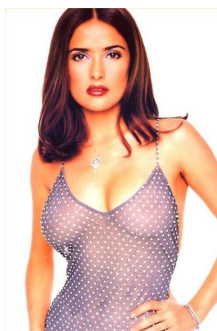


5 February 2007

By: Stefan Anitei, Science Editor



## [Nine Health Issues That Destroy Your Sex Life](#)

### *Good mind and body means satisfactory sex*

Good health means good sexual life, but poor sexual life is triggered by much more factors than just one condition. Despite the fact that 64 % of the Americans are satisfied with their sex lives - as revealed by a recent survey - many issues can threaten happiness in a couple's life. Some traits are easier to remove, by changing the medication in a treatment or going to a shrink. "For people who are not satisfied with their sex life, they really should talk to their primary care physician," said Pamela G. Rockwell, assistant professor of family medicine at the University of Michigan Medical School. "He or she may be able to diagnose something that was previously undiagnosed, change medications, or offer some lifestyle recommendations. In many cases, the patients can improve their sexual satisfaction." Here are nine main health issues which can greatly affect our sexual performance and satisfaction:

1. Medications. A lot of drugs possess tricky side effects that impact sexual performance, especially those against blood pressure, heart conditions and depression, as a good brain and blood flow are essential for sex. Medicines used for blood pressure and heart provoke erectile dysfunction (impotence) while antidepressants trigger a loss of libido (sexual interest) and premature ejaculation. "With all of these types of medication and any others that may cause sexual side effects, patients can talk with their doctors about possibly lowering the dosage, adding a second drug to combat some of the side effects or changing to a different medication", said Rockwell.
2. The fear of heart attack in case of cardiac condition. Soon after a heart attack, or after the implantation of a pacemaker or cardioverter defibrillator, people must avoid heavy physical activity but when the physician approves the resuming of the physical effort, sex is generally safe. "I think the most common fallacy is that having sex is going to cause a heart attack", started Rockwell. "The good news is it really isn't the case. The majority of people with cardiovascular disease don't need to alter their sex lives," she says.
3. Depression. "Untreated depression can lead to many sexual difficulties. People can experience lack of pleasure, lack of desire and lack of ability to perform", said Rockwell. Moreover, as the antidepressants are known to decrease sex life, they are avoided. "In reality, most people on antidepressants don't experience these problems. For those who do, doctors often can prescribe different dosages or different drugs to minimize the side effects."
4. Alcohol. Many people use alcohol to increase their sex drive and remove inhibition, basically to "get them in the mood." A few cups can take off shyness, but too much alcohol pushes to risky sexual behavior. "Additionally, it doesn't really help with one's enjoyment of sex. Overall, it decreases sexual pleasure because alcohol lowers your sensations".
5. Sexually transmitted diseases. Those infected with HIV, HPV (the human papillomavirus), or hepatitis can have satisfactory sex lives. "Protection is a must and condoms must be used 100 % of the time. An important caveat is that with HPV, which can cause cervical cancer, condoms do not necessarily protect one's partner against contracting the virus."
6. Stress. If you are stressed, your sex life cannot be a pleasant one. "Stress often has effects on our sex lives. When we are consumed with time management, working, raising children and providing for our families, we often don't leave a lot of time for ourselves," Rockwell notes. It's a vicious circle: sex drive drops and those with an unhappy sex life do not know that this generates them additional stress.
7. Pregnancy. "Physically, there is no barrier to sex during pregnancy," said Rockwell says. The fetus or the woman won't be affected, unless she has a particular problem signaled by her physician. The sex drive can vary; the use of lubricants and a position change as the pregnancy progresses must be adopted.
8. Menopause. There may be some physical symptoms that can partially impair a woman's sexual pleasure after menopause, but her sex life can very well go on.

And topical estrogen cream and lubricants help a lot. "Many women can experience a very healthy sexual life after menopause," Rockwell says. "There is no reason that menopause should mean an end to your sex life."9. Poor body image and self esteem. A woman with a poor body image and self esteem will have a decreased sexual pleasure and satisfaction. Even exposing herself naked in front of her partner induces her insecurity and stress. "Some studies show that as little as five pounds of weight loss can greatly improve a woman's sexual satisfaction," added Rockwell.