Thank You

We at the Rush Center of Excellence for Disparities in HIV and Aging (CEDHA) invite you to contact us at any time. Your participation in our research efforts will help to improve the lives of those living with HIV or at risk for HIV in this and future generations.

Sincerely,
The Rush CEDHA Team

Would your organization be interested in hosting a no cost presentation on healthy aging? To schedule a talk, please call Karen Graham of the Rush CEDHA Community Engagement/Outreach Core, at 312-942-6118.

Information Resources in Chicago

Rush Center of Excellence for HIV and Aging
Web site: www.rush.edu/radc
Rush Memory Clinic Phone: 1-312-942-3333

Ruth M. Rothstein CORE Center
2020 West Harrison Street
Chicago, IL 60612
Web site: www.corecenter.org
Main Clinic Phone: 1-312-572-4500

UIC Community Outreach Intervention Projects
School of Public Health, University of Illinois at Chicago
Website: http://publichealth.uic.edu/research/centersinstitutesprograms/communityoutreachinterventionprojects/
Main Clinic Phone: 1-312-xxx-xxxx

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Intimacy & Healthy Aging
**Myths**

| #1 | Seniors are not interested in sex. |
| #2 | Sexual dysfunction is a normal part of aging. |
| #3 | Seniors do not get sexually transmitted diseases (STDs). |

**Realities**

- **Seniors maintain a healthy sexual life.**
  - In 2007, a University of Chicago study showed 38.5% of men age 75+ engaged in regular sexual activity.¹
  - 16.7% of women 75+ had a regular sexual partner.¹

- **Most sexual dysfunction is due to social and medical conditions.**

- **Seniors are at as much risk as teenagers for getting STDs.**
  - In 2005, the Centers for Disease Control reported that persons age 50 accounted for 15% of new AIDS diagnoses.²

- **Why are seniors at high risk for STDs?**
  - Only 1 persons in 6 use condoms
  - Changes in the immune system and genital skin make infection more likely
  - Physicians and patients may not be aware of the risks (due to myths); physicians may miss opportunities to discuss.

**Maintaining Sexual Health**

- **Discuss Your Sexual Needs**
  - □ Talk with your partner about relationship issues, intimacy, and body image
  - □ Understand the normal changes with aging and adapt
  - □ Start “dating” your partner
  - □ “Use it or lose it”

- **Maintain Good Health**
  - □ Exercise to improve endurance
  - □ Control blood pressure
  - □ Control diabetes
  - □ Control high cholesterol
  - □ Treat depression

- **Know Your Medications**
  - □ Know the side-effects of your medications
  - □ Limit alcohol consumption
  - □ Stop smoking

- **Practice Safe Sex**
  - □ Know your partners
  - □ Use condoms
  - □ Get tested annually for HIV and STDs, and especially
    - If you maintain relations with several sexual partners
    - When you begin relations with a new sexual partner

- **For Women:**
  - Partner’s erectile dysfunction
  - Lack of vaginal lubrication
  - Orgasm not frequent enough
  - Not enough opportunity for sexual encounters
  - Lack of interest
  - Body Image

- **For Men:**
  - Erectile dysfunction
  - Not enough opportunity for sexual encounters
  - Fear of sex after significant medical event (i.e. heart attack, stroke)
  - Lack of interest

- **Key Conclusions**
  - Safe sex is important for senior citizens too.
  - Sexual health is an important part of healthy aging.
  - Be open and discuss your sexual concerns with your doctor.
  - Ask about treatments available to maintain good sexual health.

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² Centers of Disease Control. HIV/AIDS among persons aged 50 and over. CDC HIV/AIDS Facts February 2008