

## Short Commentary

# Cliovana: A Pilot Study for Improved Female Sexual Satisfaction

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**Received:** September 05, 2024**Accepted:** September 25, 2024**Published:** October 02, 2024

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Cliovana is a procedure that uses soundwave technology to stimulate the clitoris, with the goal of enhancing sexual pleasure and improving sexual function in women. The treatment is relatively new and has gained attention for its potential to address issues like low libido and difficulty achieving orgasm. Understanding the female orgasm and decreased libido are complex [1]. This essay will explore the background of Cliovana, how it works, its effectiveness, safety, and potential impact on women's sexual health and well-being.

### The Background of Cliovana

Cliovana is a non-invasive treatment that was developed to address a significant gap in improving sexual health care for women. While there are several treatments available for male sexual dysfunction, such as erectile dysfunction, there have been fewer options for women. This disparity led to the development of Cliovana as a safe and effective treatment specifically designed for women. Knowledge of the clitoris and anatomy has also improved our understanding for Cliovana [2].

### How Cliovana Works

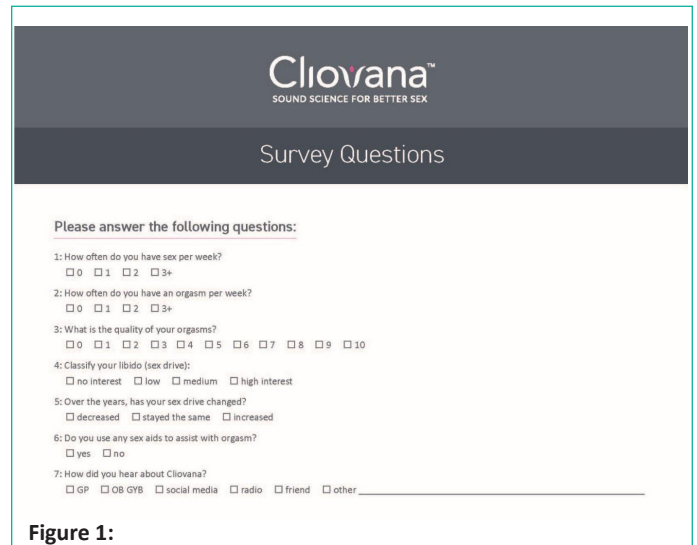
Cliovana uses soundwave technology to stimulate the clitoris, which is a key organ for sexual pleasure in women. The treatment involves applying low-intensity soundwaves to the clitoral complex, which aims to increase blood flow and stimulate nerve regeneration. This stimulation is thought to improve sensitivity and arousal, making it easier for women to experience pleasure and possibly achieve orgasm during masturbation and/or sex.

### Effectiveness of Cliovana

Research on the effectiveness of Cliovana is still limited, but early practitioners describe results.

### Results

Our group tested 21 women in a pilot study with a pretreatment and 3-month post treatment questionnaire. (Figure 1) 21 patients, 19 successful, 1 repeat, 1 sensitive to water-based lubricant and did not want to continue, 1 had a prolapse diagnosed at treatment that required surgery and therefore did not send back the questionnaire. Results 80% were very good, 10% good and 10% no change. Comments received included:



Please answer the following questions:

- How often do you have sex per week?  
 0  1  2  3+
- How often do you have an orgasm per week?  
 0  1  2  3+
- What is the quality of your orgasms?  
 0  1  2  3  4  5  6  7  8  9  10
- Classify your libido (sex drive):  
 no interest  low  medium  high interest
- Over the years, has your sex drive changed?  
 decreased  stayed the same  increased
- Do you use any sex aids to assist with orgasm?  
 yes  no
- How did you hear about Cliovana?  
 GP  OB GYN  social media  radio  friend  other \_\_\_\_\_

Figure 1:

- Increased sexual awareness
- Very positive experience
- Opens conversations with friends and new partners
- Feels like treatment is part of self-care regime
- Surprised at how variable the intensity was with each stage of the treatment
- Interested to pinpoint ideal time in cycle to lessen sensitivity
- First part of cupping is intensely painful
- Lessens with subsequent treatments
- Ability to reach orgasm quickly therefore more likely to instigate sex
- Opened up conversations with friends about sexual health, pleasure and more aware of lack of quality orgasm
- Increased sensitivity of orgasms
- Hasn't increased libido as such (common answer)
- Increased lubrication
- Increase 'edge' of orgasm so longer period of time before orgasm

#### Safety of Cliovana

Cliovana is considered to be a safe treatment option for women. It is non-invasive and there is minimal risk of complications or side effects. The occasional orgasm can occur during treatment. The treatment is also minimally invasive with minimal discomfort and does not require any downtime, so women can resume their normal activities immediately after the procedure.

However, as with any medical treatment, it is important to consult with a healthcare provider before undergoing Cliovana to ensure that it is safe and appropriate for you. The only other device for this that is not similar is documented [3,4].

The potential impact of Cliovana on women's sexual health is significant. Many women experience pleasure dissatisfaction at some point in their lives, whether due to age, post childbirth, hormonal changes, pre and post menopause, medications, or other factors [5,6].

Cliovana offers a non-invasive and effective treatment option for women seeking to improve their sexual pleasure potential and vaginal lubrication and overall quality of life. By addressing issues like low libido and difficulty achieving orgasm, Cliovana has the potential to enhance women's sexual pleasure and satisfaction.

#### Conclusion

In conclusion, Cliovana is a promising treatment for women experiencing difficulty regarding orgasm or a lack of sexual pleasure and libido. By using soundwave technology to stimulate the clitoris, Cliovana aims to improve sexual function and enhance pleasure for women. While more research is needed to fully understand its effectiveness, early studies suggest that Cliovana may be a safe and effective treatment option for women seeking to improve their sexual health and well-being.

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