Slide 1 **Sexual Health** Jeffrey Albaugh, PhD, APRN, CUCNS NorthShore University Glenbrook Urology jalbaugh@NorthShore.org 4NorthShore Slide 2 Sexuality & Intimacy • Sexuality-intrinsic multidimensional, dynamic characteristic that is individually defined & experienced. The sense of being male or female. Collective characteristics relating to sex and love. Intimacy-"process by which two people attempt to move toward complete 4NorthShore Slide 3 **Sexual Health** Overall health is monumentally important "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." -WHO, http://www.who.int/reproductivehealth/topics/q Safe Sex- protecting yourself and partners against sexually transmitted diseases through 4NorthShore

Slide 4		
	Sexual Response	
	Arousal involves communication/nervous	
	conduction between brain and the rest of the bodies (genitals included).	
	Genital arousal involves blood flow to the	
	genitalia in response to sexual stimulation Hormones are chemical mediators that play a	
	major role in sex drive and desire for sex	
	 Chemicals in like dopamine also play a role in sex drive and desire 	
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	4/NorthShore	
Slide 5	What Effects Sexual Health?	
Silde 5	Any medical condition that can impact nervous	
	conduction/communication (for example-	
	chronic head, neck or back issues, diabetes, stroke, Parkinson's disease and other	
	neurological disorders), any medical condition that can impact blood flow (for example-	
	elevated cholesterol, high blood pressure,	
	cardiovascular issues) • Any treatment or condition that can impact	
	hormones (for example chemotherapy for cancer and other medications)	
	Psychological and relationship issues	
	#YorthShore	
Slide 6		
	Sexual Dysfunction	
	The persistent impairment of a couple's normal	
	or usual patterns of sexual interest and/or response	
	AFUD concensus conference, 1998 (Basson, et al, 2000)	
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Classifications/Categories for SD

- - Hypoactive Sexual Desire Disorder (HSDD-decrease Libido)
- premature ejaculation, lack of lubrication
- Orgasmic Disorder delayed/diminished climax
- Sexual Pain Disorder-dysparenia and vaginismus

-Basson,R et al, (2004). Revised definitions of women's sexual dysfunction. Journal of Sexual Medicine, 354,:1497-1505

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Slide 8

Male Sexual Dysfunction

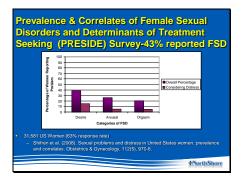
- Desire disorder- decreased libido
- Ejaculation Disorders: Retarded (delayed) or Rapid Ejaculation-Ejaculation that occurs to early during sexual relations
 Peyronie's Disease- Curvature
- Orgasmic disorder- Inability to reach orgasm. Decreased Sensation to penis
- Erectile Dysfunction-"The consistent or recurrent inability to attain and/or maintain a penile erection sufficient for sexual performance."

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Slide 9



Slide 10	Daring Greatly-Being Authentic and Connecting with Others • You are beautifully made and broken and your authentic self is enough! • We are all hard wired for connection to others- it is not optional! • Vulnerability is scary and we shield ourselves from hurtful emotions • You can't selectively shield or avoid vulnerability-you numb and shield everything when you do that • Vulnerability is also the path to connectedness, love and creativity – Brown, Berne. The Gifts of Imperfection, Daring Greatly and Rising Strong	
	Blown, Stelle: The Oills of Imperiection, Daring Gleany and Atlang Strong NorthShore	
	333-1012 8-111111-1	
Slide 11	National Health & Social Life	
	Survey • 3000 men & women	
	 Ages 18-59 31% of men reported sexual dysfunction & 43% of women 	
	Most common-desire disorder Lauman, E. Palk, A. & Rosen, R. (1999). Sexual dysfunction in the United States: Prevalence and predictors. Journal of the American Medical Association, 281, 537-544.	
	#NorthShore	
Slide 12	Sexual Dysfunction During	
	Last Sexual Encounter (Age 18-59) • Men: Erectile dysfunction 17%. Unable to orgasm 8.7%	
	Women: 34% had some issues with lubrication; 30.3% reported some pain with only 9.3% reporting moderate or greater pain; 35.6% reported no orgasm	
	Herbenick, et al. (2010). An event-level analysis of the sexual characteristics & compositionJournal of Sexual Medicine, 7(Supp 5), 346-361.	
	#YorthShore	



Slide 14

Prevalence of ED Cross sectional analysis of 2126 American men from 2001/02 National Health and Nutrition Examination Survey: Overall Prevalence rate of men over 19 is 18.4% (95% CI = 16.2-20.7). Selvin et al. (2007). Prevalence and risk factors for erceille dysfunction in the US. American Journal of Medicine, 120, 151-157. 4NorthShore

Slide 15

Multiple Therapies

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- Counseling/Behavioral TherapyPelvic Floor Physical Therapy
- - Estrogens
- Pharmacological Agents
- Surgery

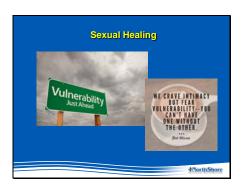
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Desire

- Definitions: "The sum of forces that lean us toward & push us away from sexual behavior" Levine, 2003 p. 280
 "A subjective and motivating feeling state triggered by both internal and external cues, which may or may not result in overt sexual behavior" Leiblum, S., 2010, p. 4 originally 1988
- - Expectations/Wishes-cultural and reflect beliefs/values
 Motivation- psychological/relational

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Slide 17



Slide 18

Resources for Patients

- health/patient-education/sexual-health-videos/
- http://www.cancer.gov/cancertopics/pdq/supp ortivecare/sexuality/Patient/page2

- https://www.aasect.org/referral-directory-find a counselor or therapist

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Summary/Conclusion Sexual dysfunction is a common problem There are multiple treatments available for sexual dysfunction Help is available
