

Mayo Clinic Minute

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Libido pill, Tetris, yoga

| Video | Audio |
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| Vivien Williams | There's been a lot of talk about a pill to boost women's libido. I'm Vivien Williams with your Mayo Clinic Minute. |
| broll | Some call it "Viagra for Women," but Mayo's Women's Health Clinic director, Dr. Stephanie Faubion says it's not quite the same. |
| Sot: Stephanie Faubion, M.D. Director, Women's Health Care Clinic Mayo Clinic | "Flibanserin is a drug that acts centrally. It works in the brain to increase sexual desire in women." |
| broll Vivien Williams | Have you ever played the video puzzle game Tetris where you shift blocks around? Well, early indications are it might help weaken cravings for food, sex and drugs. That's from a study in the journal <i>Addictive Behaviors</i> . Researchers say playing the game could be a way to manage craving but more study is needed. |
| broll | And a Harvard – Johns Hopkins paper shows increasing the study of yoga is an alternative way to reduce symptoms of disease. They say yoga may add to the health benefits of standard treatment. |
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