

# Sexual well-being in later life

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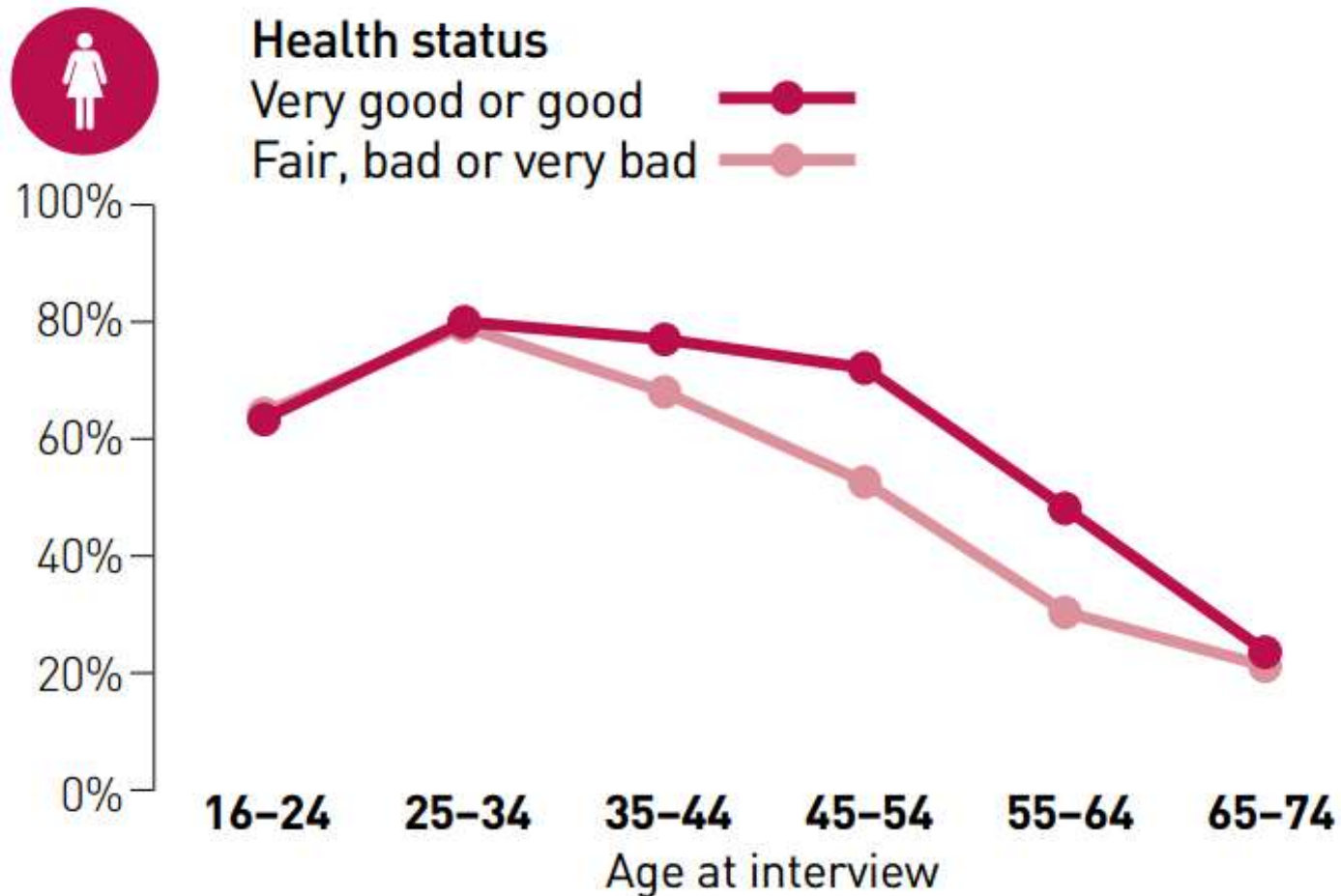
[@Savoy\\_\\_Truffle](https://twitter.com/Savoy__Truffle)

- Sexual activity
- Sexual health
- Sexual well-being
  - women
  - men
- Holistic approach

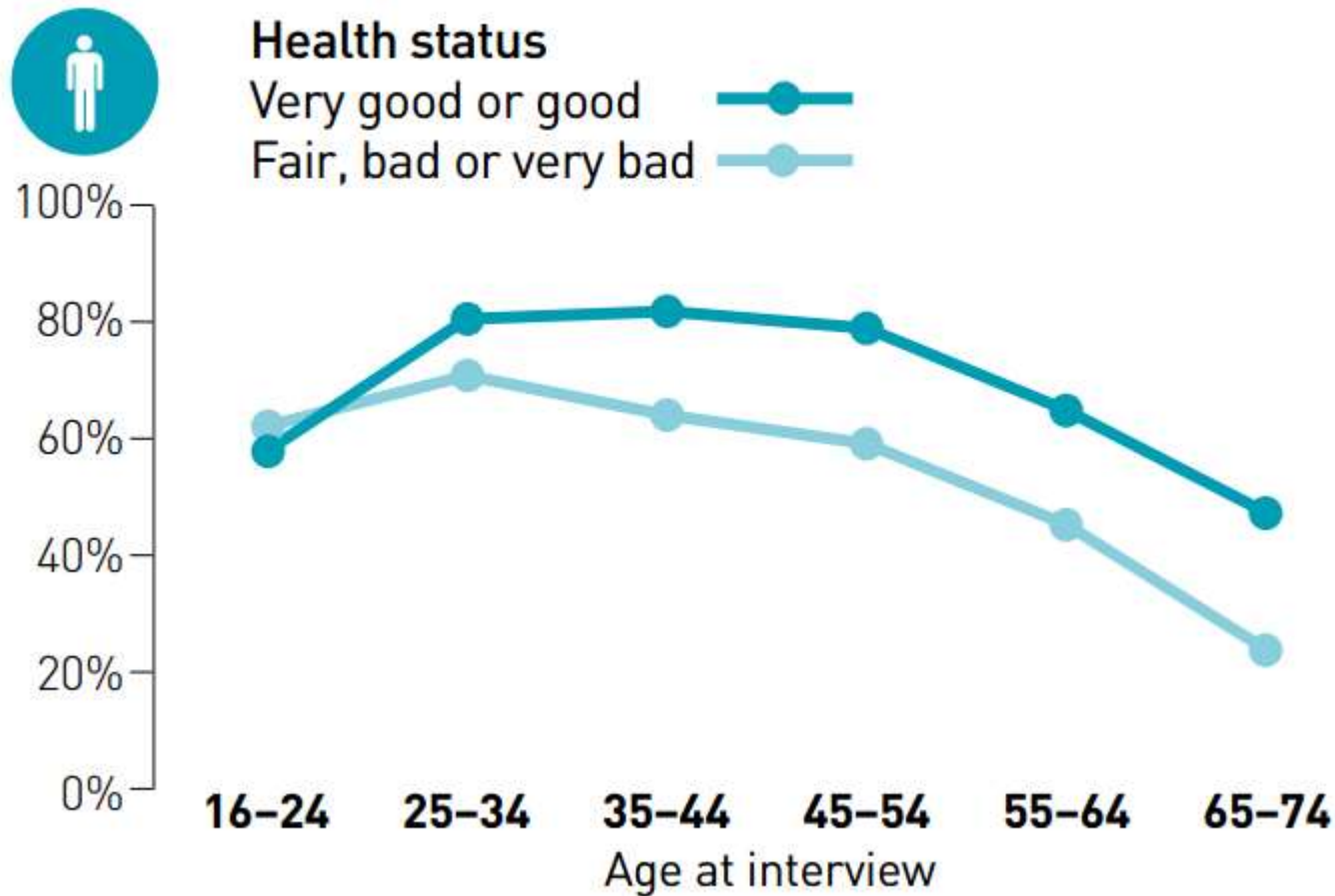
# STEREOTYPES OF SEX AND AGEING



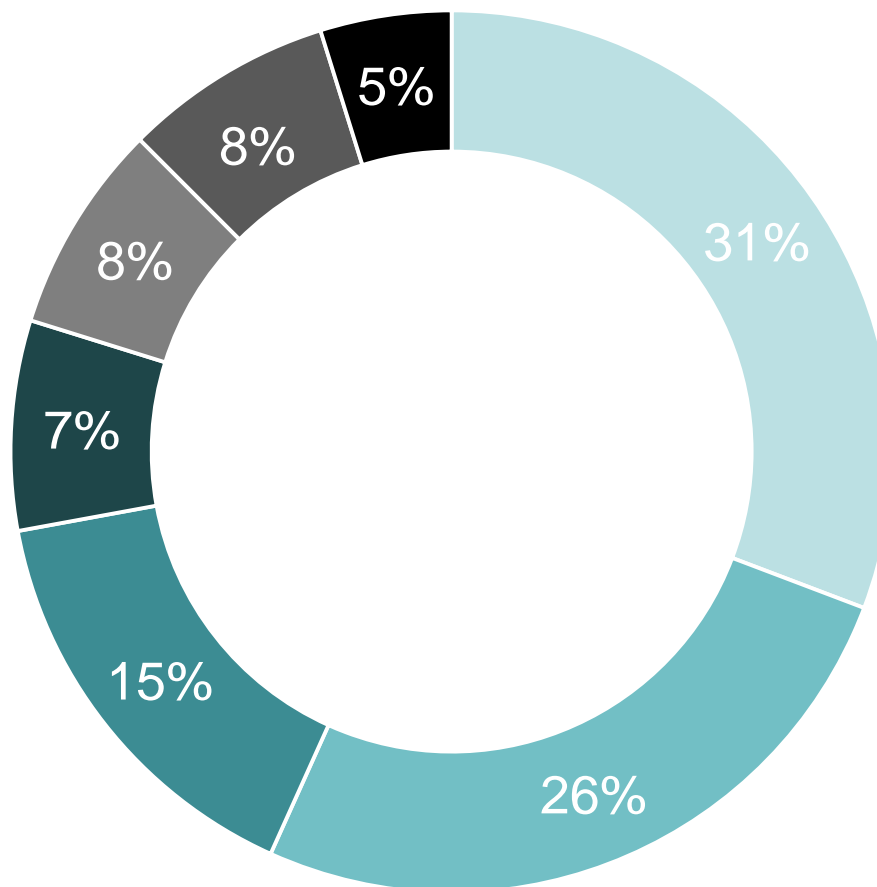
# SEXUAL ACTIVITY IN PAST 4 WEEKS (WOMEN)



# SEXUAL ACTIVITY IN PAST 4 WEEKS (MEN)



# NUMBER OF SEXUAL PARTNERS IN 12 MONTHS (HIV-POSITIVE AGED 50+)



■ 0 ■ 1 ■ 2-5 ■ 6-10 ■ 11-30 ■ 30+ ■ Did not answer

# Baby Boomers Gone Wild! Seniors and STDs

Why are the numbers of STDs skyrocketing in seniors?



Posted Mar 05, 2014

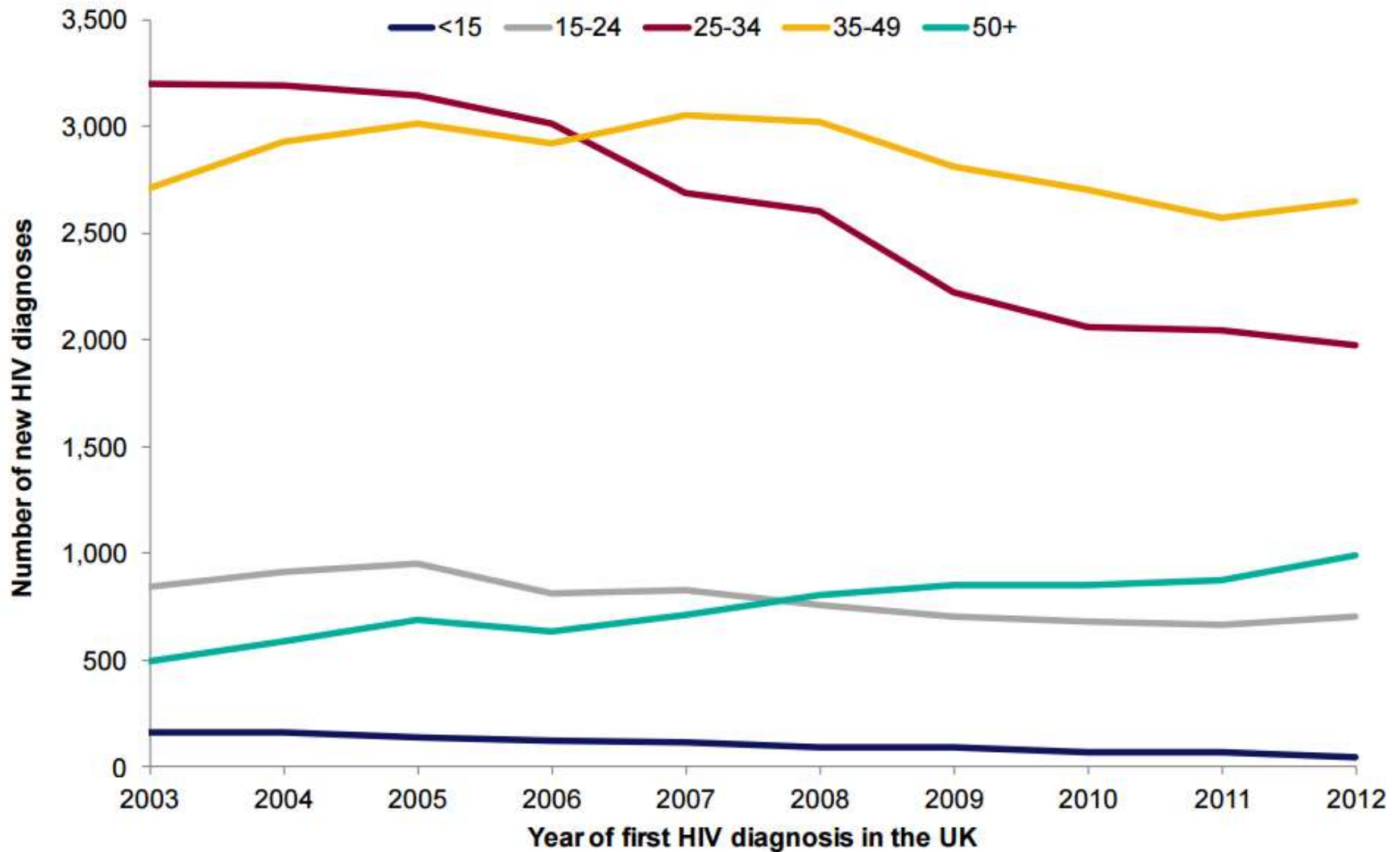
## 'Fifty Shades effect' blamed for rise in sexually transmitted diseases among over-50s

- Dr Charlotte Jones said older couples are being more adventurous in bed
- She said doctors have seen rise in number of sexually transmitted diseases
- More people could be having sex after erotic **Fifty Shades of Grey** novels



Public Health  
England

# New HIV diagnoses by age of diagnosis: United Kingdom, 2003-2012





# STI DIAGNOSES IN ENGLAND: 2009-2013



STI	Year	Female 45-64	Female 65+	Male 45-63	Male 65+
Chlamydia	2009	588	10	2019	84
	2013	1522	53	3483	242
Gonorrhoea	2009	147	4	985	56
	2013	251	9	2224	117
Herpes	2009	1395	49	1284	109
	2013	1935	102	1731	163
Syphilis	2009	30	1	554	32
	2013	34	6	727	40
Warts	2009	1389	54	2862	262
	2013	1669	88	3167	329

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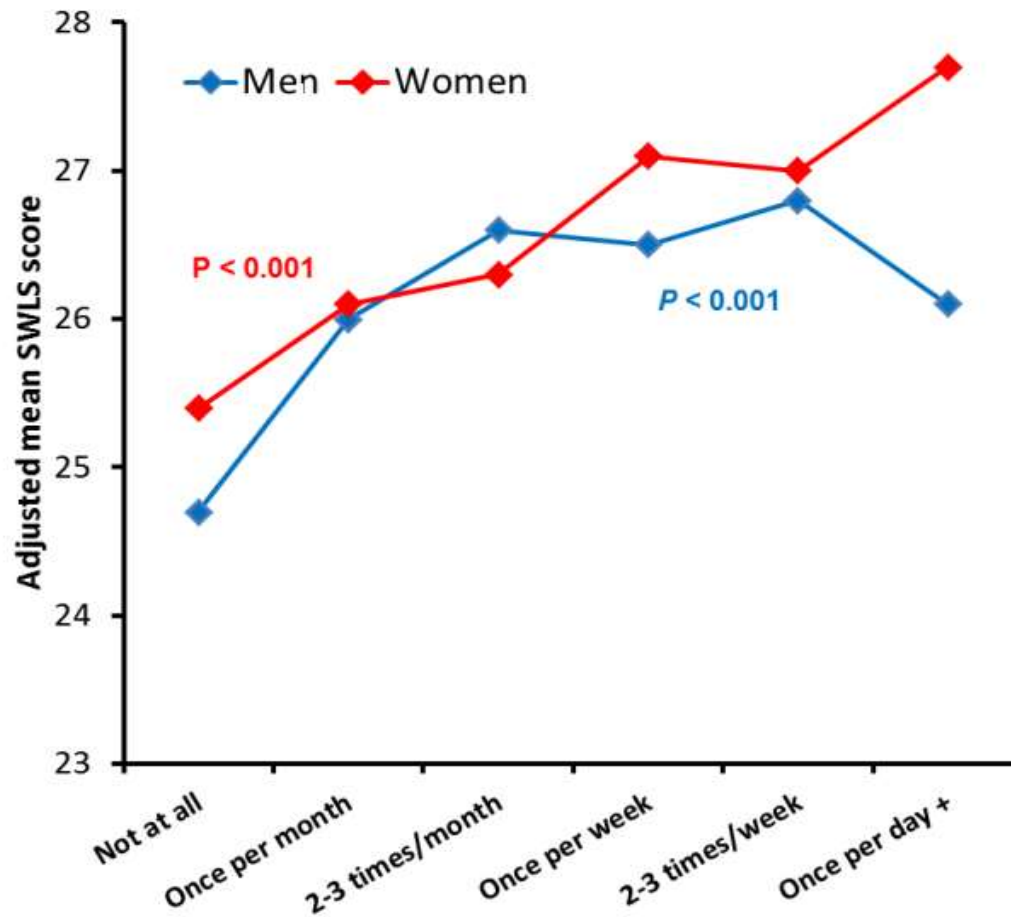
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COMING OUT OF RELATIONSHIPS  
 LOW USE OF CONDOMS  
 SAFER SEX MESSAGES NOT TARGETED

# SEXUAL ACTIVITY AND SATISFACTION WITH LIFE (AGED 50+)



# SATISFACTION WITH SEX LIFE (HIV-POSITIVE AGED 50+)



	<b>Unhappy</b>
Gay/bisexual men	29%
Black African women	17%
White heterosexuals	32%
<b>Total</b>	<b>28%</b>

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**Chronic  
conditions**

**Medications**

**Ageism**

**ISSUES**

**Gendered  
aspects**

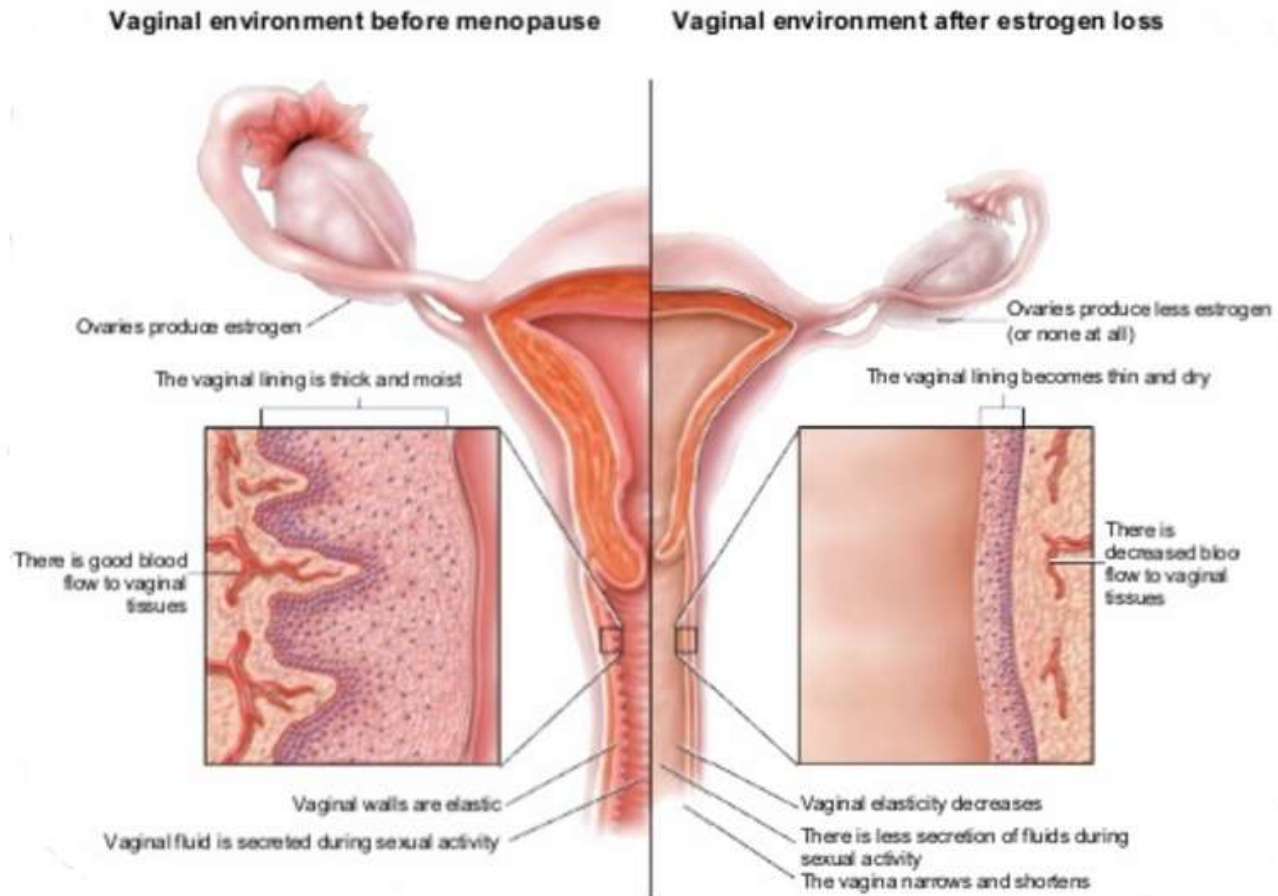
**Partner health**

**Life events**

# Gendered aspects



# VULVOVAGINAL ATROPHY



# VULVOVAGINAL ATROPHY

- >50% of post-menopausal women
- Often unrecognised
- Symptoms
  - vaginal dryness, itching and discharge
  - painful sex
  - reduced libido
  - overactive bladder
  - reduced quality of life

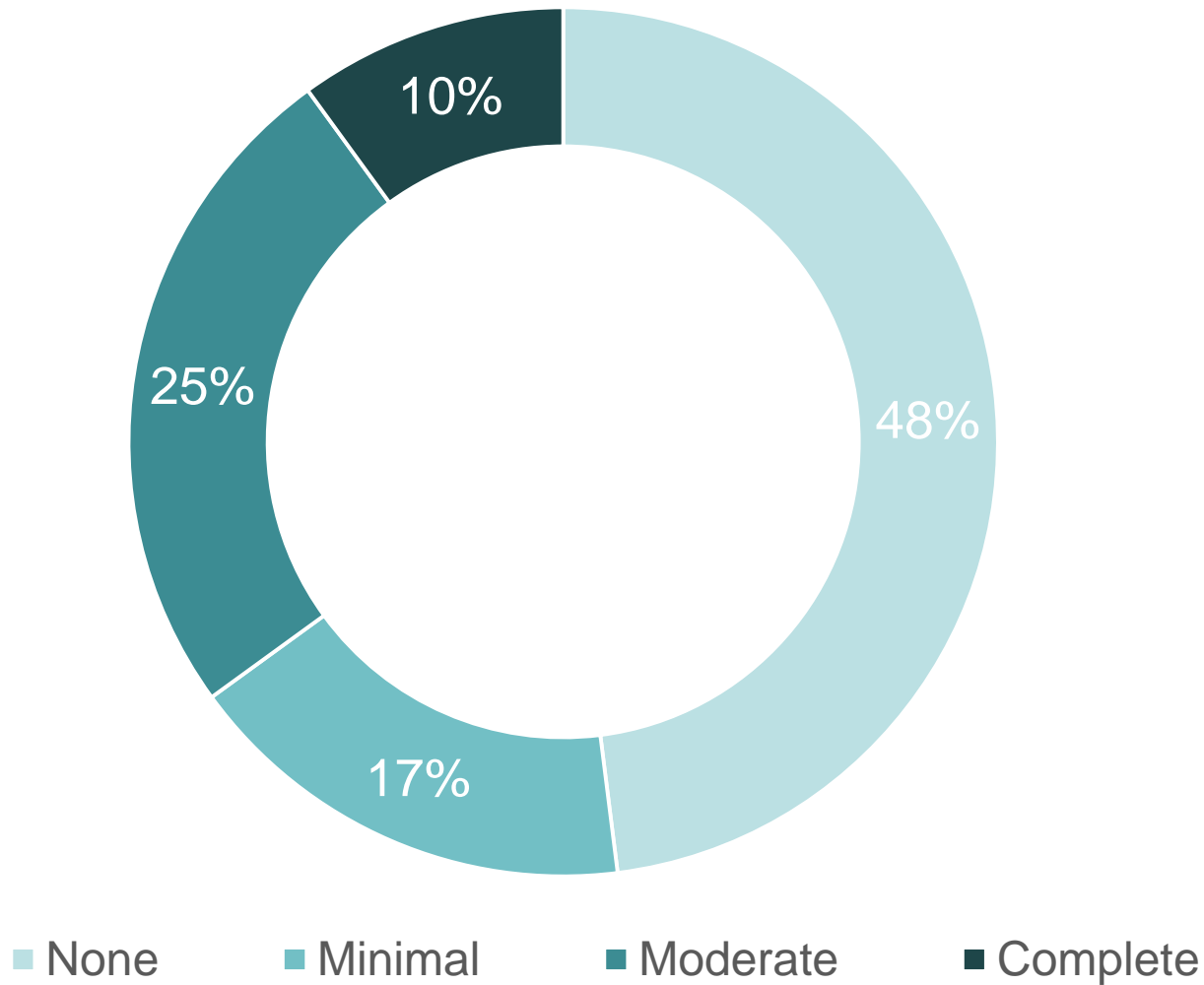
# MANAGEMENT OF VULVOVAGINAL ATROPHY



- Ask about symptoms
- Examination
- Information
- Treatment
  - topical oestrogen
  - oral hormone replacement therapy (less effective)
  - vaginal lubricants
  - psychosexual therapy

**The consistent or recurrent inability of a man  
to attain and/or maintain a penile erection  
sufficient for sexual performance**

# PREVALENCE OF ERECTILE DYSFUNCTION AGE 40+



Source: Feldman et al. (1994)

**Psychological**

**Chronic  
conditions**

**Medication**

# **RISK FACTORS**

**Surgery**

**Age**

**Alcohol and  
drugs**

# MANAGEMENT OF ERECTILE DYSFUNCTION



- Evaluation: history, expectations, partner
- Examination and investigations
- Modify risk factors
- Sexual counselling and education
- Treatment
  - oral: Viagra (drug interactions esp. with Poppers)
  - local: injection, vacuum pump

# SEXUAL WELLBEING IN OLDER PEOPLE: OVERALL APPROACH



- Ask
- Don't make assumptions
- Be non-judgemental
- Explore context
- Provide information
- Take it seriously



# KEY MESSAGES

- Sex does not stop when you reach 50
- Sex is associated with well-being in over 50s
- Increasing in STIs in 45+
- Many factors impact sexual well-being with age
- Importance of asking and not making assumptions
- Discuss treatment options
- Create a supportive environment



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