

LETTERS TO THE EDITORS

The G-spot is the female prostate

To the Editors: I appreciated Hines' very interesting article "The G-spot: A modern gynecologic myth" in the August 2001 issue of the Journal.¹

Part of the trouble with this article and the entire discussion is the lack of agreement on definitions. The G-spot, or Gräfenberg spot, does not refer to "a small but allegedly highly sensitive area on the anterior wall of the human vagina, about a third of the way up from the vaginal opening." Instead, it refers to the "area" or "zone" on the upper wall of the vagina through which the prostate (also known as Skene's glands and ducts) can be accessed.² In women, the prostate gland, although generally smaller than the male prostate, also surrounds the urethra, close to the urethral opening. The great sensitivity comes not from what is on the upper wall of the vagina but from glands and ducts behind the vaginal wall.

The biggest problem I have with the Hines article is how his review of the relevant literature that support the existence of a female prostate gland as the so-called G-spot misinterprets some research and either ignores or is unaware of other relevant findings. He even promises to discuss that the female prostate gland is indeed the G-spot³ that he finds so hard to locate, but he never really does discuss this.

There have been numerous pathologic studies that in some way support the conclusion that what has been called Skene's or paraurethral ducts and glands are, in fact, not a vestigial homolog of the male prostate but, instead, a "small, functional organ that produces female prostatic secretion and possesses cells with neuroendocrine function, comparable to the male prostate."⁴

The Hines article clearly demonstrates that the term "spot" is not a useful metaphor to describe the anatomic basis of the female erogenous experience of stimulation of the upper vaginal wall. It is only contributing to the confusion. A more accurate and scientifically based concept, such as the female prostate, should make it easier for everyone to understand the issues involved and better serve women's health needs.

The G-spot is an area of enormous importance to millions of women and their partners in terms of experiencing more pleasure and intimacy from their sexuality.

Gary Schubach, EdD, ACS

<http://www.DoctorG.com>

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Reply

To the Editors: Schubach argues that I erred in stating that the G-spot is, well, a spot. He also objects to my locating it on the anterior vaginal wall as opposed to the area of the paraurethral glands deeper within that wall. He further argues that the sensitivity of the spot is due to the "glands and ducts behind the vaginal wall." Schubach is free to argue that the G-spot (or area or sector or quadrant or location or whatever) is located anywhere he pleases. Just saying this, however, does not change the fact that, if the spot in question is highly sensitive, this sensitivity must be mediated by neurons of the type that are known to underlie cutaneous sensitivity. Glands and ducts are not, in and of themselves, automatically endowed with cutaneous sensitivity. Schubach's argument boils down to saying something like "The G-spot is really the same thing as the tip of the nose. Because we know that the tip of the nose exists, the G-spot is also thus proved to exist." This is hand waving at best.

On another point, he takes me to task for not citing the 1993 article by Zaviacic and Whipple¹ on female ejaculation. He apparently did not notice that I did cite a 2000 article by Zaviacic and Ablin² that provides a more recent review of this area.

Finally, he states that I promised to discuss that the female prostate gland is indeed the G-spot. This is simply wrong. I made no such promise for the very good reason that I doubt very much that the G-spot exists, much less that it "is" the female prostate.

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