

A Few Notes

1. Normal sexual changes in men sometime past 55.

Erection is slower and less full, often until just before ejaculation - "stuffing a semi".

Erection disappears more quickly following ejaculation.

Longer refractory period.

Testes will soften with advancing age.

Erection may require more tactile stimulation. Man may welcome longer penile stimulation before ejaculation.

Loss of sense of inevitability.

Decline in volume of ejaculation.

Decline in force of ejaculation - semen "leaks" rather than ejaculates.

Retrograde ejaculation with damage to prostate.

Into the nineties, men may be interested in sexual stimulation more often than ejaculation.

2. No loss of enjoyment with aging.

Loss of enjoyment may come with ill-health or its treatment.

3. Sexual Problems/Dysfunctions in men can be associated with the following:

Excessive alcohol.

Some prescription drugs.

Some diseases such as hypertension, heart disease, arthritis, diabetes, emphysema, depression.

Obesity.

Lack of a desirable partner.

Some surgeries including prostatectomy.

Negative attitudes towards alternatives to sexual intercourse.

Feelings about physical changes (self-image, self-esteem).

Performance Anxiety.

A period of Sexual "Drought".

4. Crisis and "Drought"

Following a crisis, we gain a new equilibrium in 6 to 8 weeks.

In cancer and its treatment, crises hit in a wave pattern.

The new equilibrium can be hard to recognize.

The new equilibrium is greatly influenced by how we have actually been behaving.

A period of sexual abstinence following diagnosis and treatment is ordinary - but it also can become part of the new equilibrium.

Re-including sex may take intention and dialogue and re-learning.

This can be a time of renewal.

Two Diagrams:

1. Change from A t



2. Meeting Goals (A Pointed Exaggeration - A Joke (but if the shoe fits...))

Ages	Motivation	Technology (How To)
Early	90%	10%
Later	10%	90%
Post-Surgery	10%	Woops - we need to talk!

Treatments for Organic Erectile Failure

(caused by illness or its treatment)

Viagra (Works for 60 to 70% of users)

Cialis

Penile Implants

Vacuum Devices

Injection Therapy - Papavarene

Urethral Suppositories

A Few WebSites of Interest

senior-site.com

agepage.com/sex.htm

wellbeg.com/impotent/chris/sexual.htm

umkc.edu/sites/hsw/age/index.html

mediconsult.com/senior (I couldn't find this one recently)