

# OFP Patient Education Handout

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## SEX COUNSELING



Many men and women have at least one problem related to sex. The frequency of these problems can increase with age. Couples feel more open to talk to a doctor about sexual problems because of the greater level of openness in society with regard to sexual issues. Effective sex counseling for couples relies on providing a supportive, comfortable, open and confident educational environment. The couple can discuss their difficulties and the most appropriate course of action that will work best for their relationship.

### Factors Related to Sexual Dysfunction:

- Physical illness in either partner. Common physical causes of sexual desire issues include endocrine and heart related medical conditions and medications such as antidepressants.
- Mental health problems in either partner such as anxiety and depression.
- Common related psychosocial issues include: religious beliefs or values; prior dysfunctional relationships; unwanted sexual experiences; and current relationship issues such as fear of commitment or separation; having children; role equity; drifting apart; adaptation to life events; and affairs.
- Lovemaking concerns such as lack of sexual intimacy, desire, arousal or performance.
- Sexual fears or anxiety and dissatisfaction.
- Sexual pain disorders, premature ejaculation, difficulty experiencing an orgasm, confusion about gender identity or sexual orientation, and issues around sexual compulsivity or addiction.
- Relationship stress or family problems.
- Job or financial stress.

### Questions?

If you have any questions about sex counseling please contact your osteopathic family doctor. Your family doctor may be able to provide assistance or work along with a therapist who specializes in sex counseling to develop a management plan best suited for you and your partner.

**Source(s):** Everyday Health Media, Patient info., Sex Counseling for Couples.gov, and Web MD.

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