

“Sex Health”

Deaf Health Talks,
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Supporters

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- Rochester Recreation Club for the Deaf (“REAP”)



Overview

- What is sexual health?
- What are common issues with sexual health?
- What are causes for sexual dysfunction?
- What are common types of sexually transmitted diseases (STDs)?
- How can we protect our sexual health?



What is sexual health?

- Positive look at your own sexuality
- Positive look at your sexual relationship
- Sex is enjoyable
- Sex is safe
- It is never forced
- It is never abused or violent



Health Benefits of Good and Regular (Safer) Sex

- Reduces stress
- Improves immune system
- Burns calories
- Protects heart
- Boosts self-esteem
- Boosts intimacy (“closeness”)
- Reduces body pains
- Reduces prostate cancer risk
- Strengthens pelvis
- Better sleep

Sexual Health Issues

- Sexual dysfunction

 - ◆ Male and female

 - ◆ Common (31% of men and 43% of women have this)
 - ◆ Many do not talk about this with their doctor
 - ◆ Hormone changes such as testosterone and estrogen may be the cause



Sexual Dysfunction- Males

- ◆ **Types of Erectile Dysfunction** (unable to get erect or stay “up” for sex)
 - ◆ Vascular (think “plumbing” issue- blood unable to swell up penis)
 - ◆ Neurogenic- (think nerve issue)
 - ◆ Hormonal- (think low testosterone)
 - ◆ Psychogenic- (think anxiety or mental issue)



Sexual Dysfunction

- Vascular causes
 - ◆ Most common type
 - ◆ Blood flow is blocked or reduced (needed for penile erections)
 - ◆ Obesity
 - ◆ Alcohol abuse
 - ◆ Diabetes or heart disease

- Weight loss and healthy lifestyle is best way to help with this, not medications!
 - ◆ Medications such as Viagra, Cialis or Levitra can help



Sexual Dysfunction- Female

- Menopause can affect sexual health
 - ◆ Estrogen levels drop causing:
 - ◆ Vaginal dryness
 - ◆ Shorter and thinner vaginas
- You can help yourself by:
 - ◆ Using water based lubricants
 - ◆ Doing more foreplay before intercourse
 - ◆ Having regular sex



Sexual Dysfunction- Female- cont

■ Other common causes are:

- ◆ Stress or anxiety
- ◆ Endometriosis
- ◆ Vaginismus
- ◆ Poor relationships or boredom
- ◆ Medication side effects
- ◆ Infections or vaginitis
- ◆ Ovarian cyst or mass
- ◆ Scar from surgeries (hysterectomy)
- ◆ Chronic disease such as back arthritis or diabetes



Female Dysfunction- What to do?

- Talk to your doctor!
 - ◆ Doctor can check for causes and offer treatments
 - ◆ Talk to your partner about pain issues
 - ◆ Different sex positions may help
 - ◆ Do relaxing activities prior to sex
 - ◆ Lubricate as needed



What is a sexually transmitted disease or infection (STD or STI)?

- Sexual infection given by another person
- Given through sexual contact
- Can occur through:
 - ◆ Vaginal sex (intercourse)
 - ◆ Oral sex
 - ◆ Anal sex
 - ◆ Touching genitals (private parts)



How many infections every year?

- A. ~1 million
- B. ~5 million
- C. ~20 million
- D. ~100 million



Sexually transmitted disease or infection (STD or STI) overview

- Young people (15-24 years old) at highest risk
- But older people get it too!
 - ◆ 1 in 4 people with HIV are older than 50 years old
- All races are at risk but African-Americans are at highest risk
- Women are at high risk for serious infections
- Many infections have no symptoms!
 - ◆ You can't always know if you or your partner has it- **GET TESTED!**



Examples of Common Sexually Transmitted Diseases

- Chlamydia
- Gonorrhea
- Human Immunodeficiency virus (HIV)
- Trichomonas
- Syphilis
- Genital herpes
- Pubic lice
- Hepatitis B
- Human papilloma virus (HPV)



Sexually Transmitted Infections

- Incurable STI (no way to get rid of)
 - ◆ Human Immunodeficiency virus (HIV)
 - ◆ Hepatitis B
 - ◆ Human papilloma virus (HPV)
 - ◆ Genital herpes
 - Difficult to treat (resistant to treatments)
 - ◆ Gonorrhea
 - ◆ Syphilis (especially if not treated early)
- ***Goal is prevent and protect yourself from getting STI!!



What can I do to protect myself from getting infections?

- Avoid sex (safest but not always preferred)
- Be faithful with a single trusted partner
 - ◆ Get tested prior to sex to be sure
- Use condoms (both male and female condoms are available)
- Do not rely on birth control pills to protect yourself- they don't!!
- Talk with your partner about how to be safe



What can I do to protect myself from getting infections?- cont

- Talk with your partner about how to be safe
 - ◆ Communicate about your expectations- avoid surprises or last minute passion!
- Female to female sexual contact (lesbian sex) still need to be careful with protection
- Talk with your doctor about questions or concerns and to get tested regularly
- Avoid alcohol or drugs!
 - ◆ They make it easier for you to make bad choices



Male Condom Use

- Different types of condoms are available
 - ◆ Latex
 - ◆ Best choice to protect yourself
 - ◆ Cheap
 - ◆ Low breakage rates- 2%
 - ◆ Polyurethane
 - ◆ Good choice if allergic to latex
 - ◆ Expensive
 - ◆ Lambskin skins
 - ◆ Protects against pregnancy but not infections!!!



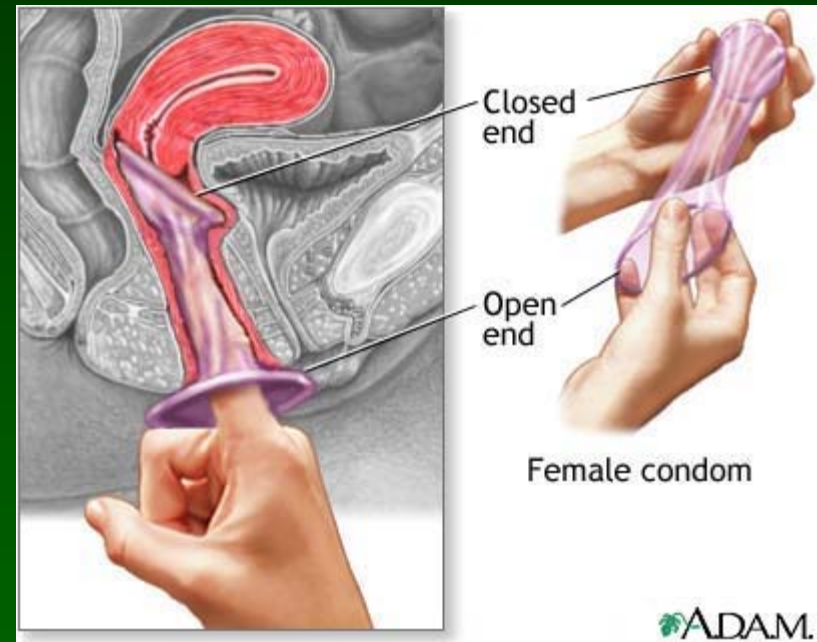
Picture 1: <http://www.womenshealthmatters.ca/centres/sex/birthcontrol/malecondom.html>

Picture 2: steadyhealth.com



Female Condoms

- Can be controlled by the female
 - ◆ Effective
 - ◆ Expensive
 - ◆ Good choice if male partner not reliable



Sexual Health Videos

- Check out the following websites
 - ◆ CDC: <http://www.cdc.gov/std/treatment/2010/clinical.htm>
 - ◆ Deaf sexual health videos
 - ◆ “Sister Lucy” videos cover sexual education videos in ASL
 - <http://www.youtube.com/watch?v=nkJCItfGMYg>
 - <http://www.youtube.com/watch?v=wFtYpOoILtI>



How can you keep good sexual health as we get older?

- Live healthy by doing the following:
 - ◆ Exercise regularly
 - ◆ Avoid gaining weight
 - ◆ If you have diabetes, make sure you keep it under good control
 - ◆ Stay faithful with your partners and/or use safer sex practices
 - ◆ Good relationships are important



If you have sexual dysfunction, who should you call?

- Primary Care Physician (PCP)
 - ◆ Family Medicine
 - ◆ Internal Medicine
 - ◆ Obstetrics/Gynecologists
- Specialist
 - ◆ Urologist



Sexual Intimacy in Other Ways

- Kissing and touching
- Showing affection
- Demonstrating love and affection through actions and words



Questions???

- Thank you!
- Next Deaf Health Talk Thursday, April 21 at 7 pm
- Rochester Recreation Club for the Deaf

