

Sexuality and Aging

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Timeless Desire

- Desire for intimacy present at all ages
- Not the same as it was in our 20's
- Can still be just as fulfilling



Modern Maturity

- Brain chemistry changes
- Brain and body react differently
- How we react to each other is key



Men's Health

- Low Testosterone
 - ❖ Testosterone's role in male sexuality
 - ❖ Testosterone's levels as we age – what's normal
 - ❖ Signs and symptoms – what you'll notice
 - Changes in sexual function, Physical Change, Emotional Changes
 - ❖ Medical Options
 - HRT

Men's Health

- Erectile Dysfunction
 - » Causes – other health conditions, surgery, emotional distress, lifestyle choices
 - » Signs and symptoms
 - » Medical Options
 - Medications, VEDs, injections, MUSE, surgery
 - A word about “natural male enhancers”

The Man



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The Woman



Women's Health

- Menopause / Hormone Changes
 - » Estrogen's role in female pelvic health
 - » Signs and symptoms – what you'll notice
 - Decreased desire
 - Vaginal dryness = pain
 - Decreased arousal
 - Changes in orgasm

Vaginal Atrophy

- Dryness, thinning of tissues, loss of elasticity
- Lubricants only treat dryness
- Estrogen receptors concentration highest in vulva
 - » Intravaginal cream
 - » Intravaginal tablets
 - » Intravaginal ring

Vaginal Lubricants

- Water based: *Astroglide, Liquid Silk*
- Silicon based: *K-Y Intrigue, Astroglide X*
- Natural: olive oil, palm oil

Vaginal Moisturizers

- ***Replens, RepHresh***: need to use for 2-3 months for maximal benefit
- Moist Again
- Aim to restore the normal chemical environment of the vagina
- Don't forget probiotics!

Physioesthetic Therapy

- Pelvic Floor Therapy
 - » Biofeedback and Electrical Stimulation
- Incorporate dedicated physical therapist
- Vaginal dilators often necessary

Conceptual Therapy

- Recognize the complexity of the sexual response in females
- Aimed at integrating the mind/body/spirit
 - » Education-anatomy and function
 - » Sexual positions for comfort
 - » Tasteful erotic material
 - » Sexually enhancing products
 - » Counseling

Additional Therapies

- Eros (only FDA approved therapy)
- New medical options being researched
- ***Viagra, Levitra, Cialis***: some use in women with arousal disorder

Additional Therapies (cont.)

- Testosterone Replacement
 - » Combination estrogen and testosterone better than either alone
 - » 1% gel applied at bedtime
 - » Compounded cream

Sexuality and Serious Illness

- If you're ill, sexuality may temporarily take a back seat to other needs
- Terminal illness and sexuality are not mutually exclusive
- More need for closeness and touch
- Talk with your partner about other ways to be close during this time

Communication is Key

- Your partner, doctor are not mind readers.
- Admit your discomfort – opening up about your concerns may help you start talking.
- Remember, changes in sexual health can be a sign of an underlying medical condition.

Communication is Key

- Start talking. Once you begin the conversation, your confidence level may increase.
- Use a book, movie or even medication advertisement as a starting point for a discussion.

Final Thoughts

- Recognize that it may never be the same...
- But it can be even more fulfilling.
- Learning new ways to express sexuality
- Intercourse is not the “Holy Grail”
- Timing of sexual activity
- The power of touch

Thank You



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