

THINGS YOU NEED TO KNOW ABOUT YOUR SEXUAL HEALTH

Talking about your sexual health can be embarrassing. These talks, however, are worthy for your total well-being. The World Health Organization defines sexual health as *“a state of physical, emotional, mental and social well-being in relation to your sexuality; it is not merely the absence of disease, dysfunction or infirmity.”*

There are many ways to deal with sexual health issues and enhance enjoyment. Here are a few facts you should know.

31%

of men report some degree of sexual dysfunction

30 million

estimated number of men in the U.S. who experience erectile dysfunction

4 COMMON SEXUAL PROBLEMS AS MEN AGE:

- Erectile dysfunction
- Problems with ejaculation
- Reduced or lost interest in sex
- Low testosterone

5 cancer-related treatments that may cause sexual problems in men:

- 1 Chemotherapy
- 2 Radiation therapy
- 3 Hormone therapy
- 4 Surgery
- 5 Certain medications



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Things You Need to Know About Your Sexual Health



43%

of women report some degree of sexual dysfunction

34 million

women worldwide who have pelvic organ prolapse (POP).

That's when the tissue and muscles of the pelvic floor no longer support the pelvic organs (bladder, cervix, rectum, urethra, uterus and vagina). POP can sometimes cause pain during sex.

YOU MAY NOT KNOW...

“Female sexual enhancement” or using treatments and procedures to add to a woman’s sexuality. One example is laser vaginal rejuvenation to improve sexual gratification.

4 MAIN CAUSES OF SEXUAL DYSFUNCTION IN WOMEN:

- Low sexual desire
- Sexual arousal disorder
- Orgasmic disorder
- Sexual pain disorder

5 ways to improve sexual health before and after menopause:

- 1** Quit smoking
- 2** Be physically active
- 3** Avoid drugs and alcohol
- 4** Practice pelvic floor exercises
- 5** Have sex more often. Regular sex can increase blood flow to the vagina and keep tissues healthy

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