



Sexual Health, Aging and Longevity

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Longevity and Healthy Aging Symposium

Intimacy, sex and pleasure

- Definition: A close emotional relationship
- Sex does not always involve intercourse
- Pleasure is complex

Libido

Interest in sex

Sexual
response/function

Integrative Medicine Approach

- Nutrition/life style
- Mind Body
- Herb/Supplement
- Bio-identical Hormone
- Medication



Libido Interest - The cues may change

If we don't feel horny, that doesn't mean we don't want to have sex

- Busy lives, no time for sex?
- Relationship - an intimate exchange

Initiate an interaction. Get started, get turned on!

Nutrition/exercise

Hormone balance, energy, weight management

Support

- Whole food, plant forward diet, anti-inflammatory
- Exercise

Possible Negative Impact -

- Alcohol- increase night heat, erectile dysfunction,
- Sweets -increase night heat, weight, energy

Mind Body

Stress reduction techniques - abdominal breathing exercises such as:

- 4-7-8 breathing
- Alternate nasal breathing

Mindfulness practices

- Meditation
- Guided imagery
- Mindfulness of everyday living

Vaginal Dryness

- Post-menopausal 50-67%, also factor if neovaginal construction
- Lubricant- water based, avoid botanical components (allergy, irritation) and oils.
- Vitamin E - vaginal suppository helps with postmenopausal vaginal changes/dryness.

Can also take low dose 200-400IU orally.

- Coconut oil- may help with vaginal dryness.



Erectile dysfunction

Often related to cardiovascular disease, diabetes, medication, or aggravated by alcohol and/or stress

- Medical evaluation to assess underlying cause/contributing factors

Integrative management of underlying issues

- Beware of false advertising
- Medications can be helpful



Supplements

Many supplements for libido or combination of herbs

Damiana	Fenugreek	Tribulus	Panax Ginseng
Sexual desire, satisfaction, increases orgasm, reduces vaginal dryness	sexual arousal, drive, increase morning erection	Sexual desire and satisfaction, improves vaginal lubrication	Sexual arousal, satisfaction, erectile dysfunction
May lower blood sugar	Allergy,, blood thinners, may lower blood sugar	May lower blood sugar and blood pressure. Caution if taking Lithium	Stimulant, may lower blood sugar, check for medication interactions

Supplements

L-arginine	Maca	Saffron
Erectile dysfunction -3-5 gm daily. May help with oral contraceptive sexual dysfunction	Sexual Desire, including if from antidepressant medication	Erectile dysfunction. Sexual dysfunction from SSRI antidepressants
Caution light headedness- may lower blood pressure	Estrogen?	May lower blood pressure and blood sugar. May be sedating. Caution if bipolar disorder

Hormone Therapy

Bio-identical = hormones have the same chemical structure as human

- Estrogens - Estradiol, Estriol.

Skin cream, or oral lozenge - decrease hot flash, mood, libido.

Vaginal - vaginal dryness, urinary complaints, libido

- Progesterone

cream or oral - sleep, hot flash, libido

Hormone Therapy

- Testosterone - If levels are low.
 - Female - Skin cream desire, sexual response, energy/stamina.
 - Vaginal dab- sexual response
 - Male - Skin cream or injection - desire, sexual function
- DHEA - if levels low
 - Female - Vaginal - lubrication, sexual response.
 - Sublingual - desire, energy
 - Male - Erectile function, energy? Caution with higher doses

SUMMARY

- Take time out to intentionally engage in intimate interaction
- Anti-inflammatory diet, regular exercise
- Stress reduction
- Non hormonal approaches to vaginal dryness- start with a lubricant
- Assessment for erectile dysfunction
- Herbal supplements may be supportive, caution for quality of products or interactions with health or medication
- Bio-identical Hormones - vaginal estrogen. Systemic treatment if other symptoms or low testosterone levels

References

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