**It's Time to Talk About Women's Libido.**

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*​​For immediate release*

While male libido has been studied and examined, with a wide range of medications and solutions, libido in women remains a taboo topic, making it difficult for women living with a reduced libido to find help.

Dr Tonia Mezzini, a leading Sexual Health Physician, says it's time to expand that conversation.

*"Low libido is not a frivolous health issue. It is not something to dismiss. On the contrary, it impacts the quality of life, self-esteem, and relationship harmony for many women. Sex is about connection, intimacy, joy, and it can be tightly bound to relationship success."*

Libido, also known as your sex drive, can vary from woman to woman and there is no right or wrong level. However, Hypoactive Sexual Desire Disorder/Dysfunction (HSDD) can be diagnosed when women experience loss of sexual desire that causes them personal distress. For many women this can cause anxiety, frustration, or sadness.

The impact of HSDD on women can be huge. It impacts both the women and their partners; it is underreported, and at present, there are no effective treatments available.

A new clinical trial is exploring BP101, a novel synthetic peptide**,**administered as a nasal spray as a potential treatment for women with low libido or low sex drive that causes them personal distress. The study aims to measure the effect of 3 different doses administered daily, compared to placebo, on sexual desire levels in women with low libido or HSDD. The study also evaluates the treatment's effect on how low libido or low sex drive bothers participants taking part in the clinical trial.

Dr Mezzini said the BP101 trial is a part of the ongoing research into treatment options that could make a difference in women's lives.

*"All women are different, and we face unique challenges of our own. Any treatment for women concerned by low libido will be another strategy in what we see as part of a holistic approach. We want to encourage research that can improve wellbeing for all women, and sexual wellbeing is a part of that."*

Low libido can include:

* An absence of sexual thoughts or fantasies.
* Loss of desire.
* Interest in sexual activity and loss of response to a partner initiating sexual activity.

For Dr. Mezzini, the BP101 trial and the conversation around it is a sign of the growing importance of clinical research.

*"BP101 and the research it represents is an exciting advancement in women's health and wellbeing. At a time when we have all come to understand the importance of medical research, we should feel encouraged to have a conversation about other areas of our lives that research could help people."*

**About Dr Tonia Mezzini**

Dr Tonia Mezzini is a [leading Sexual Health Physician](https://www.drtoniamezzini.com.au/dr-tonia-speaking-events/) based in Adelaide committed to helping people with a range of sexual, hormonal, vulval and reproductivehealth concerns.  With her level of expertise and caring approach, patients can feel assured they are being offered best practice, a tailored treatment approach and compassionate medical care.

**About BP101**

A new drug trial is underway to treat the factors that contribute to female sexual desire. The goal of this research is to find way to help women with low libido, or Hypoactive Sexual Desire Disorder (HSDD). This study is to confirm efficacy and safety of study drug BP101 in female patients with decrease or loss of sexual desire, which is equal to acquired generalized hypoactive sexual desire disorder (HSDD). Patients will be randomized in 1:1 ratio to either BP101 or placebo arms.

For more information about the trial:

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?id=380376&isReview=true>

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