

# *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



*Handwritten signature or date*

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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