 1164-70.
3. Waldinger MD, Meinardi MHM, Schweitzer DH. Hyposensitization therapy with autologous semen in two Dutch Caucasian males: beneficial effects in postorgasmic illness syndrome (POIS; Part 2). *J Sex Medicine* 2011; 8: 1171-6.