

AGING -- WOMEN GETTING OLDER

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Q. Does getting older mean not having a sex life?

A. Women may notice changes in the shape and flexibility of the vagina. These changes may not cause a serious loss in the ability to enjoy sex. Most women will have a decrease in vaginal lubrication that affects sexual pleasure. A pharmacist can suggest over-the-counter vaginal lubricants. Besides concerns over medication and alcohol which may dampen sexual drive, there are also important emotional issues to face for the older person. Sexuality is often a delicate balance of emotional and physical issues: How we feel may affect what we are able to do.

For example, men may fear impotence will become a more frequent problem as they age. As a woman ages, she may become more anxious about her appearance. This emphasis on youthful physical beauty can interfere with a woman's ability to enjoy sex.

Older couples may have the same problems that affect people of any age. But they may also have the added concerns of age, retirement and other lifestyle changes, and illness. These problems can cause sexual difficulties. Talk openly with your doctor or see a therapist. These health professionals can often help.

For More Information.....

You can find out more about women and aging by contacting the following organizations:

[American Association of Retired Persons](#)
[National Aging Information Center](#)
[National Council on Aging](#)
[National Hispanic Council on Aging](#)

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