

SEX & SENIORS: **A Physician's Perspective**

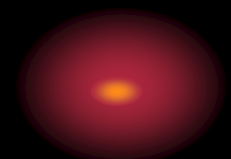


By

Patricia Gunton MD

whatever
happened to
our sexual
relations?

I don't know.
I don't even
think we got
a Christmas
card from them
this year.



OUTLINE



- **Relevancy of Sex to Seniors**
- **What's Normal**
- **Identifying Potential Problems**
- **Treatment Options**
- **Safe Sex**
- **Summary**
- **Discussion and Questions**

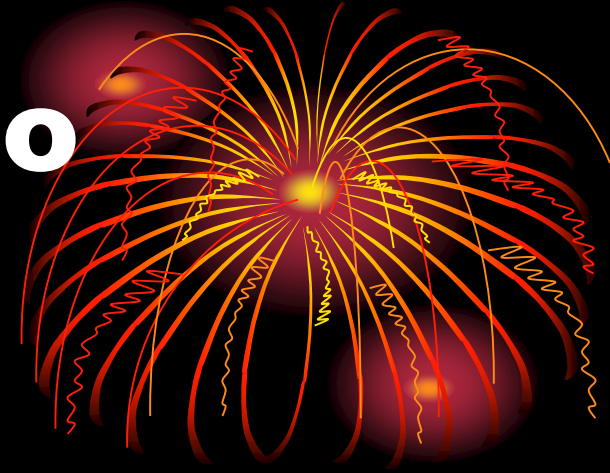
Definition of Sex



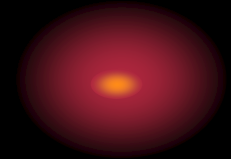
“A satisfying link between two affectionate people from which they emerge without anxiety, rewarded and ready for more.”

Joy of Sex – Alex Comfort

Relevancy of Sex to Seniors



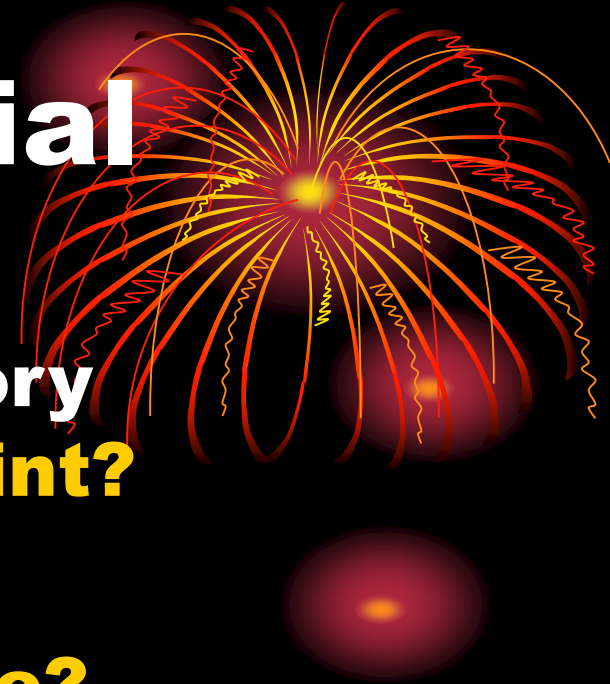
- **Age is not a barrier to sex**
- **Quality of life**
- **Older men are better lovers**
- **Use it or lose it**



Identifying Potential Problems

The Ten Minute Sexual History

- **What is the Chief Complaint?**
- **History of Complaint?**
- **When does a Problem Arise?**
- **How is the Partner's Sexual Function?**
- **What is Couple's Reaction to the Problem?**
- **What is the Motivation to Change?**
- **Are there Realistic Goals?**

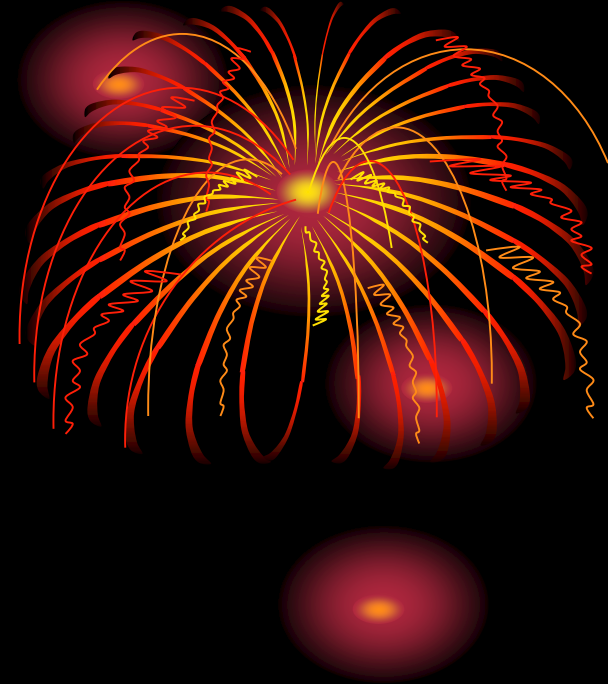


What's Normal – Men

5 Stages

1. Sexual Desire – Libido
2. Attain an erection
3. Maintain an erection
4. Ejaculation
5. Orgasm





Stage 1

Sexual Desire - Libido

This a CEREBRAL event:

Sexual stimulation triggers cerebral cortex to send a message down the spinal cord to the nerves and blood vessels in the penis.

Stage 1

Sexual Desire – Libido



PROBLEM

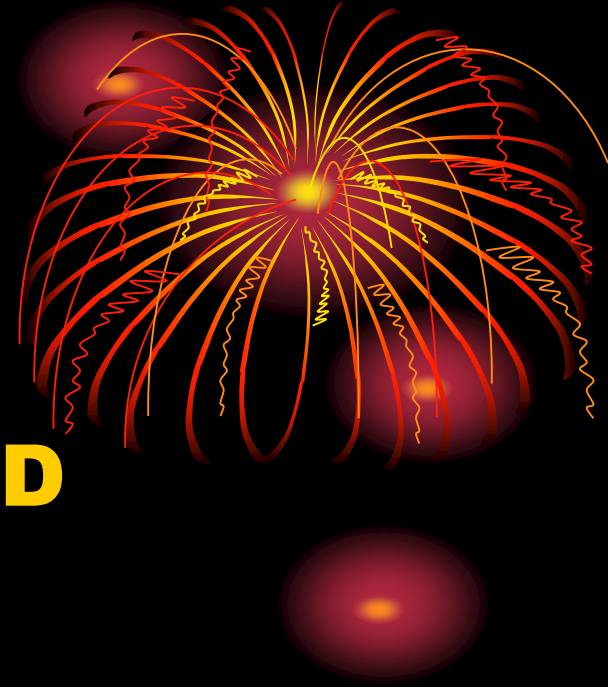
- **ADAM (Androgen Deficiency in the Aging Male) - Testosterone**
- **Depression**
- **Thyroid**

THERAPY

- **Testosterone**
 - ✓ **Tablets**
 - ✓ **Gel / Patch**
 - ✓ **Injection**
- **Antidepressant**
- **Synthetic Thyroid**

Testosterone Deficiency Symptoms

- **sexual symptoms eg. ED**
- **fatigue,**
- **mood changes,**
- **weight gain,**
- **decrease in muscle mass and strength,**
- **sleep disturbance.**



What's Normal – Men

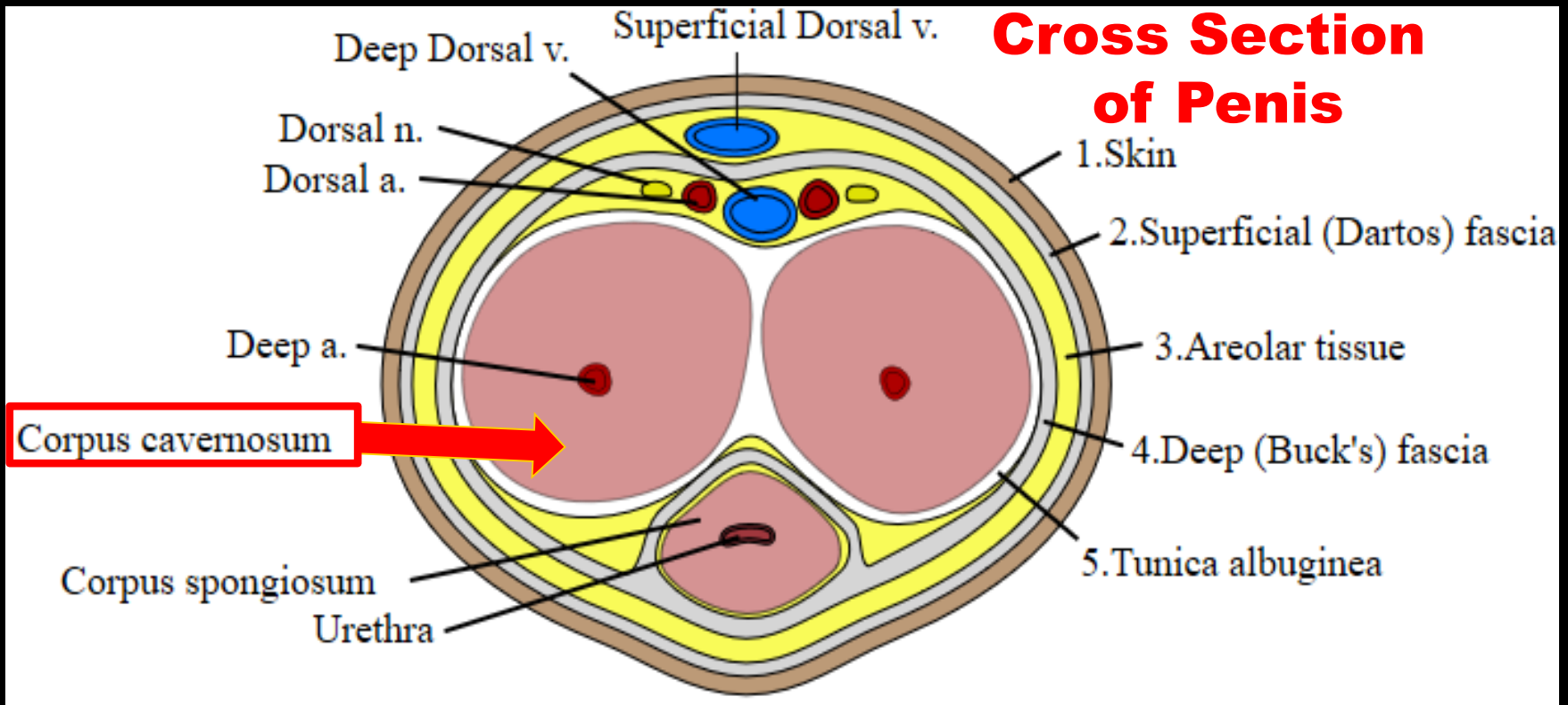
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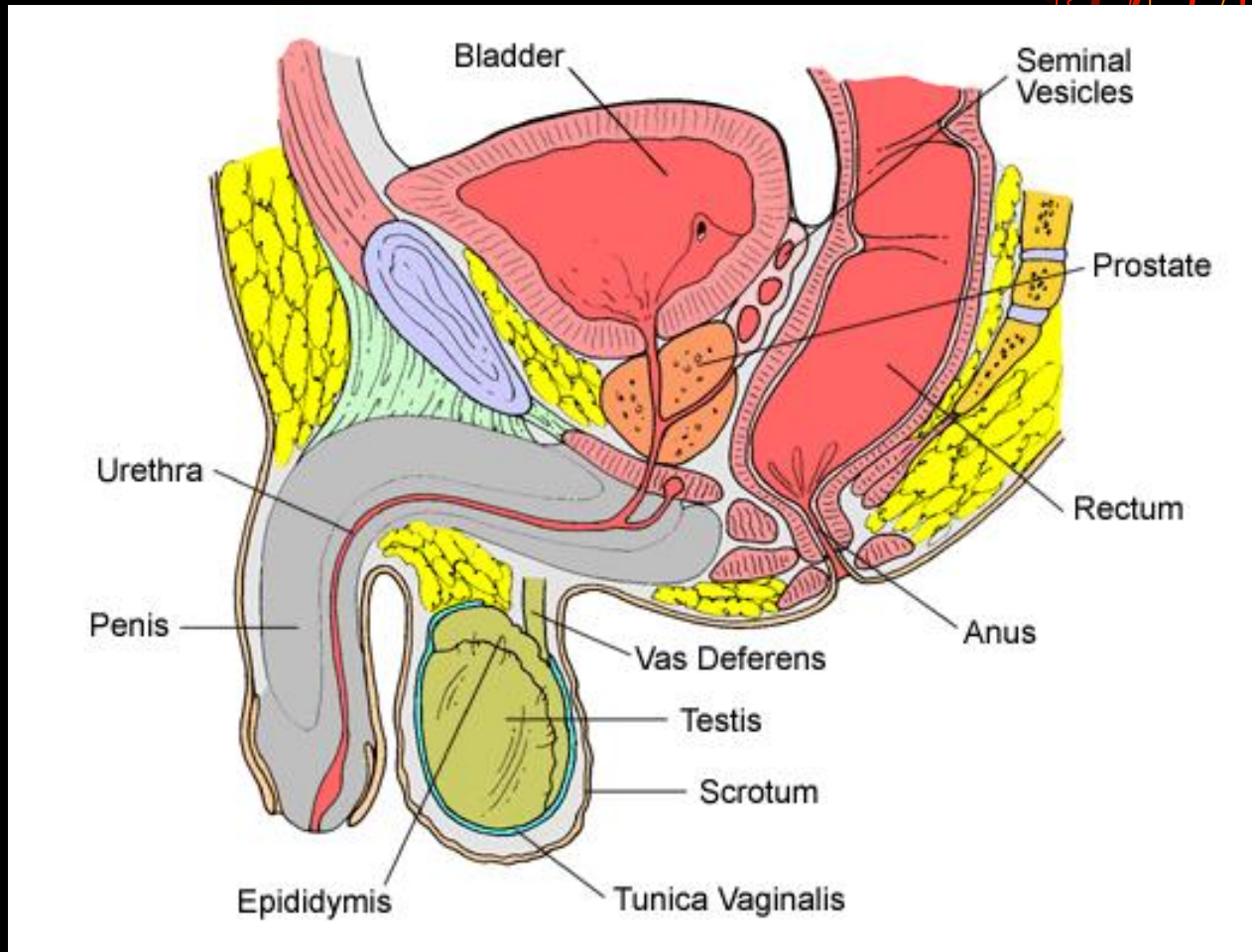
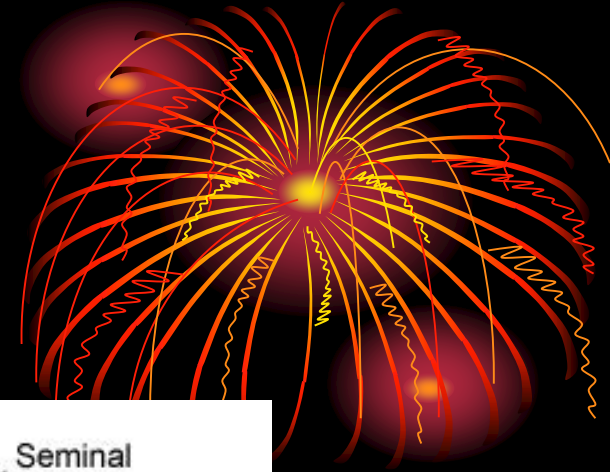
Stage 2

Attaining an Erection



Stage 2

Attaining an Erection



Stage 2

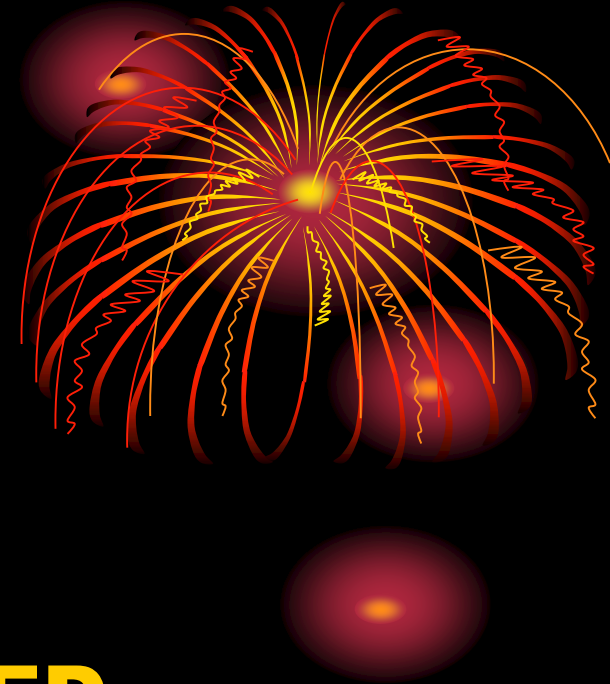
Attaining an Erection



PROBLEM

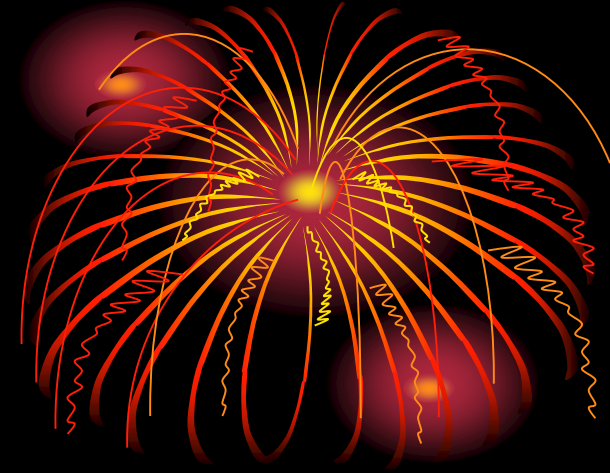
- **Diabetes**
- **Blood Pressure**
- **Heart Disease**
- **Medication**
- **Smoking / Alcohol**
- **Trauma / Operations**

Diabetes



- **50% of diabetics have ED**
- **10% of Canadians have diabetes**
- **Diabetes effects the blood vessels and nerves**

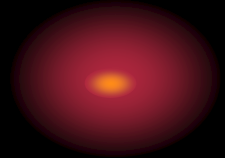
Heart Disease



- **EKG/ECG**
- **Cholesterol blood test**
- **Treadmill test**
- **Risk if waist**
 - ✓ **>100cms in men**
 - ✓ **> 90cms in women**

Medications: Potential Causes of ED

- **Antihypertensives**
- **Antidepressants**
- **Muscle relaxants**
- **Antihistamines**
- **Antiulcer drug - Tagamet**



Stage 2

Attaining an Erection



PROBLEM

- **Diabetes**
- **Blood Pressure**
- **Heart Disease**
- **Medication**
- **Smoking / Alcohol**
- **Trauma / Operations**

THERAPY

Lifestyle Change

Medication

- **Viagra / Levitra / Cialis**

Organic Products

- **Sexy Footpath Lichen**

Devices

- **Pumps / Implants**

Injections & Inserts

Phosphodiesterase Inhibitors



VIAGRA	LEVITRA	CIALIS
Onset 1 hour Lasts 4 hours	Onset 1 hour Lasts 4 hours	Onset 1 hour Lasts 36 hours
Food delays absorption. No nitro for 24 hours	High fat food delays absorption. No nitro for 24 hours	Not affected by food. No nitro for 48 hours

The New CIALIS

- 5mg at same time **DAILY**
- Helps with
 - ✓ Prostate Problems
 - ✓ Erectile Dysfunction



What's Normal – Men

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5. Orgasm



Stage 3

Maintaining an Erection



PROBLEM

- **Diabetes**
- **Anxiety**
- **Alcohol**

THERAPY

Lifestyle Change

Medication

- **Viagra / Levitra / Cialis**
- **Anti-diabetic**

Devices

- **O - Ring**

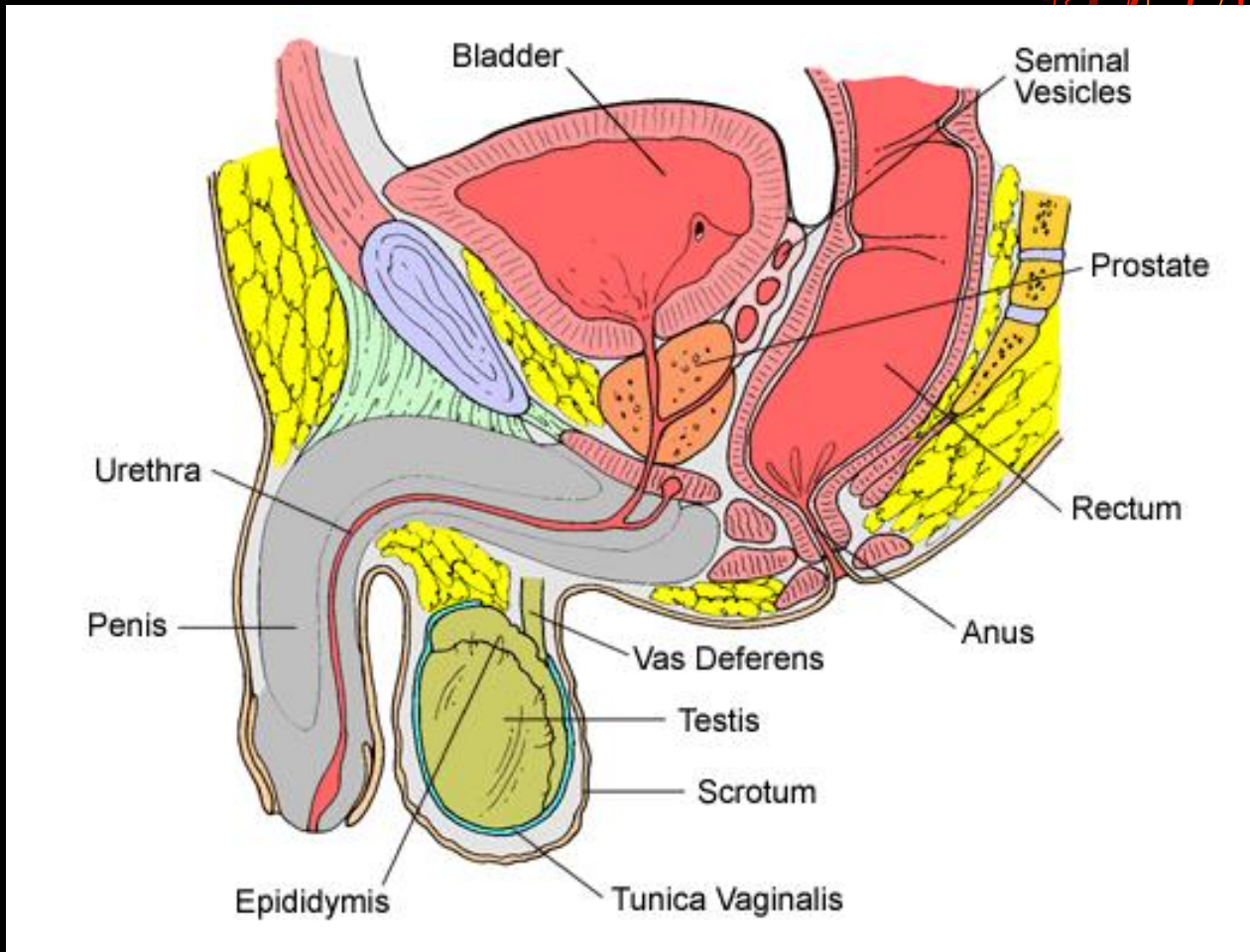
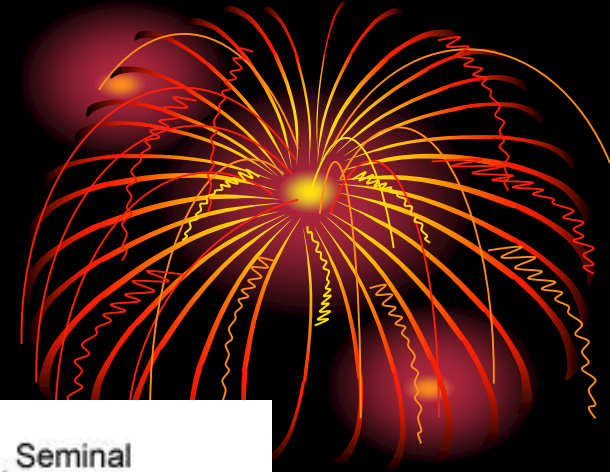
What's Normal – Men

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Stage 4 Ejaculation



Stage 4 Ejaculation



PROBLEM

- **Diabetes**
- **Anxiety**
- **Genetic**
- **Surgery**

THERAPY

Behavioural therapy

Medication

- **Viagra / Levitra / Cialis**
- **Antidiabetic**
- **Antidepressant**

Devices

- **Condomi**

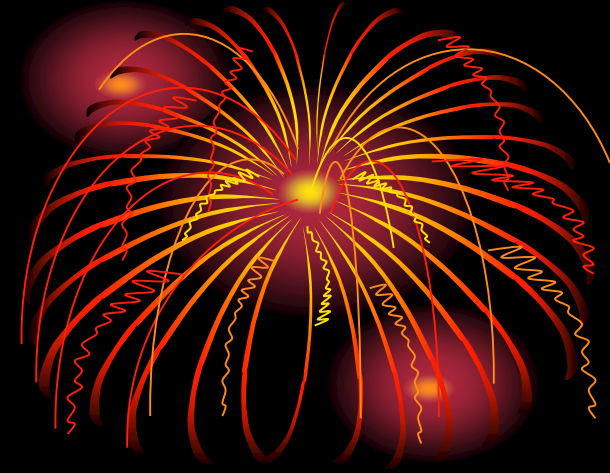
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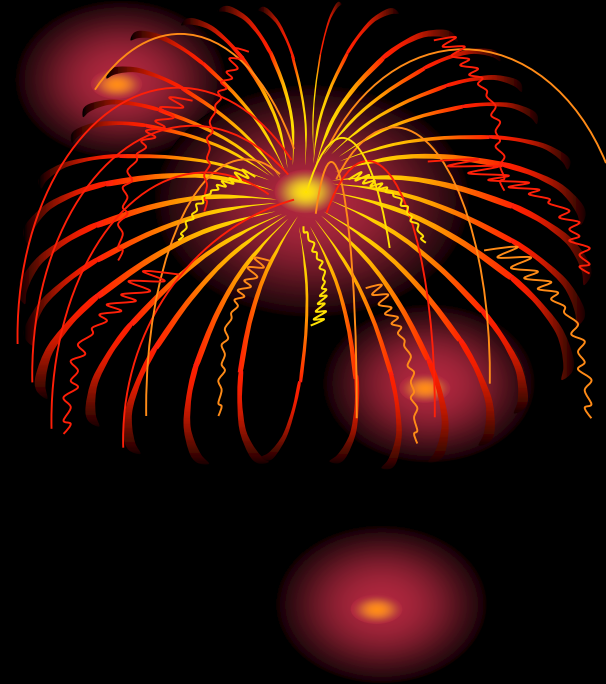
Stage 5 Orgasm



DEFINITION:

“A pleasurable cerebral event that causes fatigue out of proportion to the degree of exercise”

Women!!



What's Normal – Women

4 Stages

1. Sexual Desire – Libido
2. Arousal
3. Lubrication
4. Orgasm

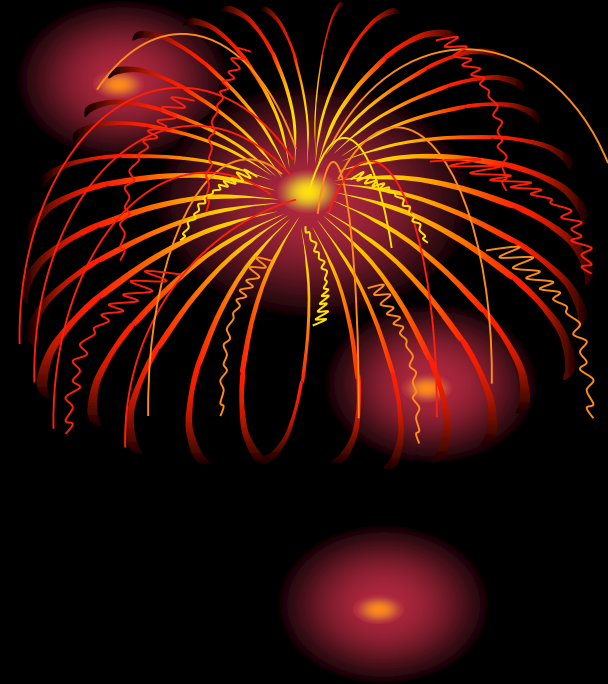


What's Normal – Women

4 Stages

1. Sexual Desire – Libido
2. Arousal
3. Lubrication
4. Orgasm





Stage 1

Sexual Desire - Libido

This a CEREBRAL event:

Sexual stimulation triggers cerebral cortex to send a message down the spinal cord to the nerves and blood vessels in the pelvis/vagina.

Stage 1

Sexual Desire/Libido



PROBLEM

- **Menopause**
- **Surgery**
- **HRT**

THERAPY

Medication

- **Testosterone**
- **HRT adjustment**
- **Vyleesi -Female
“Viagra”**

Stage 1 Sexual Desire/Libido

Vyleesi or Addyi

**Not approved for post
menopausal women**



injection



45 minutes prior to intercourse

pill



**No alcohol
Causes low blood pressure**

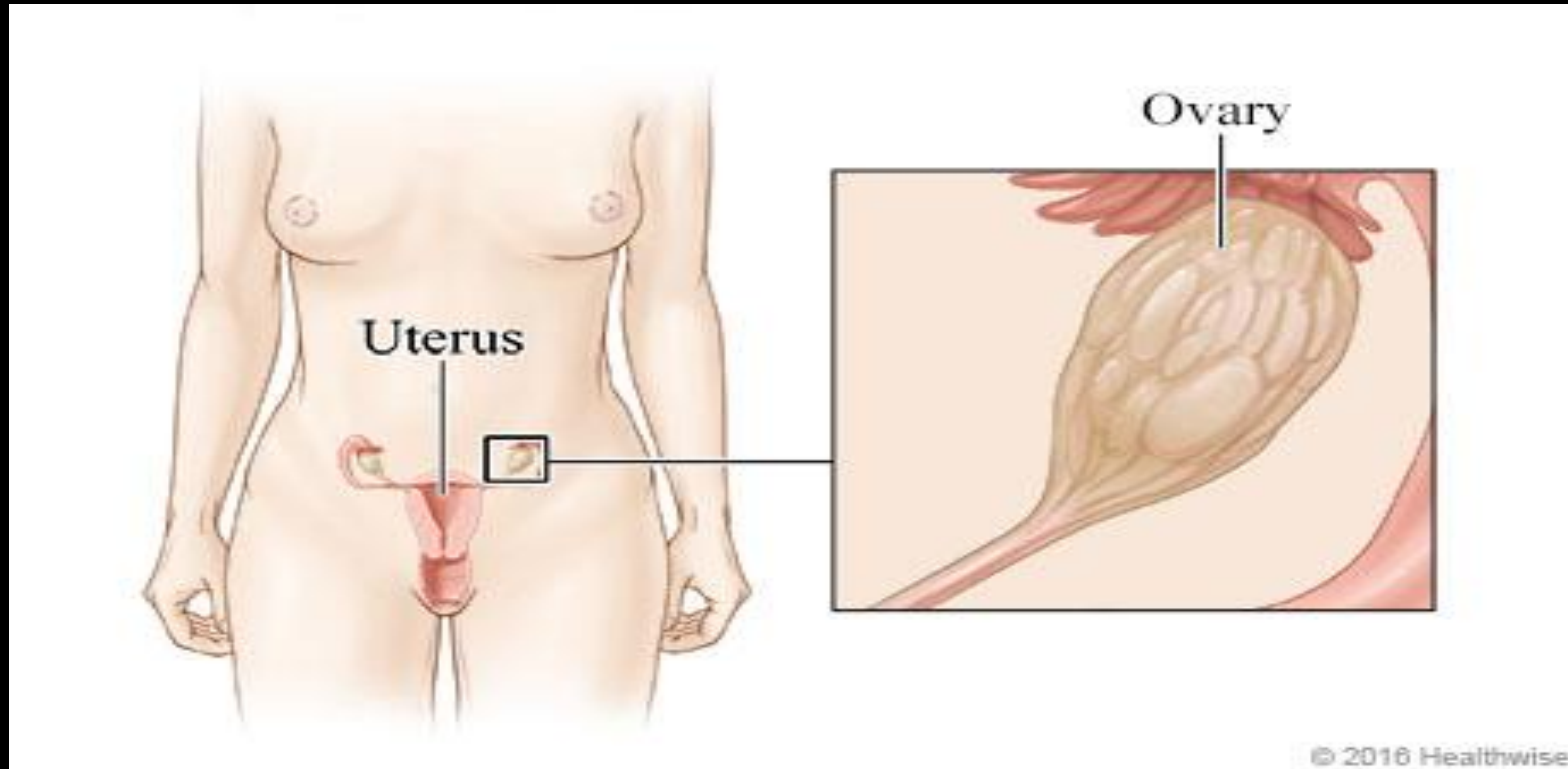
What's Normal – Women

4 Stages

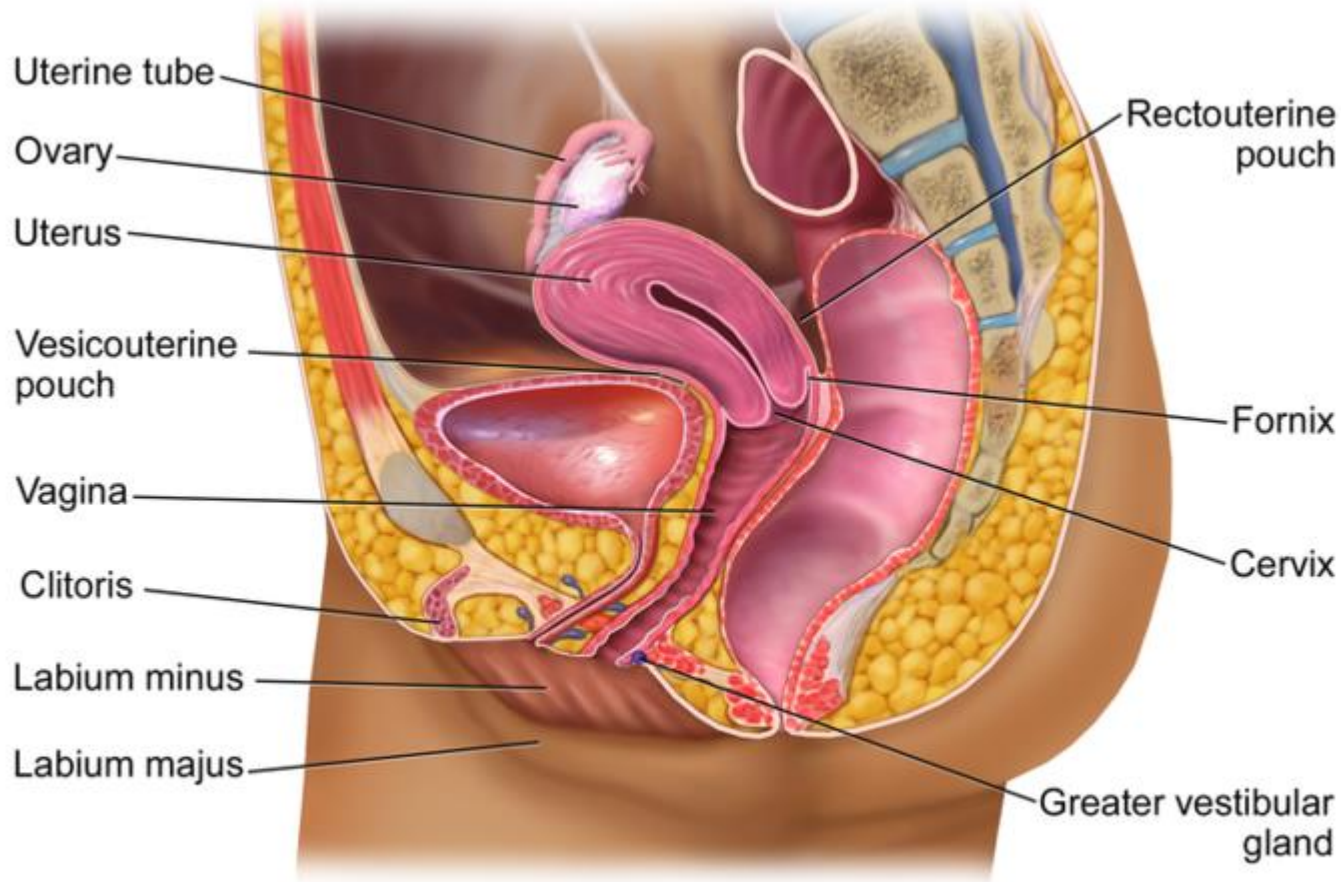
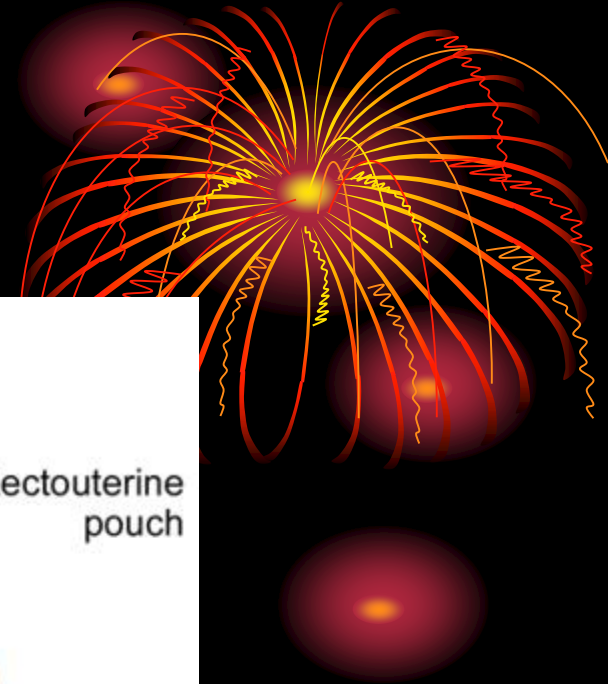
1. Sexual Desire – Libido
2. Arousal
3. Lubrication
4. Orgasm



Stage 2 Arousal



Stage 2 Arousal



The Female Reproductive System

What's Normal – Women

4 Stages

1. Sexual Desire – Libido
2. Arousal
3. Lubrication
4. Orgasm



Stage 3 Lubrication



PROBLEM

- **Menopause**
- **Reduced sexual frequency**
- **Cystitis**

THERAPY

Medication/Antibiotics

- **Lubricants**
KY jelly
Replens
Astroglide
- **HRT**
Premarin cream
Vagi Fem tablets

What's Normal – Women

4 Stages

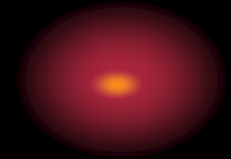
1. Sexual Desire – Libido
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Stage 4 Orgasm



- 1. Clitoris**
- 2. Urethra**
- 3. Vagina**



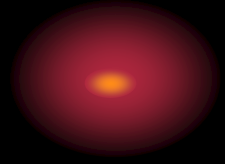
RISKS OF SEX



- **SEX IS CONSIDERED MODERATE EXERCISE**
- **IT IS COMPARABLE TO A BRISK WALK**
- **ORGASM IS LIKE CLIMBING A FLIGHT OF STAIRS**
- **RISK OF HEART ATTACK DURING SEX IS VERY LOW**
- **ILLICIT SEX INCREASES THE RISK BY 7 TIMES**

Safe Sex

- **Confine sex to a mutually faithful partner**
- **Know the name and phone # of your partner**
- **Limit the number of sex partners**
- **Always use a latex condom if you or your partner has sex with more than one person**
- **Sex with too much alcohol lessens your ability to make responsible choices**
- **Find out about your partner's health**
- **If you get an STD go to your Dr or STD clinic**



Statistics



- **ED survey-80% of men and 20% of women partners considered sex “important”**
- **60% of women say foreplay is favourite part**
- **11% of all new AIDS cases in people over 50**
- **Viagra 9 tablets dispensed every second**
 - ✓ **DVA pays for 8/month**
- **ED affects 25% of Canadian men**
- **Frequency of SI 66.4x for men, 50.6x for women per year**

Erectile Dysfunction

Vicious cycle

- **Performance anxiety**
- **Increased chance of failure**
- **Avoidance of Sex**
- **Avoidance of sexual intimacy**
- **Avoidance of all physical contact**
- **Affects nonsexual relationship**



Sexual Opportunity



MEN

Two- thirds age 70 years or older have a companion who is a potential sexual partner

WOMEN

Less than one-third over 70 have a companion, due to longer lifespans and divorce patterns

Do Problems Increase with Aging?



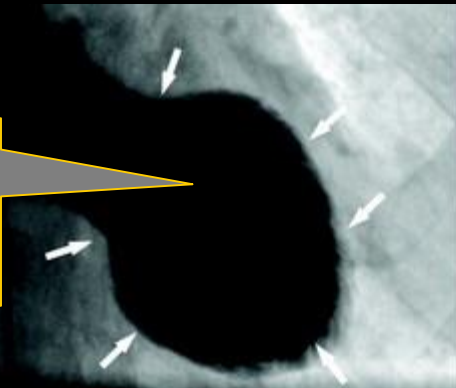
- **Yes, but most problems have a solution**
- **Be open in discussion with your partner**
- **Seek help and advice from your doctor**
- **Avoid being discouraged**

Broken Heart Syndrome

Takotsubo Cardiomyopathy

Takotsubo is a Japanese word meaning octopus trap

Ultrasound of heart



Japanese Octopus trap



- **Surge in stress hormones results in:**
 - 1. Stunned heart muscle**
 - 2. Causing heart enlargement/heart failure**
 - 3. Leading to death**
- **Can be reversed after 3 months.**

Summary



- **Sex over 55 is a definite reality**
- **Sex is important for maintaining
QUALITY OF LIFE as we age**
- **For the majority of problems there is a solution**
- **No need to be shy about talking to your Dr**
- **There is more to intimacy than intercourse**
- **Communication is the key**
- **“Love one another”**