



Menopause: Sexual dysfunctions in the climacteric : Management strategies



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Self Introduction

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- Doctorate in Human Sexuality
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- Bachelor of Arts (Comm)
- Cert in Sex Therapy
- Cert in Practical Counselling
- Cert in Life Coaching



AGENDA

1. It's Not A Perfect World...
2. Defining Menopause
3. Sexual Dsyfunctions
4. Exercises/ Suggestions

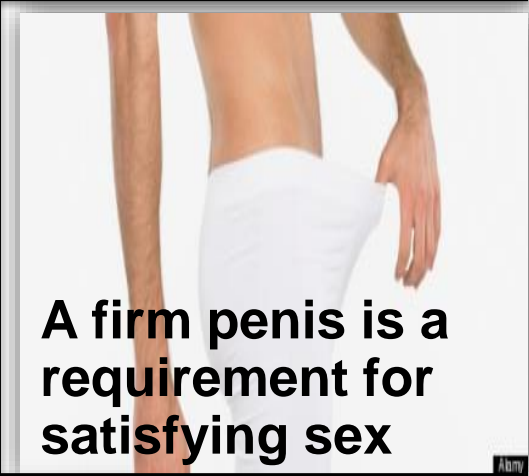
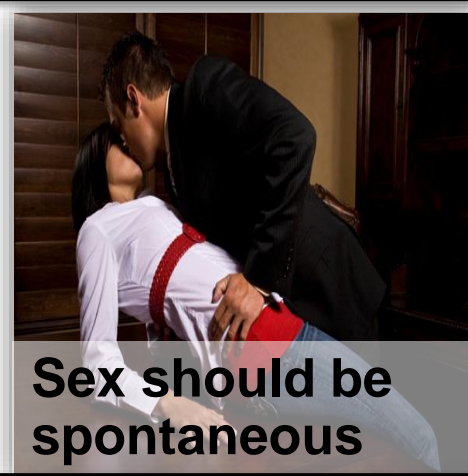
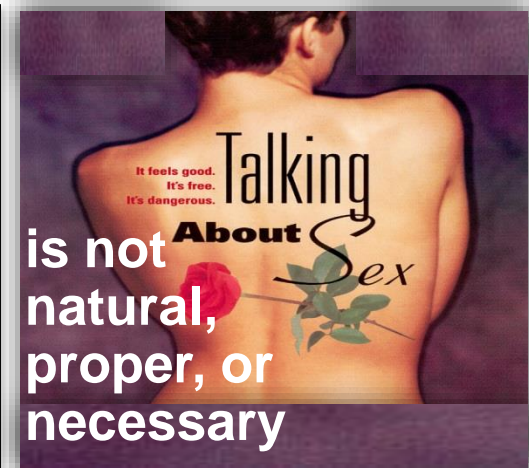
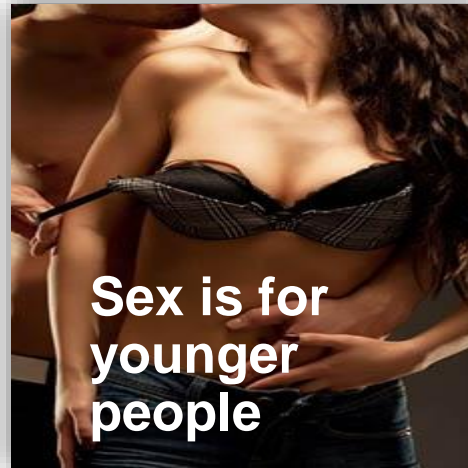


IT'S NOT A P W E O R O F R E L C D T

- Unintended pregnancy
- Sexually transmitted diseases (STDs)
- Sexual assault / abuse
- Sexual difficulties / dysfunction
- Cultural taboos



Common Myths about Sexuality



Facts about Sexual Function



- Both women and men enjoy sex / intimacy
- Fulfilling sex often requires planning / effort
- Changes in function occur with life stress, aging, illness, and many medications
- Lifestyle adaptations preserve sexual satisfaction in many circumstances

Laumann EO, Paik A, Rosen RC. Sexual dysfunction in the United States: prevalence and predictors. JAMA 1999; 281:537-544.

Sex is Important to Patients

In a survey of over **27,500** people in 29 countries, the majority of male (**83%**) and female (**63%**) respondents described sex as :

“extremely”
“very”, or
“moderately”
important in their lives.

SEX



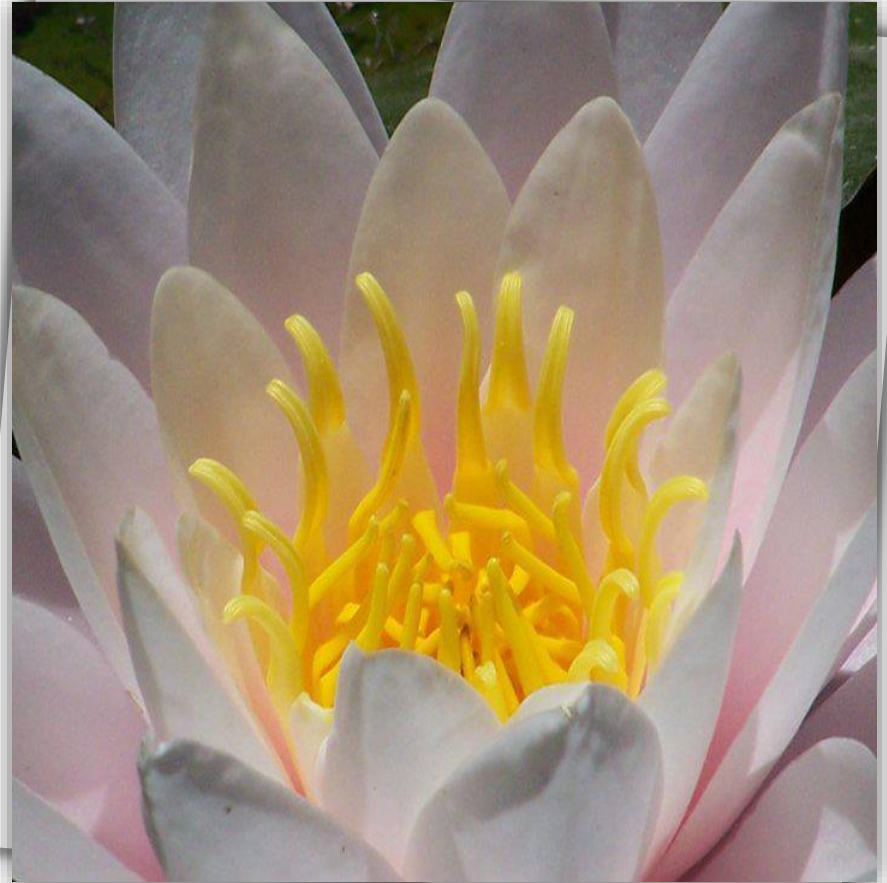
1. Sex Relieves Stress
2. Sex Boosts Immunity
3. Sex Burns Calories
4. Sex Improves Cardiovascular Health
5. Sex Boosts Self-Esteem
6. Sex Improves Intimacy
7. Sex Reduces Pain
8. Sex Reduces Prostate Cancer Risk
9. Sex Strengthens Pelvic Floor Muscles
10. Sex Helps You Sleep Better

Benefits of Sex

Joy Davidson - PhD, a
New York psychologist
and sex therapist

Definition of Menopause

1. Premenopause – 10 to 15 years preceding the final period.
2. Perimenopause – Few years on either side of the period.
3. Menopause – Ovaries stop maturing eggs and releasing large amounts of hormones.



Signs of Menopause



**Menstrual cycle
irregularities**



Hot flashes

**Night sweats
Sleeplessness
Fatigue
Mental lapses
Moodiness
Irritability
Palpitations
Headaches**



**Vaginal
dryness**

Decrease in testosterone

- Loss of sexual desire and sensitivity
- Loss of vital energy or feelings of well-being
- Loss of mental sharpness and flatness of mood
- Dry skin and brittle hair
- Thinning or loss of pubic hair
- Loss of muscle tone
- Loss of calcium from bones, contributing to possible osteoporosis
- Loss of muscle tone in the bladder and pelvis, resulting in urinary incontinence



Misconceptions of Menopause




SEX is
about orgasm

Stay strong
Beautiful,

because things will get better,
it might be stormy now,
but it can't rain forever.♥

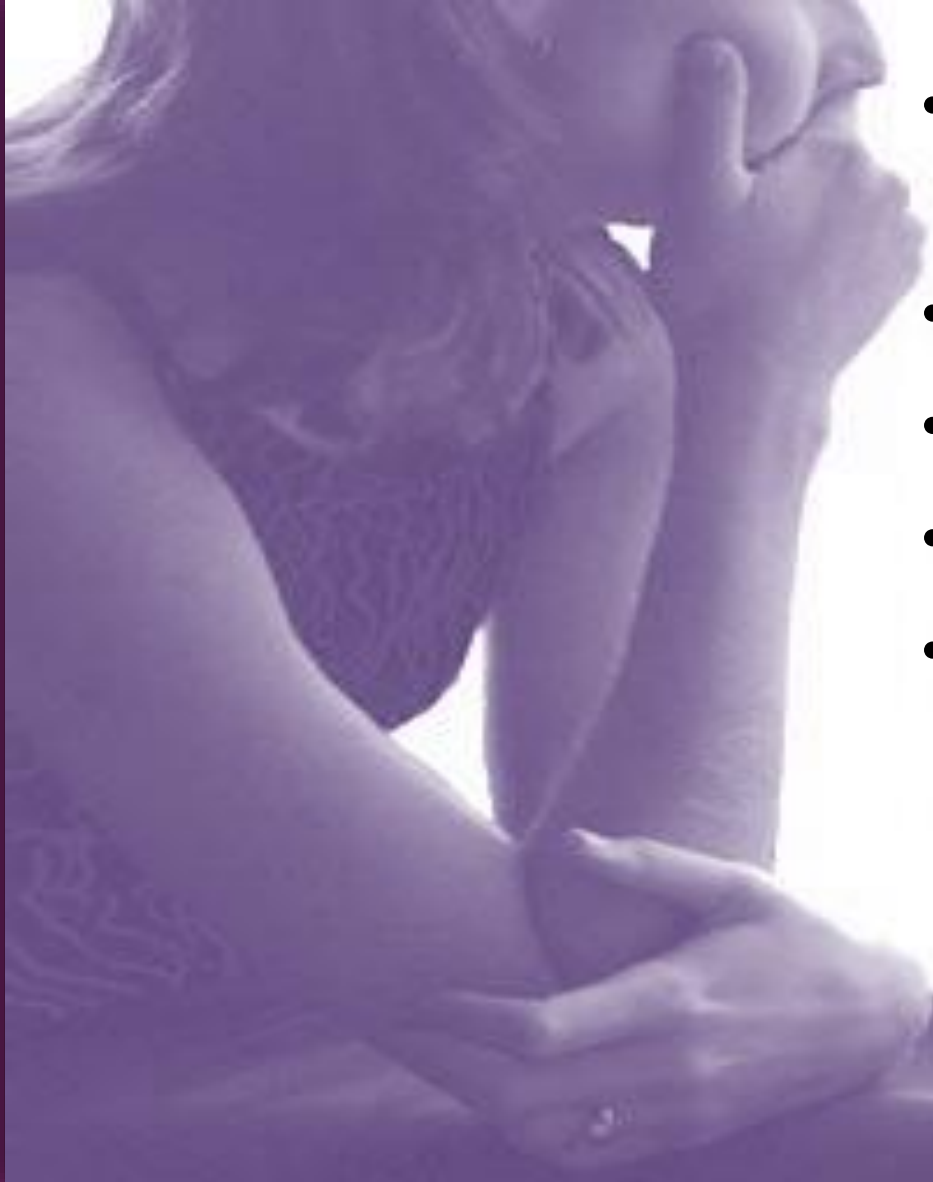
SEX
it's
ALL
about Him

SEX is
about penetration

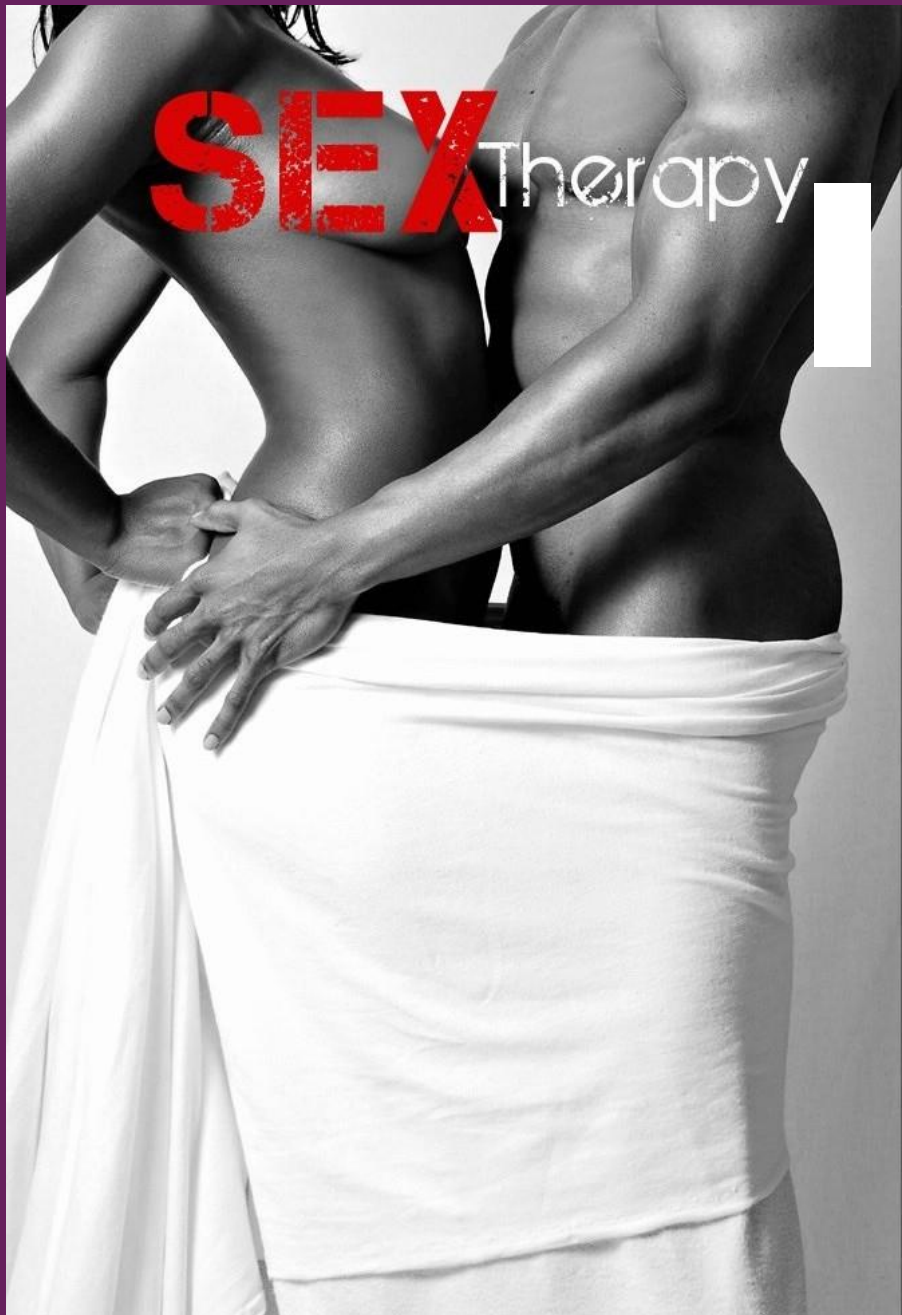


Sex is all about enjoying and
loving your life with your
partner.

Female Sexual Dysfunctions



- **Hypoactive Sexual Desire Disorder**
- **Sexual Aversion Disorder**
- **Sexual Arousal Disorder**
- **Female Orgasm Disorder**
- **Sexual Pain Disorder**
 - **Dyspareunia**
 - **Vaginismus**



S

- A Bio/ Psycho/ Social modality
- Looks at multi-dimensional aspects of sexual expression
 - Individual
 - Relational/ Interpersonal
 - Psychosocial
 - Biological

Psychosocial Issues

- Lifelong or acquired
- Symptom or situational
- Unresolved history of sexual abuse or trauma
- Body image/ Self-esteem issues
- Psychiatric history
- Stress, anxiety, sadness
- Relationship conflict
- Partner's sexual dysfunction



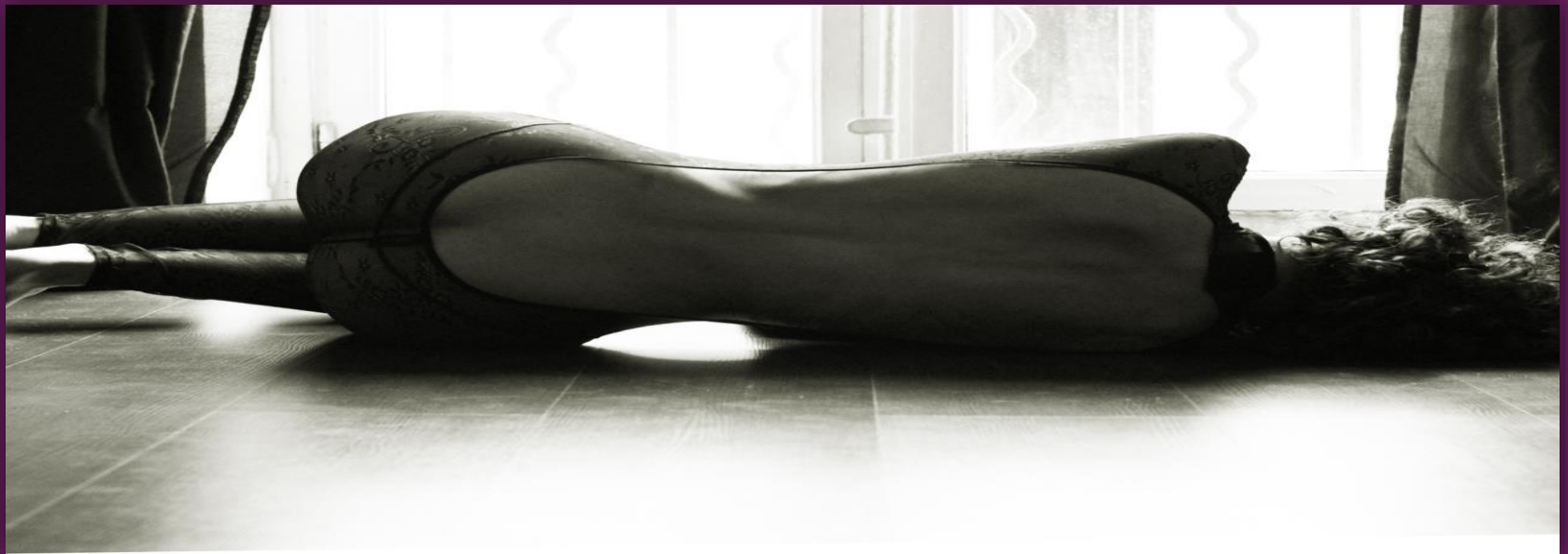
Relationship Problems

- Anger
- Poor Communication
- Criticism
- Neurotic Interactions
- Incompatible Sexual Fantasies
- Alcoholism & Sexual Abuse
- Phobic Avoidance of Sexual Intercourse
- Unconscious Conflict About Sex, Commitment, Pregnancy
- Sexual Abuse Issues



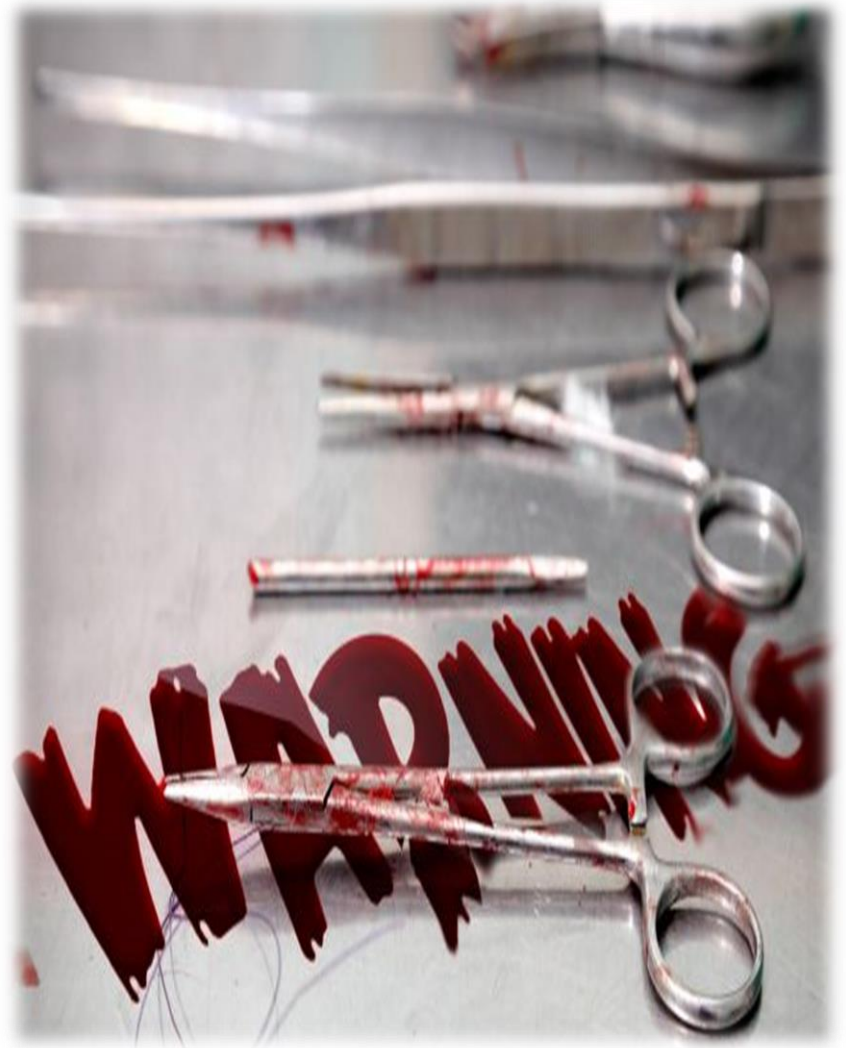
**She's Mad but she's Magic.
There's no lie in her life.**

~Charles Bukowski



Medical Factors

- Chronic medical illness
- Medications
- Pelvic trauma or surgery
- Neurological illness
- Endocrinological illness
- Infection/ Sexually transmitted diseases
- Depression/ Major mental illness



Factors Influencing Sexual Response

- Vascular (*Blood Vessels*)
- Neurological (*Brain*)
- Hormonal
- Psychological (*Mental mind*)
- Relational
- Psychosexual skills





I look forward to
being older, when
what you look like
becomes
less and less
an issue and
what you **are**
is the point.

Susan Sarandon

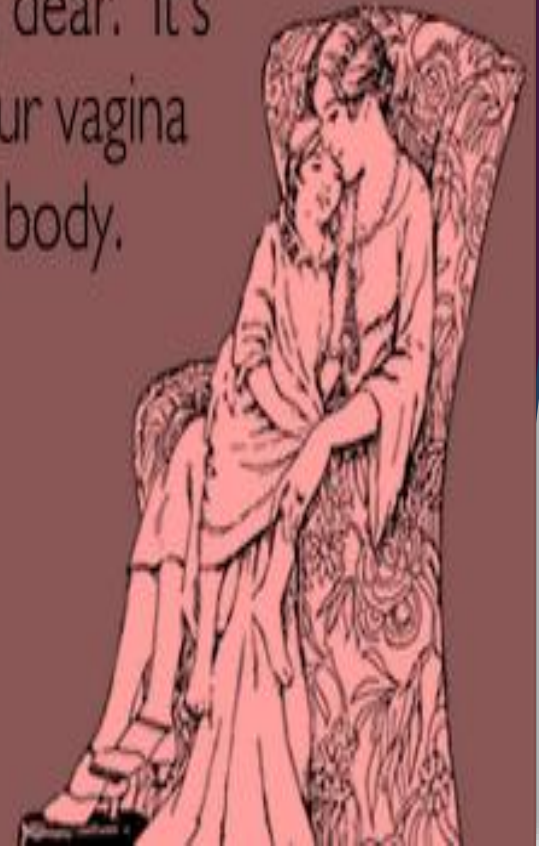
A photograph of two hands reaching towards each other over a body of water at sunset. The hands are silhouetted against the bright, low sun, which creates a strong lens flare and illuminates the water's surface. The overall color palette is warm, with shades of orange, red, and purple. The word "Suggestions" is overlaid in a large, bold, red font with a slight shadow effect.

Suggestions

KEGELS

1. Frequency
2. Duration
3. Intensity

Do your Kegels, dear. It's nice to have your vagina stay inside your body.

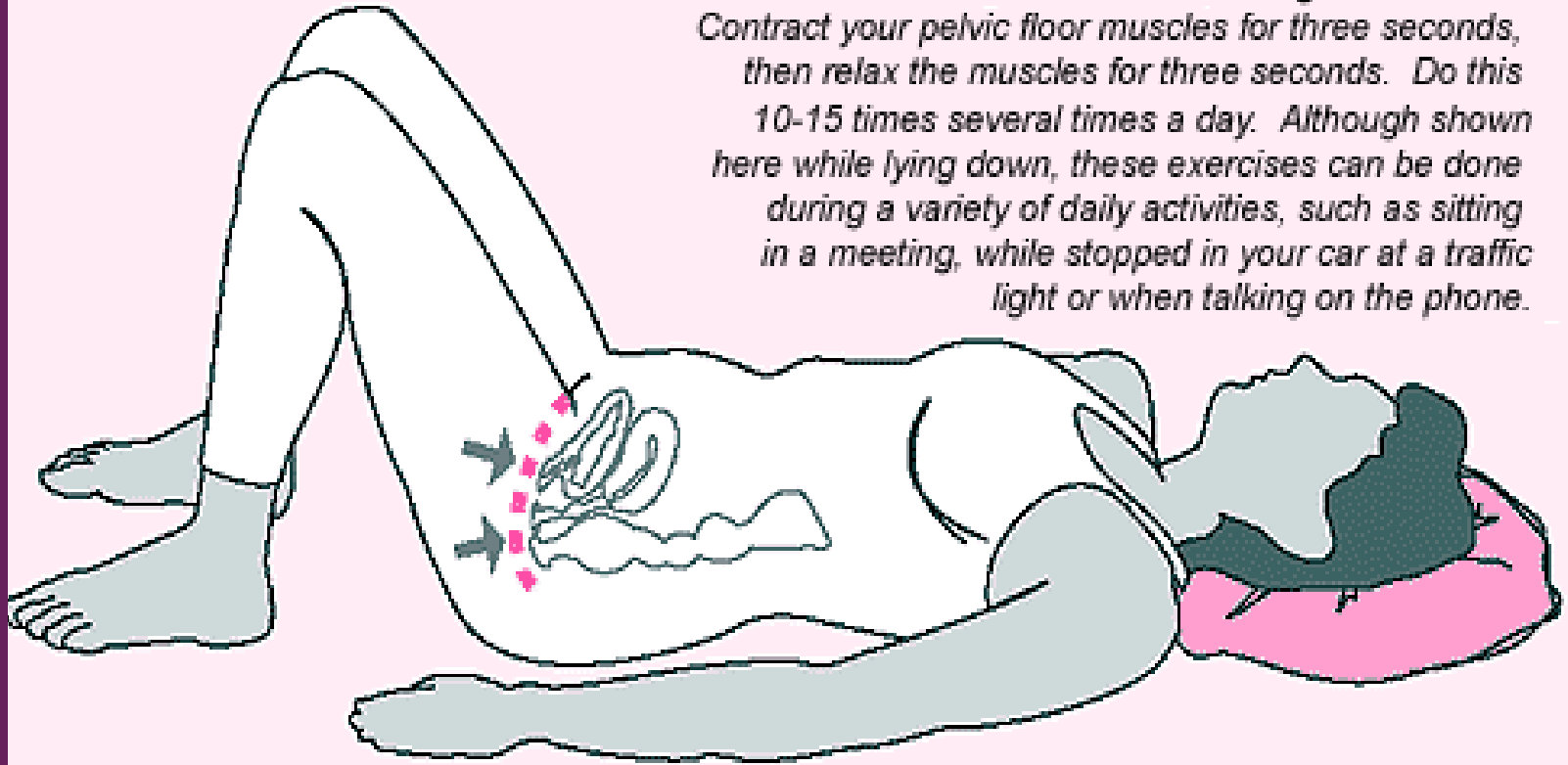


Practical Exercises

K E G E L S

Kegel Exercises:

Contract your pelvic floor muscles for three seconds, then relax the muscles for three seconds. Do this 10-15 times several times a day. Although shown here while lying down, these exercises can be done during a variety of daily activities, such as sitting in a meeting, while stopped in your car at a traffic light or when talking on the phone.





Heart-Vulva Connection

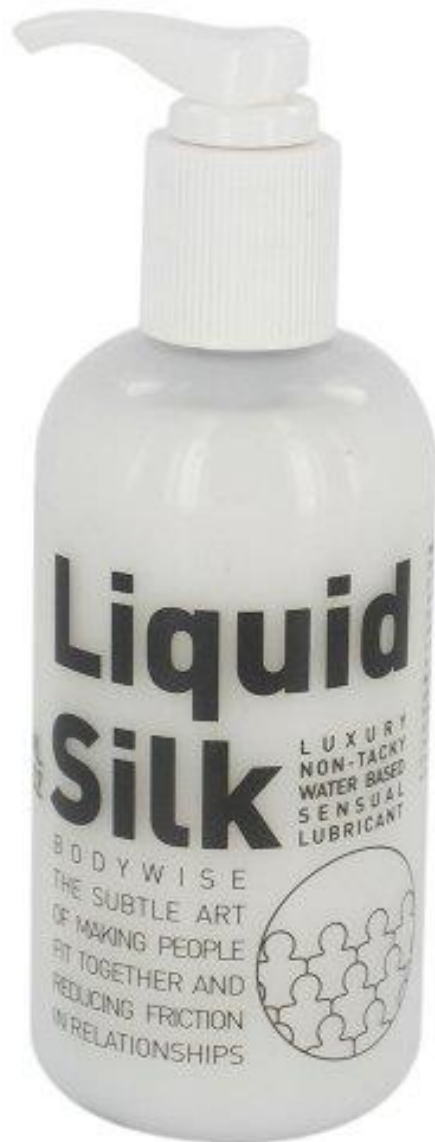


Vaginal Renewal



- Moisturizing the vulva and vagina.
- Massaging your vulva.
- Internal massage.









i'm loving it



分分

Cool and gentle breeze
Carrying a groaning rustle
Bamboo silhouetted against the moon
My lover in the moonlight



ZOOK
ZINI

Sensate Focus

Stage 1 -

**Without
genital touch**



Stage 2 -

**With
genital touch**



Stage 3 -

**Go with
the flow**



Communication

1. Code Words -
Red, **Yellow**,
Green
2. Open Ended
Questions
3. Closed Ended
Questions
4. Scale 1 to 10



Y
O
G
A



Stay



Healthy





Benefits Of **MEDITATION**



Reduces pain and enhances the body's immune system.



Reduces feelings of depression, anxiety, anger and confusion.



Increases blood flow and slows the heart rate.



Provides a sense of calm, peace and balance.



Helps reverse heart disease.



Helps control thoughts.



Increases energy.




Reduces stress.



TAKE IT
DAY BY
DAY.

During Sex



I have no idea what I'm doing right now.

1. Change your lovemaking schedule.
2. Pay attention to the rhythms of your body.
3. Look for new positions that minimise pain during sex.
7. Don't just lie there, do something.
8. Don't rush.
9. Minimize distractions.

Emotion vs. Problem-Focused

Emotion-focused	Problem-focused
<ul style="list-style-type: none">• Relaxation Response (RR)• Monitoring thoughts• Reframing• Social support• Empathy• Humor• Journal writing• Affirmations• Contemplation• Catharsis/ venting: a good cry of laugh	<ul style="list-style-type: none">• Direct action by changing• Our communication style• An environment• A schedule• A responsibility• A family or work custom• A procedure• Our health habits



Summary

1. Do kegels
2. Heart-vulva connection
3. Vaginal Renewal
4. Use it or lose it
5. Sensate focus
6. Communicate assertively,
not aggressively
7. Get moving
8. Get still



What is Your Approach?

- Sex-positive
- Non-judgemental
- Educational
- Client-centered
- Do no harm

Pleasure



is healthy



**KEEP
CALM
AND
CHANGE THE
BATTERIES**

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