

Title:

A Guide on Sexual Health and Aging

Word Count:

531

Summary:

The aging process often contributes to a lack of sexual interest and activity among older people.

Keywords:

sexual health

Article Body:

In most movies and television shows, scenes that are sexual in nature often show young and smooth bodies.

1. Accept the changes in your body and strive to improve.

Do not be turned off by the sagging skin on your forearms or your protruding belly. Instead, focus on what you can do to improve your appearance.

2. Take note and communicate about your and your partner's changing sexual needs.

At 20, you may feel up and running the instant your partner walks through the door. However, as you age, your energy levels may decline.

3. Expand your definition of sexual relationships.

Actual intercourse can be very tiring especially if you have aching joints. Understand that in some cases, sexual activity may be more about emotional connection than physical pleasure.

4. Veer from routine.

If you and your partner have been having sex after a long day at work for the past 10 years or more, you may find it difficult to maintain the same level of interest and energy.

5. Consult your doctor.

Sometimes, the changes your body undergoes may be too severe that they can impair your sexual health. Consult your doctor for advice on how to manage these changes.

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