

Reproductive Health Education (RH Ed) is an educational newsletter from the Health Advocates at Finger Lakes Community Health. This newsletter covers all reproductive health topics, in addition to related services offered at our health centers.

## *Sex and Aging...*

Normal aging brings physical changes in both men and women. Sometimes, these changes can affect one's ability to have and enjoy sex.

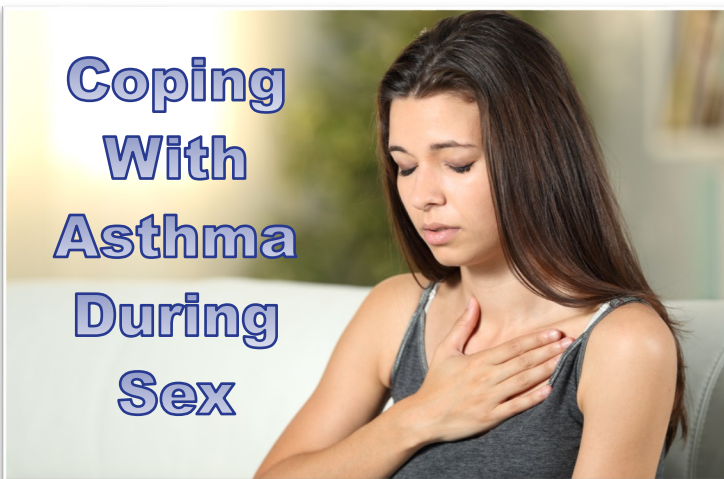
As a woman ages, her vagina can shorten and become narrow. Most women will have less vaginal lubrication as they get older, and it may take more time for the vagina to naturally lubricate itself. If vaginal dryness is an issue, using water-based lubricating jelly or lubricated condoms may be more comfortable.

As men get older, erectile dysfunction (ED) becomes more common. ED is the loss of ability to have and keep an erection. It may cause a man to take longer to have an erection. Also, his erection may not be as firm or as large as it used to be. The loss of erection after an orgasm may happen more quickly, or it may take longer before another erection is possible. ED is not a problem if it happens every now and then, but if it occurs often, discuss it with your doctor.

Age does not protect you from sexually transmitted diseases. Older people who are sexually active may be at risk for diseases such as syphilis, gonorrhea, chlamydia, genital herpes, hepatitis B, genital warts, and trichomoniasis. To protect yourself, always use a condom during sex that involves vaginal or anal penetration. Don't be afraid to talk with your doctor if you have a problem that affects your sex life. They may be able to suggest a treatment. <https://www.nia.nih.gov/health/sexuality-later-life>



## **Coping With Asthma During Sex**



Asthma is a lung disease that makes it harder to move air in and out of the lungs. Asthma attacks can be triggered by environmental factors such as dust or pollen, or through physical exertion such as high stress, exercise, or sexual activity. Sex is comparable to any other exercise, as it gets your heart pumping and lungs working hard. However, it's not just breathlessness that could trigger your asthma symptoms. Other triggers could be quicker breathing,

experiencing emotions, environmental factors such as perfumed candles or other household allergens, or the worry of having an attack in the middle of sexual activity.

Managing your asthma starts long before you get into the bedroom. Making sure you use a preventer inhaler, or any other asthma medicines as prescribed, will help keep your symptoms under control at all times.

There are steps you can take to relieve your asthma symptoms during sex. It doesn't have to completely kill the passion.

- Talk to your partner, be honest and say you need to stop for a moment.
- Use your reliever inhaler. Keep it close by whenever you have sex.
- Switch positions. You might find it more comfortable to try positions where your chest isn't weighed down. For example, both of you could lay on your sides, either facing each other or with one partner behind.
- If your asthma symptoms are regularly triggered by having sex, it might be time to have a chat with your doctor for an asthma review.

The thought of having to stop mid-sex to use your inhaler might make you cringe. Wheezing and coughing isn't the sexiest thing, but luckily, your asthma symptoms can be managed so you can still enjoy a healthy sex life.

## Locations:

### Bath

#### Community Health

117 E. Steuben St  
Bath, NY 14810  
(607) 776-3063

### Geneva

#### Community Health

601B Washington St  
Geneva, NY 14456  
(315) 781-8448

### Newark

#### Community Health

513 W. Union St  
Newark, NY 14513  
(315) 573-7577

### Ovid

#### Community Health

7150 N. Main Street  
Ovid, NY 14521  
(607) 403-0065

### Penn Yan

#### Community Health

112 Kimball Ave  
Penn Yan, NY 14527  
(315) 536-2752

### Port Byron

#### Community Health

60 Main St  
Port Byron, NY 13140  
(315) 776-9700

### Sodus

#### Community Health

6692 Middle Rd  
Suite 2100  
Sodus, NY 14551  
(315) 483-1199

Call the FLCH office  
nearest you for all  
your medical, dental,  
reproductive and  
behavioral health needs.

For more details visit:

[www.LocalCommunityHealth.com](http://www.LocalCommunityHealth.com)

# Thank You, Thank You, Thank You!

We are overwhelmed by the generosity in our community! Over the past few weeks we have received everything from masks, face shields and hand sanitizer to surprise lunches, trays of cookies and even Beauty Counter Spa bags for our health care workers! We can't thank you enough but we're going to try. Thank you Community Bank, N.A. for lunch brought to Ovid Community Health. Thank you for the masks and face shields from so many community members, including Anneliese Bopp, Jen Mosich, Anne Myer-Wilber, Pam Ayers, Gail Bishop, Linda Culver, Sally Acomb, and Brenda Reynolds. Amanda Rago gave our Geneva staff Beauty Counter Spa bags. Thank you! Tammy Curtis-Adamski, we love our ear protectors - thank you! The Penn Yan Elementary School Counsel brightened our day with a giant tray of homemade cookies -- a big thanks to you all! Rural & Migrant Ministries treated our Geneva staff the morning coffee and donuts - thank you! And the hand sanitizers were donated by Antler Run Distilling, TastingRoom At BlackButton, Rootstock Ciderworks, Iron Smoke Distillery, Waterman's Distillery, LLC, and Tommyrotter Distillery. Thank you! Thank you! Thank you!



• Would you like us to visit your program or school to provide evidence based programming on pregnancy prevention, STI prevention, healthy relationships and more? For more information visit, [www.LocalCommunityHealth.com](http://www.LocalCommunityHealth.com) or call us today to schedule at (315) 787-8132.

Pat Hall, Olivia Catalano,  
and Ken Matesavage  
FLCH's Reproductive  
Health Team



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