



Sexuality and Well-Being

Sexual Dysfunction in Women and Men*

EATG's Ageing with HIV Conference

NEW CHALLENGES AND UNMET NEEDS OF PEOPLE
LIVING AND AGEING WITH HIV/AIDS AGED 18 - 50

Quality of Life and Preventive Healthcare

May 3rd – 6th, 2018

Alfavito Hotel, Kyiv, Ukraine

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The Speaker

- **Sexologist**
 - Centre for Sexology and Sexuality Studies at the University Malmö, Sweden
 - Member of IASR – International Academy for Sex Research
- **Journalist**
 - Special interest in sexual health
 - Counselor to the Board of Germany's STI Society for Sexual Health (DSTIG)
- **Funding Director**
 - GSSG - Gemeinnützige Stiftung Sexualität und Gesundheit, Köln (Charitable Foundation Sexuality and Health, Cologne, Germany)
- **No conflict of interest**
 - Member of EATG



The Speech

- Sexuality and Health
 - Definitions and Rights: SRHR
- Dysfunction (?)
 - Men
 - Women
- HIV
 - U=U
 - PrEP (STI?)



Sexuality and Human Rights





Definition(s) of Sex(uality)

- Sex
- Sexuality
 - Historical
 - Cultural
 - Religious



Wikipedia

- Human *sexuality* is the way people experience and express themselves sexually. This involves biological, erotic, physical, emotional, social, or spiritual feelings and behaviors. Because it is a broad term, which has varied over time, it lacks a precise *definition*.

- https://en.wikipedia.org/wiki/Human_sexuality



Sexuality - Dimensions

- Biological
 - Body...
- Psychosocial
 - Mind...
- Behavioural
 - Inter-individual
- Cultural
- Clinical
- ...
- Delight (pleasure, recreation)
- Reproduction (procreation)
- Relation (individual)
- Institutionalisation (social)



Sexuality (as to WHO, 2006)

- *...a central aspect of being human throughout life encompasses sex, gender identities and roles, sexual orientation, eroticism, pleasure, intimacy and reproduction.*



WHO: Health, Sexual Health

- **Health**

... is a state of complete physical, mental and social well-being

and not merely the absence of disease or infirmity.

- Signed 1948 (!)

- **Sexual Health**


... is a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity.

- Not yet signed, “working definition” since 2006



Sexual Health (acc. to WHO 2006)

- *... requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.*
- *For sexual health to be attained and maintained, **the sexual rights of all persons must be respected, protected and fulfilled.***



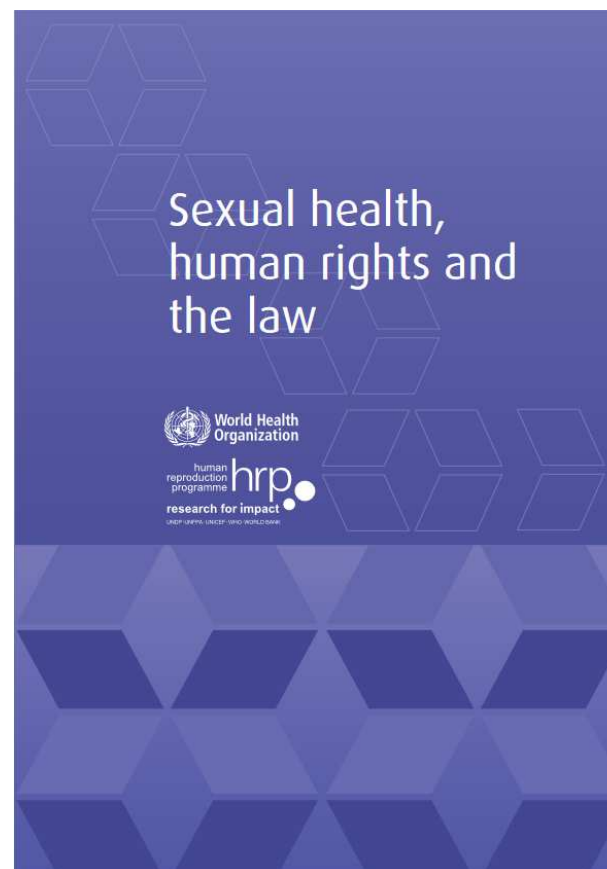
Sexual Rights (acc. to WHO's „non-definition“)

- *The application of existing human rights to sexuality and sexual health constitute sexual rights.*
- *Sexual rights protect all people's rights to fulfil and express their sexuality and enjoy sexual health, with due regard for the rights of others and within a framework of protection against discrimination.*



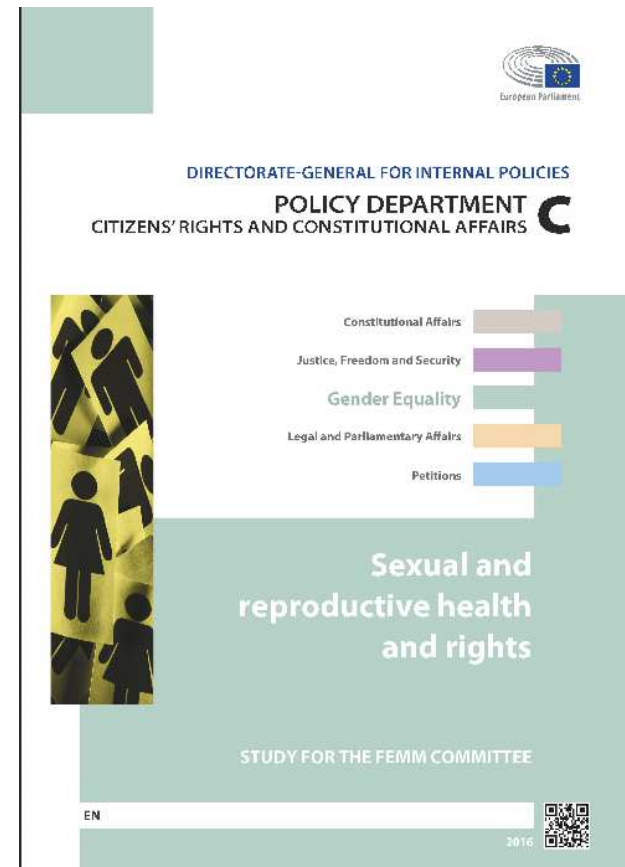
WHO 2015

- Laws matter because they set the rules of society and can provide the framework for the implementation of sexual-health-related policies, programmes and services.
- They can provide human rights guarantees, but they may also create limitations.



SRHR (as to the EU, 2016)

- ... this study updates knowledge on the provision of sexual education and reproductive rights in the European Union.
- Good quality sexual and relationship education reduces risk of sexually transmitted infection, unplanned pregnancy and sexual exploitation





(selected) Milestones

- 1948: WHO defines „Health“
 - 1975: WHO „working definition“ for „sexual health“
- 1978: Ottawa Charta
 - Promotion of „health for all“ as a societal goal
- 1994: Declaration of Sexual Rights
 - by WAS, latest revision 2014
- 2007: Yogyakarta Principles
 - *application of international human rights law in relation to sexual orientation and gender identity*



Sexuality, Disease, Dysfunction





Disease, dysfunction...

- The International Classification of Diseases (and Health Related Problems), **ICD**, is the Standard Tool for epidemiology, health management and clinical purposes
- ICD was endorsed in 1990 by all WHA member states
- ICD is used by physicians, ... researchers, ... policy makers, ... insurers, ... patient organizations
- We are waiting for the 11th revision („ICD 11“) in 2018



Examples for ICD

- Men:

- F52.4 Premature ejaculation
- F52.21 Male erectile disorder

- Women:

- F52.21 Female sexual arousal disorder
- F52.5 Vaginism
- F52.6 Dyspareunia

„Disturbances in sexual desire ... that ... cause ... distress and interpersonal difficulty.“



DSM

- Diagnostic and Statistical Manual of Mental Disorders
- Psychiatric tool
- Sexual dysfunctions are
 - a heterogeneous group of disorders
 - that are typically characterized by a clinically significant disturbance in a person's ability to respond sexually or to experience sexual pleasure.



STI and Sexual Health


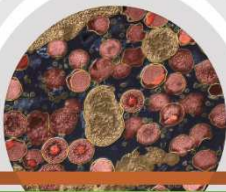
- STI (esp. STD) **can** impair sexuality and sexual health severely
 - genital (anal, vaginal, uretral, pharyngial) pain, itching, burning, discharge...
 - Herpes vesicles, genital warts
 - Cancer (HPV high risk types, a.o. cervical)



STI in Europe

- **Bacteria**
 - Chlamydia
 - Gonorrhoea
 - Syphilis
 - ...
- **Virus**
 - HSV
 - HIV
 - HPV
 - Hepatitis (some)
 - ..
- **Parasites, Fungus**
- **Women**
 - Chlamydia
 - HPV
 - HSV
 - ...
- **Men**
 - Syphilis
 - Gonorrhoea
 - HPV
 - Chlamydia
 - ...

ECDC



SURVEILLANCE REPORT


Annual Epidemiological Report for 2015

Chlamydia


Key facts

- In 2015, 394 163 cases of chlamydia infection were reported in 27 EU/EEA Member States.
- The overall notification rate was 173 per 100 000 persons.
- Notification rates of chlamydia infection varied considerably across Europe: in the country with the highest rates, rates were more than 5 000 times higher than in the country with the lowest rates. This is mainly a reflection of the differences in chlamydia testing and case finding rather than an indication of actual differences in chlamydia prevalence.
- Notification rates continue to be highest among young adult women and heterosexuals.
- The overall trend appears to be stable, both at the European and at the country level.

Methods



SURVEILLANCE REPORT



Sexually transmitted infections in Europe

2013

www.ecdc.europa.eu



SH & Getting Old(er) with HIV





Sexual Health and the Individual

- How do we perceive our selves as sexual beings?
- Our bodies?
- Our virus?
- It's up to us
- and to our doctors and therapists...
- ... and our partners



But also...

- Getting older – with or without HIV
– means
 - a change of the body
 - e.g. higher risk for frailty
 - a change of the mind
 - e.g. preferring monogamy (or just not)
- thus a change of sexuality



Sexual Health and HIV

– once and now

- For too many, the diagnosis meant: I'll never have sex again
 - Fine, if you really don't want to
- But:
 - you can, you may
 - no matter if U=U
- Some made use of HIV to discover new dimensions of sexuality:
 - e.g. having a reason to talk about (safer) sex helped to increase pleasure



Take Home Message #1

- Sexual rights are essential for sexual health
 - thus:
- Become a human rights activist!



Take Home Message #2

- Even with an STI (such as HIV) you can experience sexual health
- i.e.
 - have a pleasurable, satisfying sex life
- Still: Know your STI/STD and get treatment!



Take Home Message #3

- Enjoy your sexuality – it improves your sexual health!



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