

Aging and Sexuality

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As we live longer now, it is important to talk about aging and sexual health.

What is “Normal?”

Studies have shown a wide range of “normal” sexual desire.

Two-thirds of women report having sex. One-third of these women report sexual activity in the past week.

Nearly one-third of women report sex to be a very important part of their life.

Two-thirds of women feel satisfactory sex is essential to maintaining a relationship. Sexual well-being has been found to affect how a person views their overall health.

Physical and emotional health are the #1 predictors of sexual health.

What Causes Problems with Sex (Sexual Dysfunction)?

Sexual dysfunction could be caused by a number of factors:

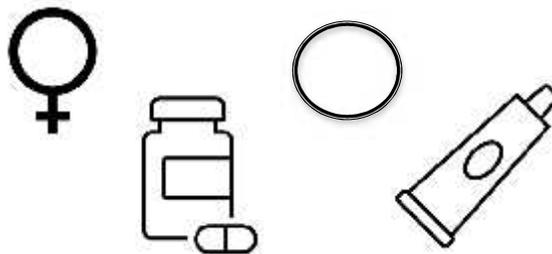
- Relationship length
- Education level
- Mental health
- Hormone therapy
- Menopause

What Are Some Common Causes of Sexual Pain Related to Aging?

- Menopause
- Skin Changes due to thinning and dryness
- Pelvic Floor Muscle Issues
- Sexual Trauma
- Neurologic Conditions

What can you do if you are experiencing any of these issues?

If you have sexual health questions you can seek medical attention from a trained professional. A detailed history and exam will be performed by your medical provider. The pelvic exam is a key part of an assessment.



Management Approaches

It is important to speak with your medical provider regarding what treatment option is best for you.

What are the main contributors to sexual dysfunction?



Localized treatment is generally better than systemic.

Localized treatments include vaginal estrogen creams, tablets, or rings.

Systemic treatment options include oral hormonal medications and skin patches.

There is no evidence of vaginal estrogen leading to breast cancer.