

Intimacy and chronic illness



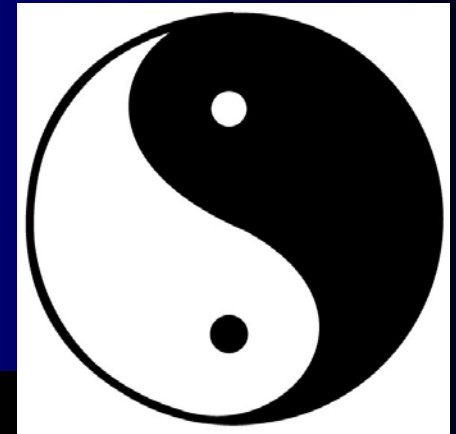
Iris Zink, NP

Objectives:

The audience will be able to:

1. confirm desire to speak with health care provider about sexual concerns
2. identify at least (2) of the 10 myths about sexual intimacy
3. identify at least (3) most common patient concerns related to intimacy and their health
4. identify at least (3) domains on the wheel of total health
5. identify (2) of the (3) factors which are imperative to maintenance of a healthy intimate relationship
6. identify the (2) largest sexual organs on the body

Holistic Self



American Pie



- Psychological Health
- Social Health
- Sexual Health
- Physical Health
- Spiritual Health

Whom?

- 2/3 of pts with hip and back OA experience sexual problems
- 62% of pts with RA reported difficulties with sexual performance
- 50% of AS pts report issues with ↓ in desire, satisfaction and frequency of sex
- 71% of pts said their FMS had put a strain on their relationship
- 50% of ♀ and 75% of ♂ report sexual dysfx during course of MS

See reference articles 1,5,9.

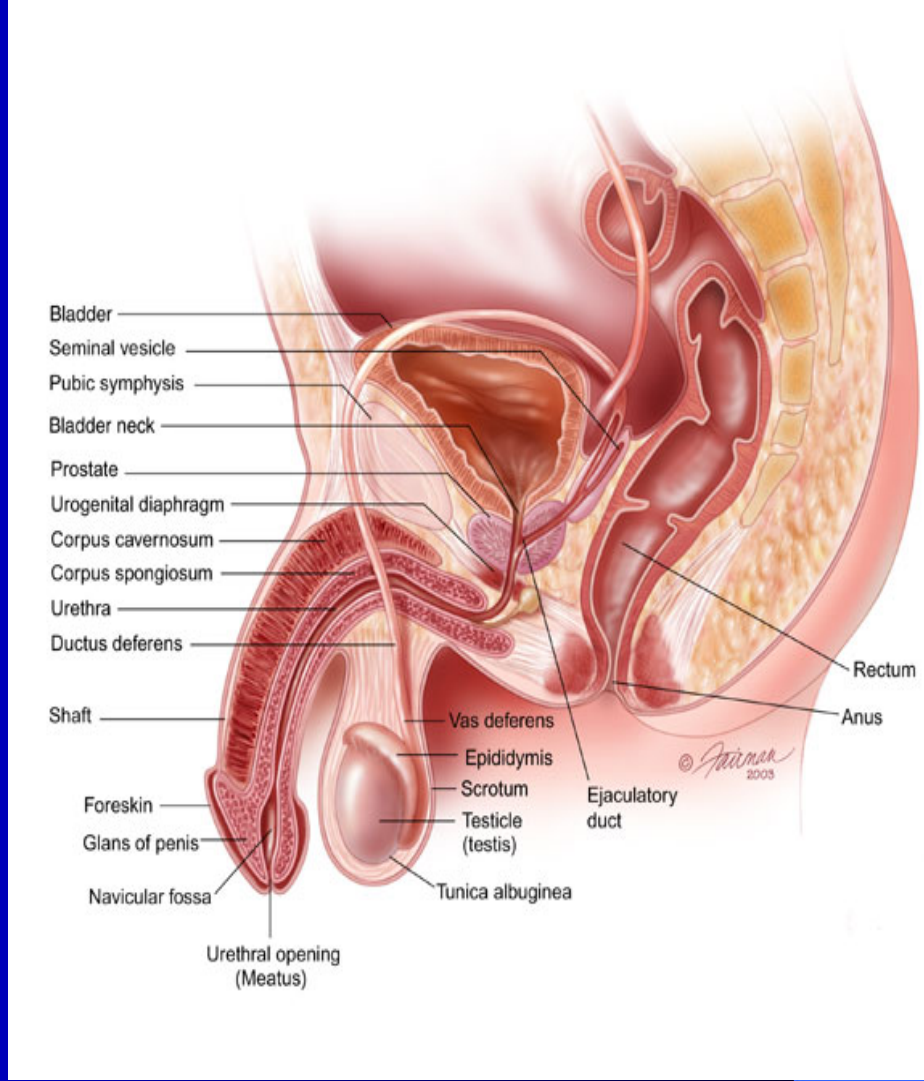
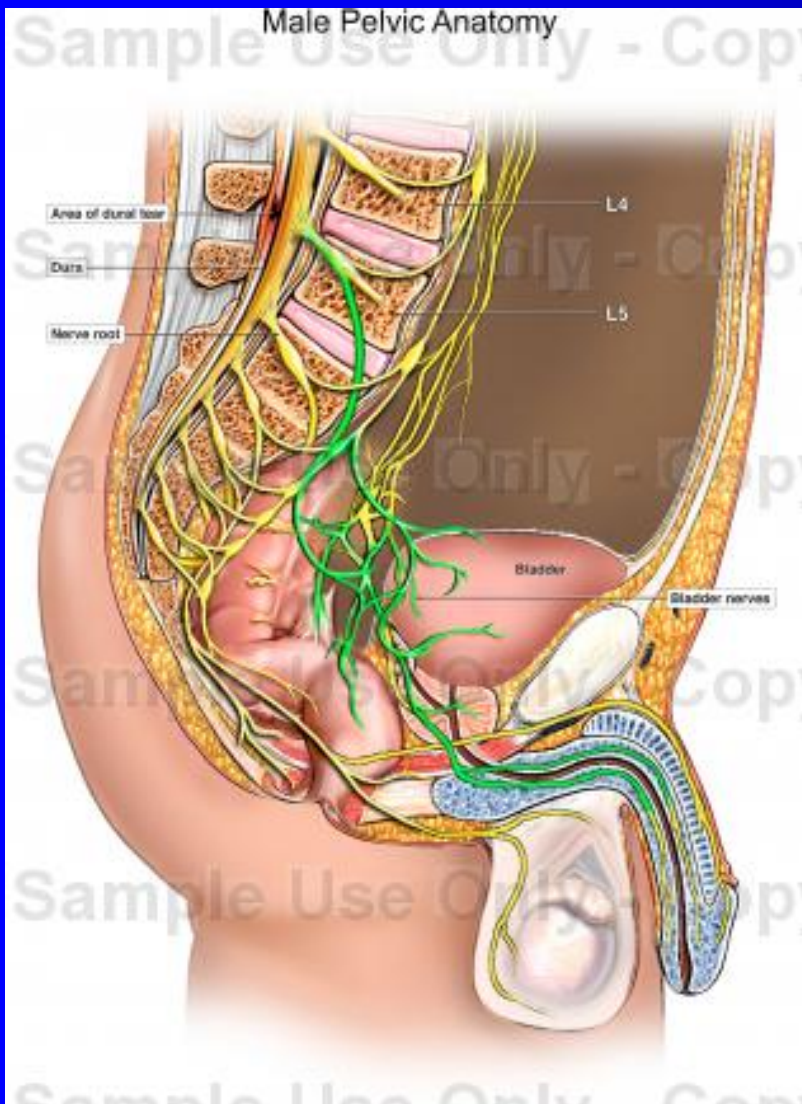
Disease states that affect sexual health

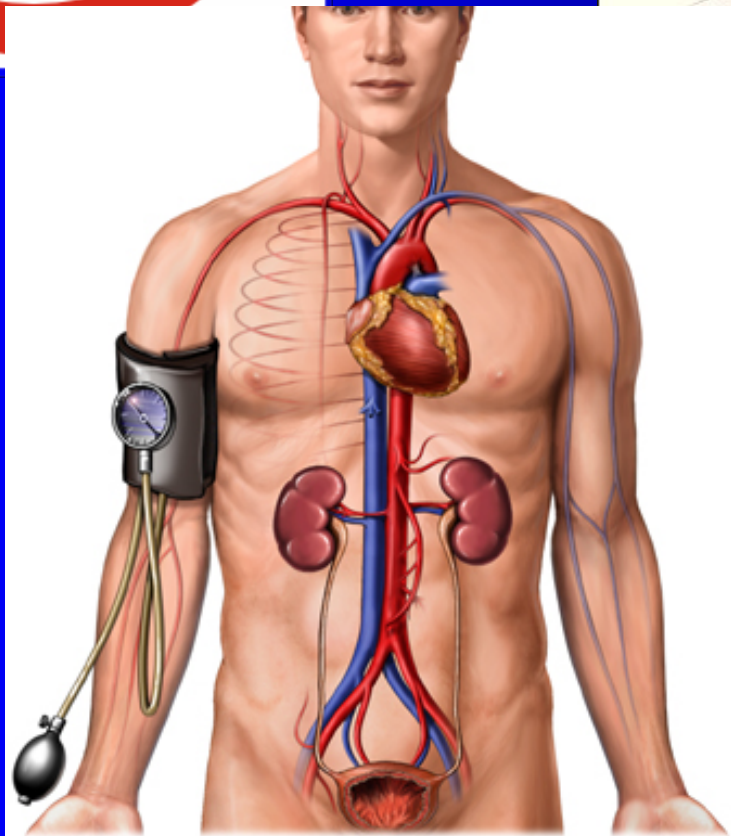
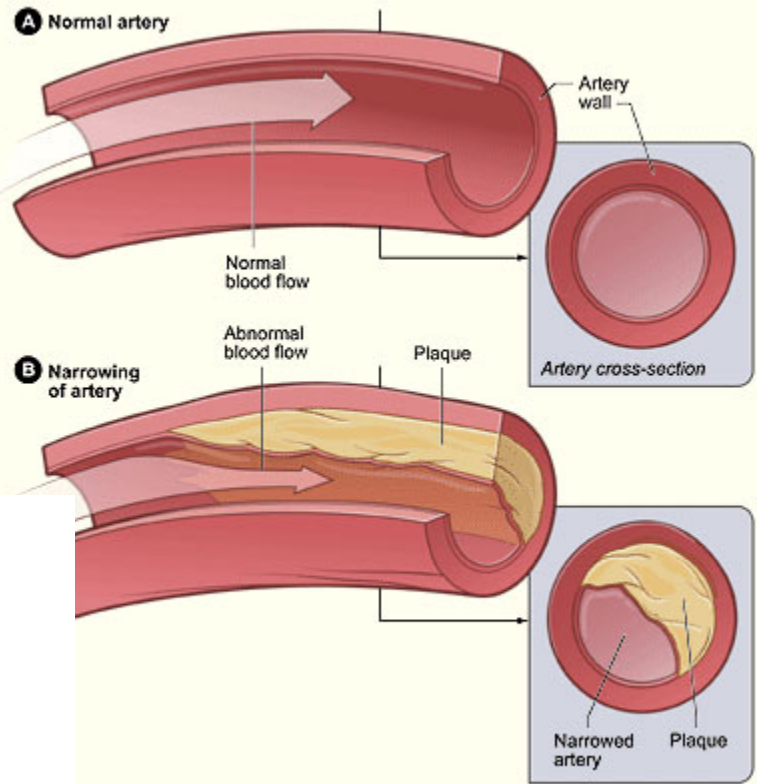
- Psoriasis/ eczema/ neurofibromatosis
- DM
- Sleep apnea
- MS
- Spinal cord injury
- Arthritis
- COPD/ emphysema
- Asthma/pulm disease
- Cancer
- SLE/Sjogren
- Post surgery pts
mastectomy, hysterectomy
prostatectomy
- CVD post MI or CVA
- Parkinson
- Deafness, blindness
- HTN
- Depression
- Crohns/UC
- FMS



Anatomy

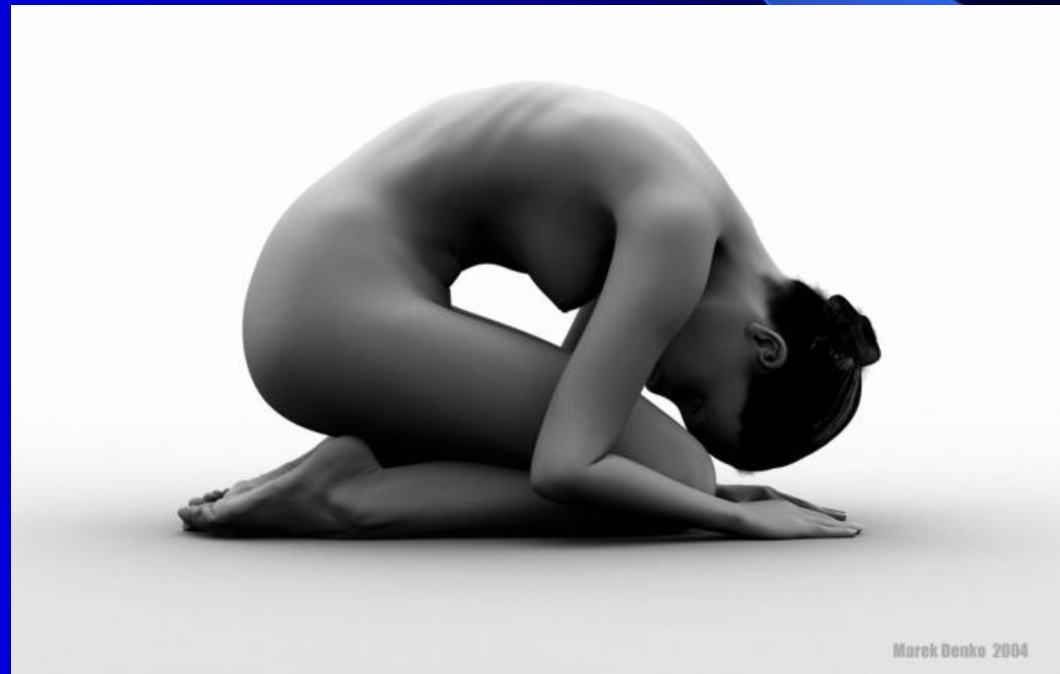
Male Pelvic Anatomy





What is normal?

- Appearance
- Feelings
- Concerns
- Frequency



Marek Benko 2004

“Sexual problems are frequent in many clinical conditions but are not yet a routine part of diagnostic workup or therapeutic planning”



(Bitzer, Planto, et al. Sexual conseling for women...article 7)

Stress as a factor



- Sex for men is a stress reliever
- Sex for women requires stress relief





Mating Call





Timing is everything

3



30

Lefty



D & D



Lindsey



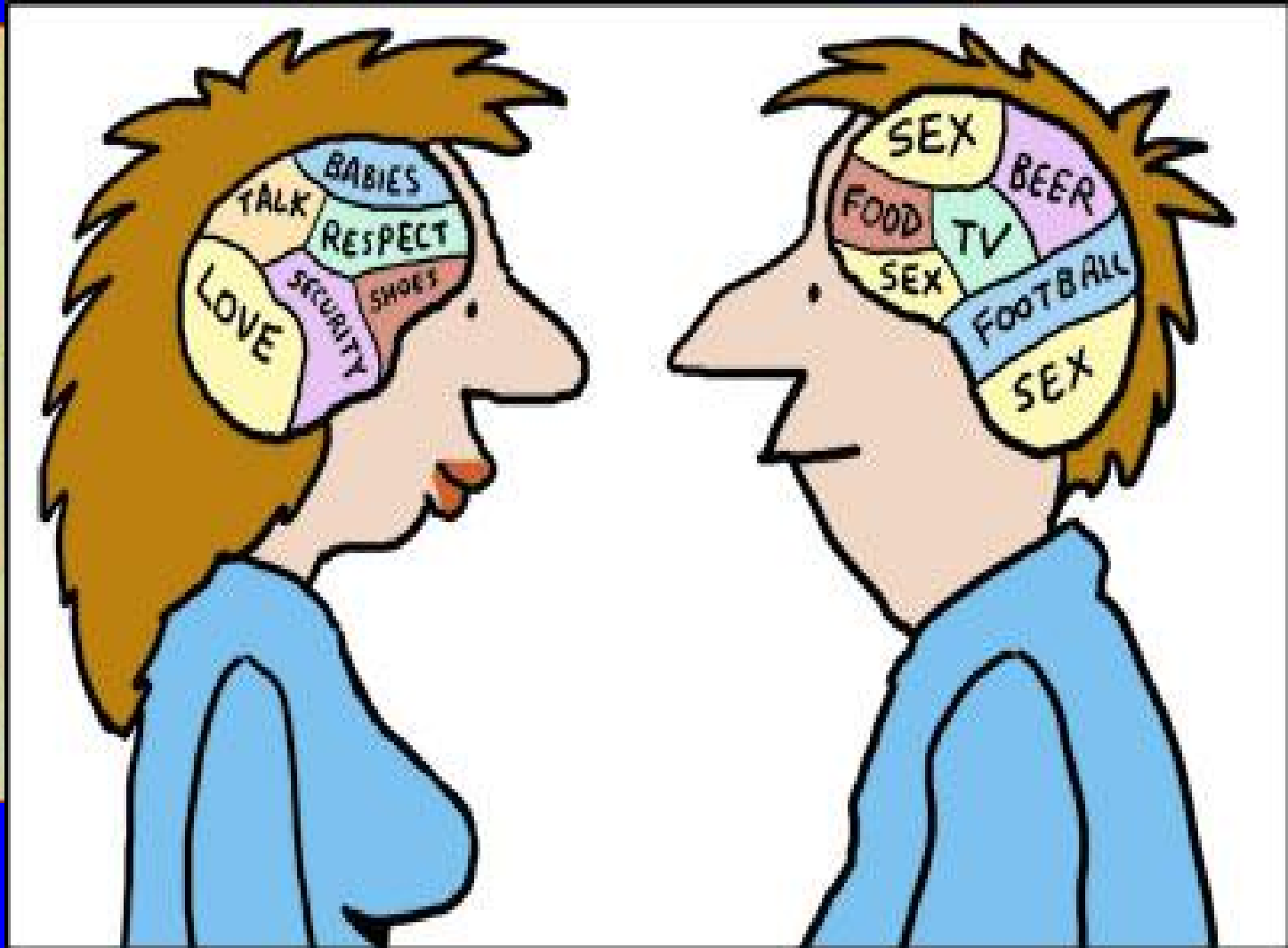
T.K.



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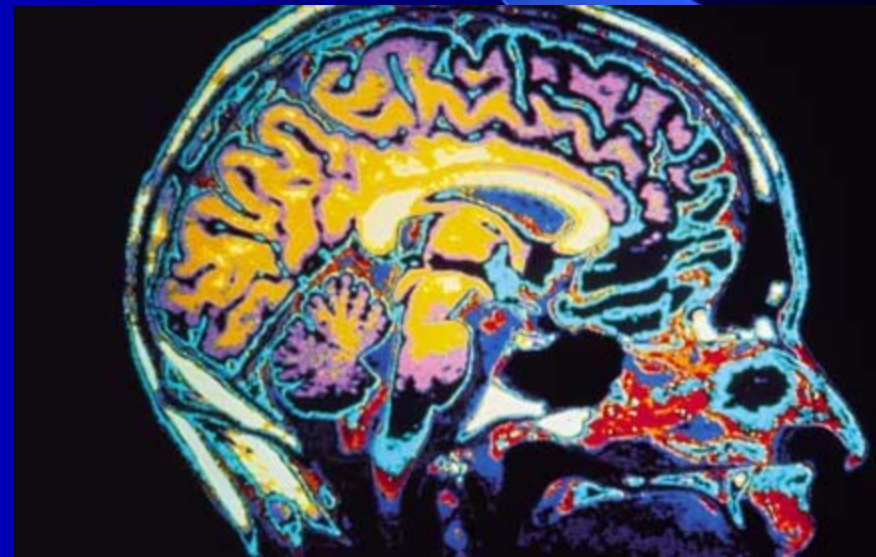
Linda





Anatomy and physiology

- Sensory vagus nerve
- Midbrain reticular formation
- Basal ganglion
- Anterior insula cortex
- Amygdala
- Cerebellum
- Hypothalamus



Never underestimate the power of a squeeze.

- Dr Arnold Kegel 1952 study on pelvic floor hypotonus.



Tools



Communication, Communication Communication



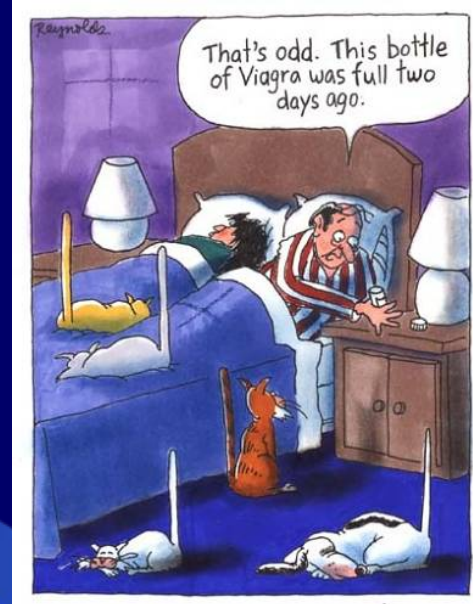
Know your target



Lubes and Meds

- 🔥 KY jelly or beads
- 🔥 Zestra (OTC)
- 🔥 Vagifem tabs
- 🔥 Estrogen cream or rings
- 🔥 Replens
- 🔥 Astroglide
- 🔥 Baby oil aloe infused
- 🔥 Vitamin E

- 😊 Viagra
- 😊 Levitra
- 😊 Cialis
- 😊 Caverject
- 😊 Vacuum pumps



Homework



1. Talk to one another
2. Spend 30 min touching each other without intercourse or orgasm
3. If you are interested in steamy sex talk, you have to practice.
4. Know your body and what makes you aroused.
5. Date!!! Make it a priority!

Summary

- 💣 Know how you feel about sex
- 💣 Try not to appear shocked
- 💣 Treat the patient holistically and bring it up
- 💣 Know your resources and do not be afraid to refer patients out
- 💣 Exercise makes everything better



Resources

- American Association of sex educators, counselors, and therapists. (www.aasect.org)
- The American board of Sexology. (www.sexologist.org)
- International Society of the study of Women's Sexual Health. (<http://www.isswsh.org>)
- The Society of Sex therapy and research. (<http://www.sstarnet.org>)
- National Association of Nurse Practitioners in Women's Health (NPWH.org)
- Menopause.com

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