

# Sex and Aging Rack Card

Counseling Resource Services

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## Sex and Aging



Today, 60% of men and 34% of women are reporting being sexually active into their 80s. Sex has so many benefits, including improving the immune system, lessening pain, improving sleep, managing stress, boosting self-esteem, improving connections and quality of life, and so much more.

### Start the conversation:

It is important to talk to your doctor about sex. Sometimes it can feel awkward but will be worth it when you have greater sexual satisfaction. Ask your doctor about the following:

- Safety and sexual activity, is it safe for you to be having sex?
- How your health issues and physical changes will affect your sex life.
- How any medications you take may impact your sex life and if there are alternatives.
- Are there prescription lubricants, erectile enhancers, and hormone therapy that can improve your sexual functioning.

## Contact Us Today!

Counseling Resource Services, Inc  
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## Start the Conversation

**Sexuality is central to being human. We are living longer and sexual functioning among older adults is more important than ever.**

### Things to Know about Sex & Aging

**Sex is Good For You:** You are entitled to a healthy and happy sex life at any age.

**Sexual Cycle:** Challenges can occur anywhere in the sexual cycle-desire, arousal, orgasm, or resolution. Identifying where the problem is can help fix it.

**Desire and Arousal:** When we are young desire happens before we become aroused, but as we age and hormones change, often desire happens after arousal.

**Body Changes:** It is common for men to have erectile issues or women to have dryness due to natural hormonal changes. Bodies change in many ways but it doesn't have to end your sex life.

**Medication Side Effects/Health Conditions:** Sexual issues can also be a symptom of a health issue or side effect of a medication. Often these can be fixed, talk to your doctor.

**Outercourse:** If you can't have penetrative sex, you can still have enjoyable sex with outercourse. It can include, massage, sensual touching, kissing, hugging, oral stimulation, and masturbation.

**STIs and Aging:** You may not be able to get pregnant but STIs are a real thing. So use protection and get tested.

**For more information or to get support in improving your sex life speak to your doctor or reach out to us for counseling. You're not in this alone.**

## We are Here to Help You!

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