

PRIMARY CARE HAWAI'I CONFERENCE

April 1-5, 2024

Kauai, Hawai'i



Patient Name: _____

Address: _____ Date: _____

R_x

Healthy Sex

Is Sex Good Medicine?

David Sobel

MD: _____

Signature: _____

David S. Sobel, MD, MPH

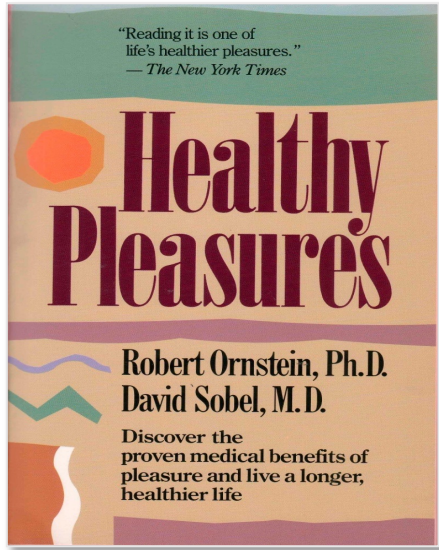
Adjunct Lecturer, Stanford University School of Medicine
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Objectives



- ✓ Distinguish between sexual health and sexual dysfunction domains of sexual medicine
- ✓ Describe 3 ways in which sexual pleasure is associated with enhanced physical health, mental well-being, or relationship satisfaction
- ✓ Provide brief advice or counsel to patients on 2 techniques to enhance sexual satisfaction

Healthy Pleasures

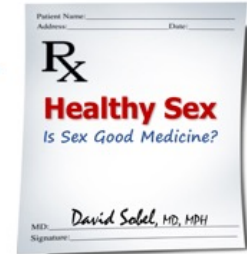


Lecture Evaluation

Since this is a relatively new lecture on a potentially controversial topic, I would greatly appreciate more detailed feedback. The more specific and constructive the better. Thanks!

New Lecture Feedback Form

Since this is the first time I have given this lecture on a potentially controversial topic, I would greatly appreciate your more detailed feedback. The more specific the better. Thanks!



Overall evaluation:

Poor 1 2 3 4 5 6 7 8 9 10 Excellent

How informative and engaging?

Not at all 1 2 3 4 5 6 7 8 9 10 Very

How offensive?

Very 1 2 3 4 5 6 7 8 9 10 Not at all

Offensive Content/Images/Comments (please delete/modify)	Enjoyable/useful content
<input type="text"/>	<input type="text"/>

Other suggestions for improvement:

Name and contact number or email (optional):

Patient Name: _____

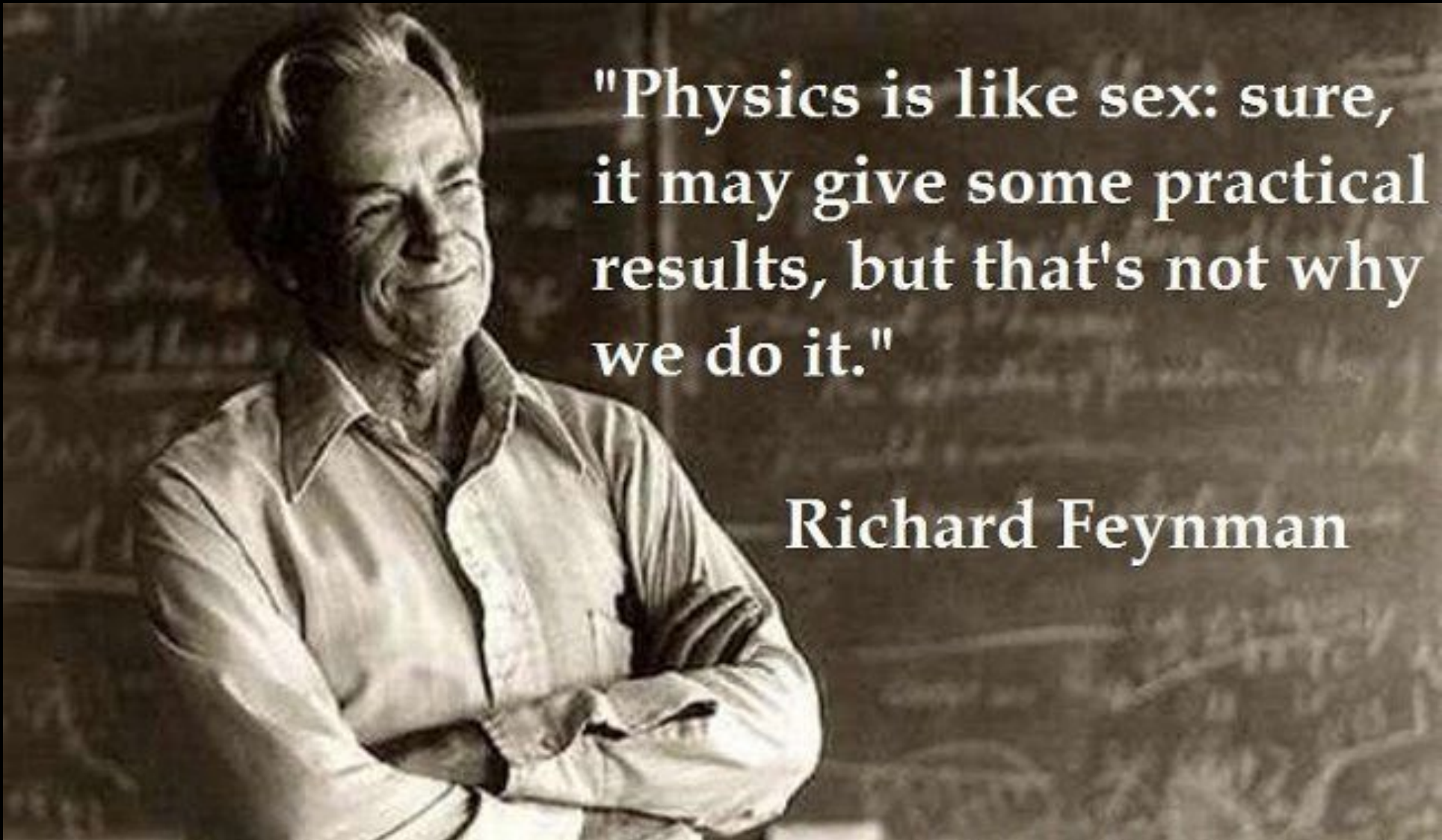
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R_x Healthy Sex

*Why do people
have sex?*

MD: _____

Signature: _____

A black and white photograph of Richard Feynman. He is standing in front of a chalkboard, looking slightly to his right with a thoughtful expression. He has his arms crossed and is wearing a light-colored, button-down shirt. The chalkboard behind him is filled with faint, illegible chalk markings.

"Physics is like sex: sure,
it may give some practical
results, but that's not why
we do it."

Richard Feynman

Why Do People Have Sex?

BABIES?

**PHYSICAL
PLEASURE?**

**EMOTIONAL
CONNECTION?**

**HEALTH
BENEFITS!**

Patient Name: _____

Address: _____ Date: _____

R_x **Healthy Sex**

*Is sex beneficial
for health and
well-being?*

MD: _____

Signature: _____



SEX EDUCATION

Is Sex Beneficial for Your Health?

Country	Agreeing or strongly agreeing that "sex is beneficial for your general health and well being" (%)
Brazil	91
Greece	86
Poland	84
Mexico	84
Spain	81
Russia	78
Malaysia	72
Switzerland	71
Austria	70
India	69
South Africa	67
Canada	66
Germany	66
Netherlands	66
China	66
France	65
USA	63
Australia	61
Italy	60
New Zealand	59
Nigeria	56
Singapore	51
Hong Kong	50
UK	48
Japan	30
Thailand	28



Pope Francis Praises Eating and Sex as Pleasures That 'Come From God'

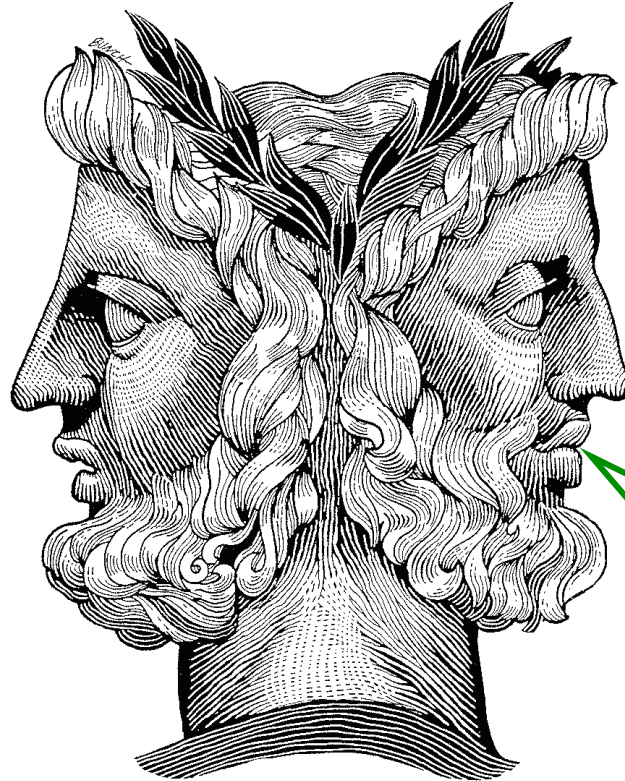
"The pleasure of eating is there to keep you healthy by eating, just like sexual pleasure is there to make love more beautiful and guarantee the perpetuation of the species... The pleasure of eating and sexual pleasure come from God."



Sexual Medicine

Sexual Dysfunction

- STDs
- Sexual addiction
- Erectile Dysfunction
- Premature ejaculation
- Low libido
- Hypoactive Sexual Desire Disorder (HSSD)
- Anorgasmia, preorgasmia, orgasmic anhedonia
- Dyspareunia
- Sexual violence
- Infertility
- Unwanted pregnancies
- Etc



Sexual Health

- Pleasure
- Sexual satisfaction
- Health enhancement

If sex was a medication, diet, exercise, or even alcohol, would we focus only on risks and ignore benefits?

Patient Name: _____

Address: _____ Date: _____

R_x Healthy Sex

*Is sex good
medicine?*

MD: _____

Signature: _____



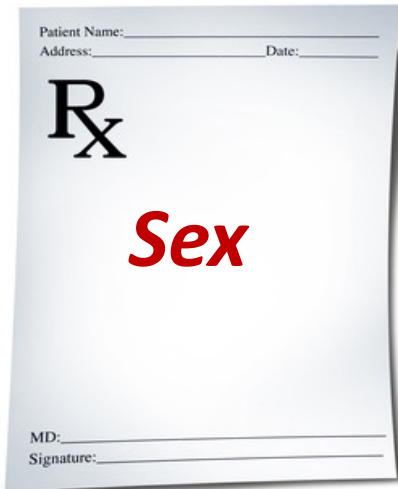
New Medical Treatment

Generic Name: **Sex**

- Brand Names (varies by region/culture/vernacular)

Indications and Usage

- Enable reproduction (before artificial insemination)
- Increase longevity and reduce all cause mortality
- Reduce coronary heart disease and heart attacks
- Lower risk of prostate cancer and breast cancer
- Prevent erectile dysfunction
- Prevent vaginal atrophy
- Abort headache
- Prevent colds
- Improves sleep
- Increase caloric expenditure
- Motivate weight loss
- Increase marital satisfaction and bonding



New Medical Treatment

Side Effects

- Relaxation, improved mood, postcoital euphoria

Adverse Reactions

- Sexually Transmitted Diseases (STDs)
- Addiction
- Cardiac arrest and sudden death (rare)
- Orgasmic headaches
- Periorgasmic symptoms*
- Trauma to organs or orifice
- Incarceration
- Disturbing neighbors or children

Dosage and Administration

- Variety of formulations and routes of administration
- Self-administer or with others
- Optimal: once a week or prn (dose as needed)

Other Considerations

- Inexpensive, readily available, can be self-prescribed

*including cataplexy (weakness), crying, laughing, dysphoria, facial or ear pain, foot pain, pruritus, panic attack, post-orgasm illness syndrome, seizures, and sneezing (Reinert, Sex Med Rev 2017)

Sex is difficult to study



Illustration by Sophia Martineck

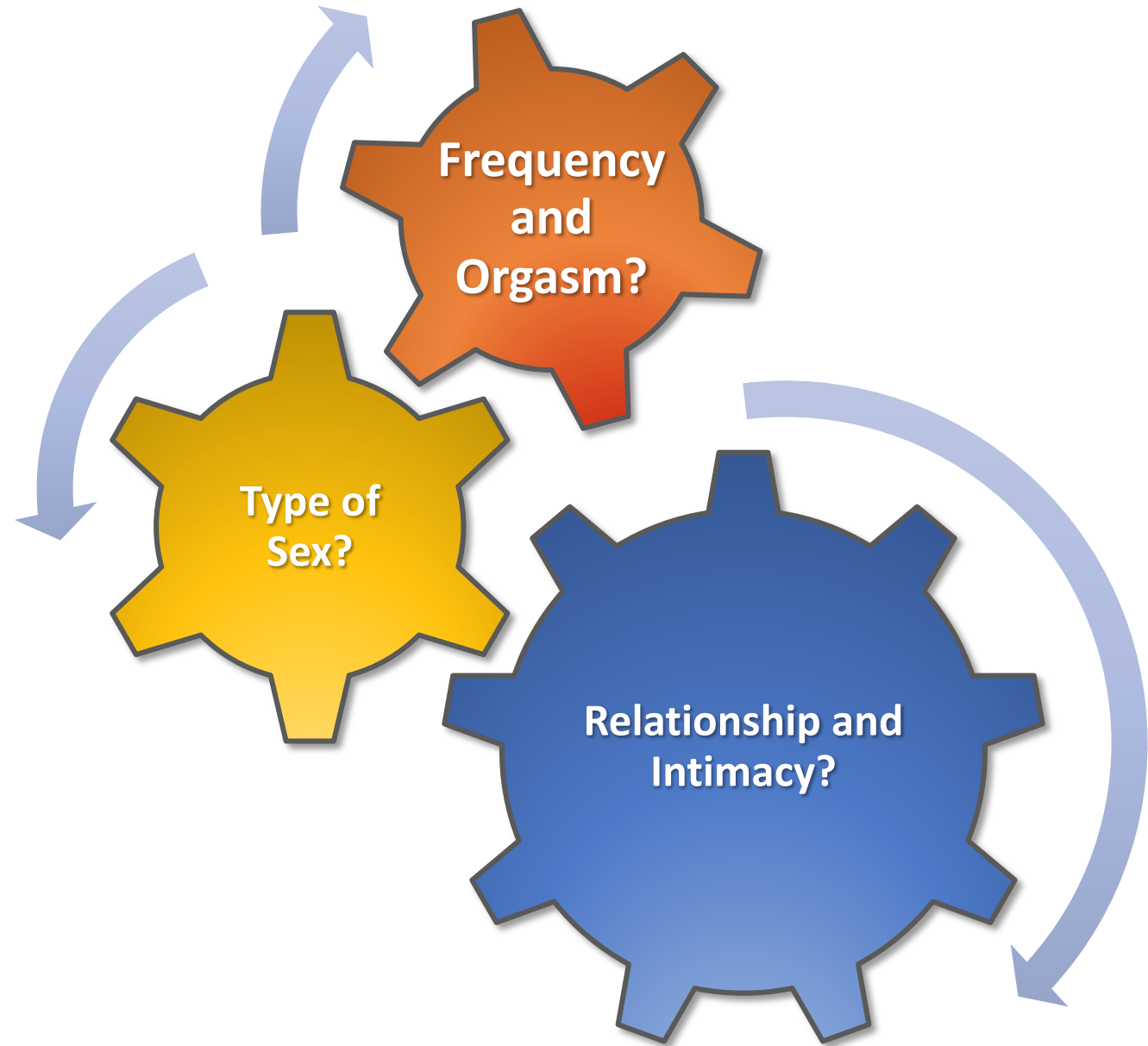
<https://well.blogs.nytimes.com/2015/06/25/the-joy-of-just-the-right-amount-of-sex/>

Data Limitations

- Bias towards sexual dysfunction
- Sensitive topic for self-report
- Lack of randomized, controlled trials
 - Correlation may not be causation
 - Some results only “suggestive”
- Sample size varies and difficult to generalize across genders, ages, orientation, type of sex, etc.
- Incomplete data on variety of sexual behaviors, LGBT+, and confounding impact of intimate relations



What is the Mechanism of Action?



Brody S. The relative health benefits of different sexual activities. *J Sex Med* 2010.
Diamond L. Is sex good for you? *Soc Person Psych Compass*, 2012.

Patient Name: _____

Address: _____ Date: _____

R_x **Healthy Sex**

*Does sex improve
physical health?*

MD: _____

Signature: _____

Sex and Mortality

CENSORED

- The risk of death in men who had sex twice or more a week is half that of men who had sex less than once a month.
- N=300, Adjusted for age, social class, smoking, blood pressure, cholesterol, and pre-existing heart disease
- ↑ 100 orgasms per year = ↓34% all-cause mortality.
- *“Intervention programmes could also be considered, perhaps based on the exciting “At Least Five a Day” campaign aimed at increasing fruit and vegetable consumption—although the numerical imperative may have to be adjusted. The disappointing results observed in health promotion programmes in other domains may not be seen when potentially pleasurable activities are promoted.”*

Sex and Mortality

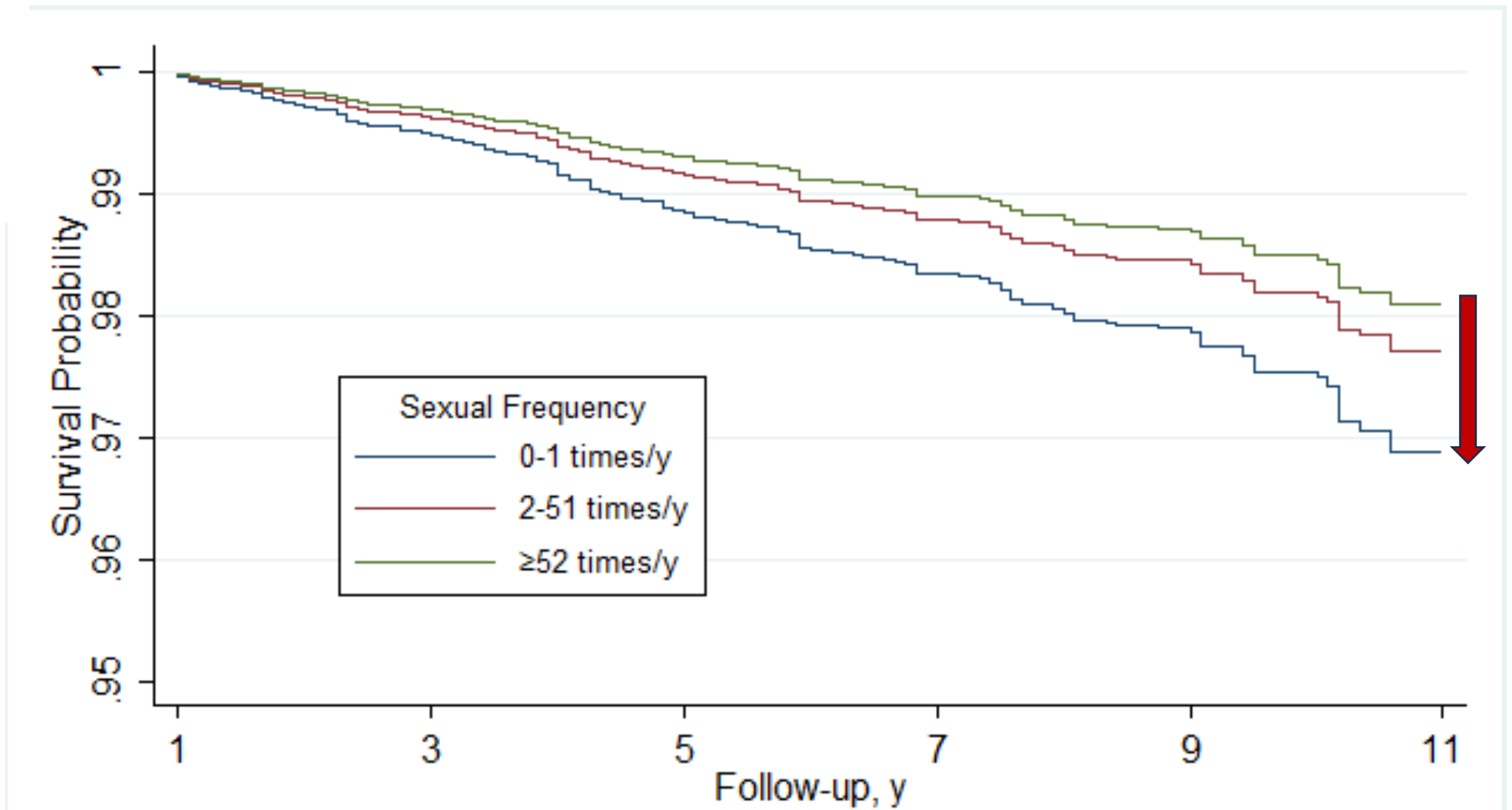


- Prospective trial 15,269 US adults (mean age 39 yrs) followed over 10 years
- Dose response: more sex, lower death rates
- Weekly sex associated* with 49% less likely to die from all causes than those who had sex 0-1 times per year

Cao C, Yang L, Xu T, et al. Trends in Sexual Activity and Associations With All-Cause and Cause-Specific Mortality Among US Adults. *J Sex Med* 2020.

*adjusted for age, race/ethnicity, education attainment and family poverty, physical activity, alcohol consumption, BMI, smoking status, hypertension, hypercholesterolemia, diabetes, history of CVD, and history of cancer, and general health condition.

Sexual Activity and Mortality



Cao C, Yang L, Xu T, et al. Trends in Sexual Activity and Associations With All-Cause and Cause-Specific Mortality Among US Adults. *J Sex Med* 2020.

Frequent Sex Lowers Heart Disease Risk

- 914 men age 45-59, 20-year follow-up
- Frequent intercourse (2x or more /week) associated with nearly 50% reduction in fatal and first heart attacks compared to low and intermediate frequency
- No increased risk of stroke with frequent sexual intercourse

Sex and Successful Aging



Frequency of sexual activity, quality of sexual life, and interest in sex are positively associated with health in middle age and later life.

Sex and Cardiovascular Risk

Men: High frequency of sex is positively related to lower risk of cardiovascular events

Women: Good sexual quality seems to protect women from cardiovascular risk

Sex and Longevity

Men: *Frequency* of intercourse significant predictor of longevity

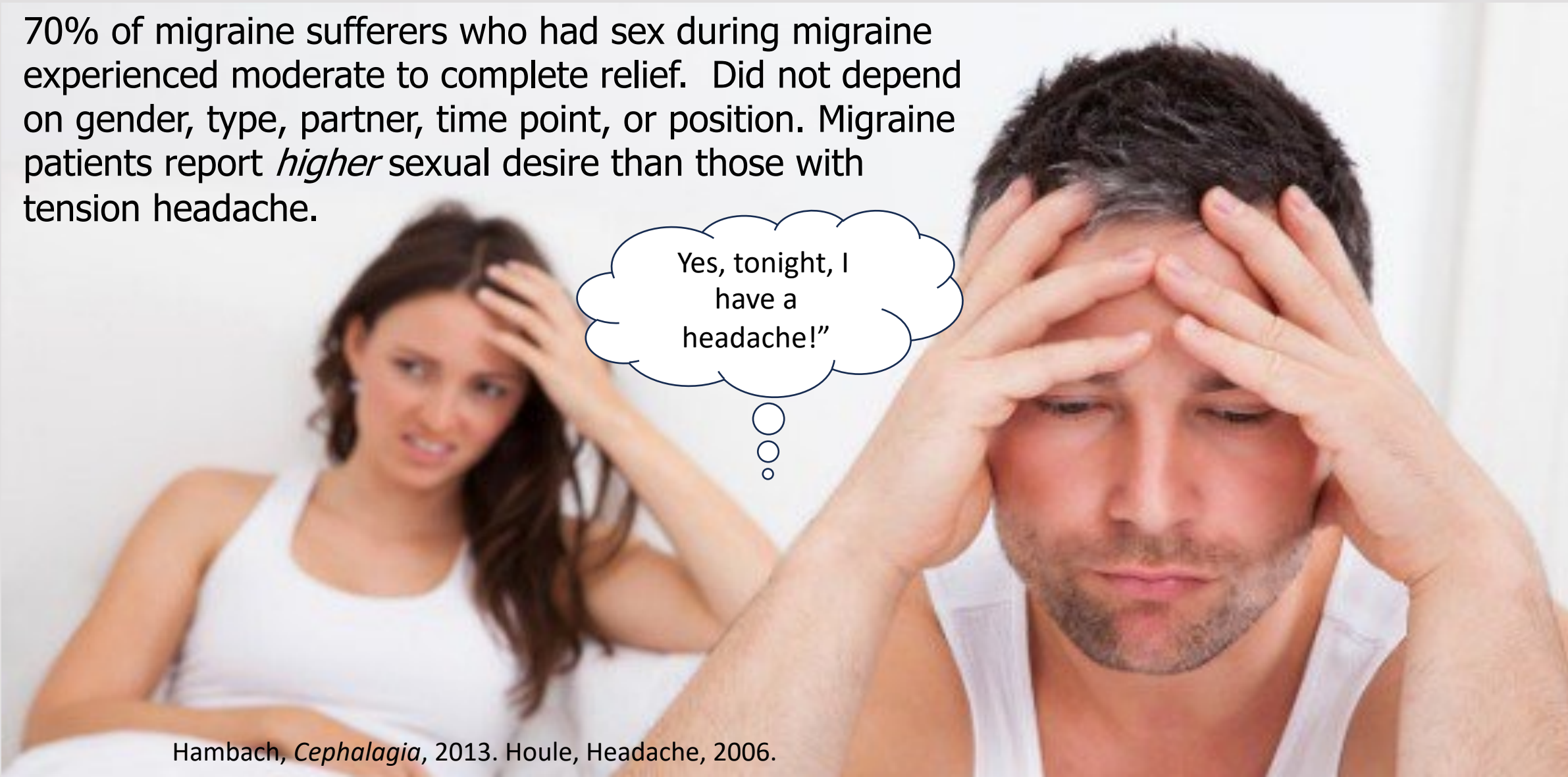
Women: *Enjoyment* of intercourse significant predictors of longevity (added 4.28 years)

25 yr Duke Longitudinal Study, N=252
Palmore EB. The Gerontologist, 1982



Headache and Sex

70% of migraine sufferers who had sex during migraine experienced moderate to complete relief. Did not depend on gender, type, partner, time point, or position. Migraine patients report *higher* sexual desire than those with tension headache.



Yes, tonight, I
have a
headache!"

Patient Name: _____

Address: _____ Date: _____

R_x **Healthy Sex**

*Is sex good medicine
for
men's health?*



MD: _____

Signature: _____

Sex Protects against Erectile Dysfunction

Use it or Lose It



- 1300 men age 55-75 with no history of ED followed for 5 years
- Intercourse less than 1x/week had:
 - 2x higher incidence of ED compared with those reporting intercourse once a week
 - 4x higher compared to having intercourse 3x or more a week

Ejaculation Lowers Prostate Cancer Risk

ORIGINAL CONTRIBUTION

Ejaculation Frequency and Subsequent Risk of Prostate Cancer

Michael F. Leitzman, MD
Elizabeth A. Platz, ScD
Mair J. Stampfer, MD
Walter C. Willett, MD
Edward Giovannucci, MD

Context: Sexual activity has been hypothesized to play a role in the development of prostate cancer, but epidemiological data are virtually limited to case-control studies, which may be prone to bias because recall among individuals with prostate cancer could be distorted as a consequence of prostate malignancy or ongoing therapy.

Objective: To examine the association between ejaculation frequency, which includes sexual intercourse, nocturnal emission, and masturbation and risk of prostate cancer.

SEXUAL ACTIVITY IS HYPOTHESIZED to affect prostate carcinogenesis through numerous etiologic pathways. One of the most commonly postulated mechanisms implicates increased sexual activity as an indicator of higher androgenic activity and thus a marker for a high-risk population.¹ Another mechanism proposes that sexual activity represents a marker for opportunity for exposure to infectious agents, although no sexually transmitted infection has been consistently implicated in prostate cancer development.²

An alternative hypothesis suggests that a reduced ejaculatory output in otherwise normal men is an etiologic risk factor for prostate cancer. That proposition is based on the theory that infrequent ejaculation increases the risk of prostate cancer because of retained carcinogenic secretions in the prostatic acini.³ A further hypothesis implicates repression of sexuality as a risk factor for prostate cancer and is derived from reports of greater sexual drive coupled with depressed sexual activity⁴ and greater interest in more sexual intercourse than experience⁵ among prostate cancer cases compared with controls.

In the United States, 38% of married persons aged 90 years or older reportedly engage in sexual activity between 1 and 4 times per month, and 14% indicate being sexually active at least 5 times per month.⁶ Although the

Design, Setting, and Participants: Prospective study using follow-up data from the Health Professionals Follow-up Study (February 1, 1992, through January 31, 2000) of 29,342 US men aged 46 to 81 years, who provided information on history of ejaculation frequency on a self-administered questionnaire in 1992 and responded to follow-up questionnaires every 2 years to 2000. Ejaculation frequency was assessed by asking participants to report the average number of ejaculations they had per month during the ages of 20 to 29 years, 40 to 49 years, and during the past year (1991).

Main Outcome Measure: Incidence of total prostate cancer.

Results: During 222,426 person-years of follow-up, there were 1449 new cases of total prostate cancer, 953 organ-confined cases, and 147 advanced cases of prostate cancer. Most categories of ejaculation frequency were unrelated to risk of prostate cancer. However, high ejaculation frequency was related to decreased risk of total prostate cancer. The multivariate relative risks for men reporting 21 or more ejaculations per month compared with men reporting 4 to 7 ejaculations per month at ages 20 to 29 years were 0.89 (95% confidence interval [CI], 0.73-1.10); ages 40 to 49 years, 0.68 (95% CI, 0.53-0.86); previous year, 0.49 (95% CI, 0.27-0.88); and averaged across a lifetime, 0.67 (95% CI, 0.51-0.89). Similar associations were observed for organ-confined prostate cancer. Ejaculation frequency was not statistically significantly associated with risk of advanced prostate cancer.

Conclusions: Our results suggest that ejaculation frequency is not related to increased risk of prostate cancer.

JAMA. 2006;295:1570-1580

www.jama.com

libido declines with age, sexual activity is common among 70-, 80-, and even 90-year-old men.⁷ Given that sexual activity is common, including in older men,^{8,9} and that prostate cancer risk is high,¹⁰ any association between these factors would have clinical and public health relevance. A recent meta-analysis¹¹ reported an increased risk of prostate cancer with greater sexual activity (odds ratio, 1.2; 95% confidence interval [CI], 1.1-1.3 for an increase in sexual activity of 3 times per week).

Epidemiological data on sexual activity and prostate cancer are almost en-

tirely limited to case-control studies,^{12,13} which may be particularly prone to methodological bias because infor-

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Corresponding Author: Michael F. Leitzman, Division of Cancer Epidemiology and Genetics, National Cancer Institute, EPN-A5C7222, 612 Executive Blvd, Bethesda, Md 20892 (leitzma@mail.nih.gov).

1570 JAMA, April 7, 2006—Vol 295, No. 15 (Reprinted)

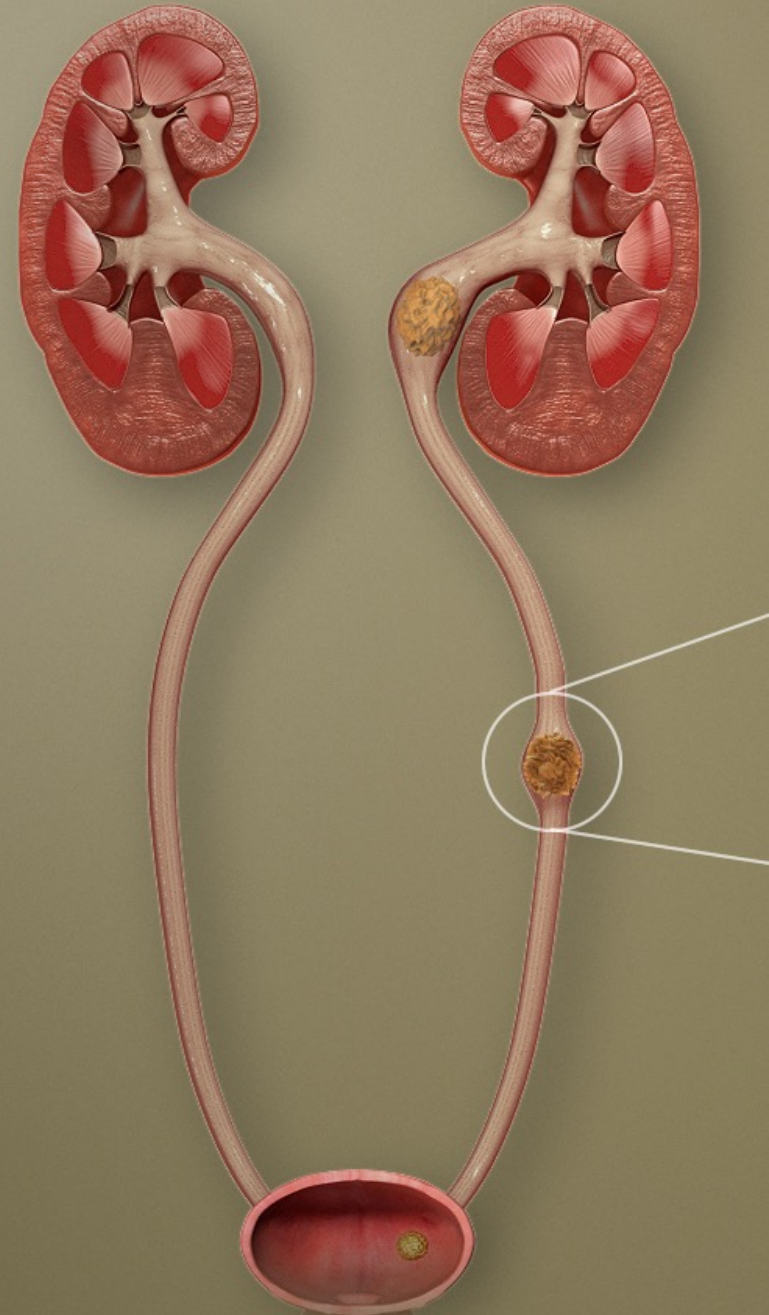
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- 29,000 white male health professionals
- High ejaculation frequency related to lower subsequent risk of prostate cancer
- 33% lower risk associated with ≥ 21 times per month vs. 4-7 times per month
- Men who averaged five or more ejaculations weekly in their 20s had a 36% lower risk compared with those who ejaculated less often (Giles)

Leitzman MF, JAMA 2004
Giles, BJU 2003

Sexual Activity and Ureteral Stones

- Sexual intercourse 3-4 times a week increases spontaneous passage of ureteral stones
- Roughly equal in efficacy to medication (Flomax/Tamsulosin)
- Both men and women



Patient Name: _____

Address: _____ Date: _____

R_x **Healthy Sex**

*Is sex good medicine
for
women's health?*

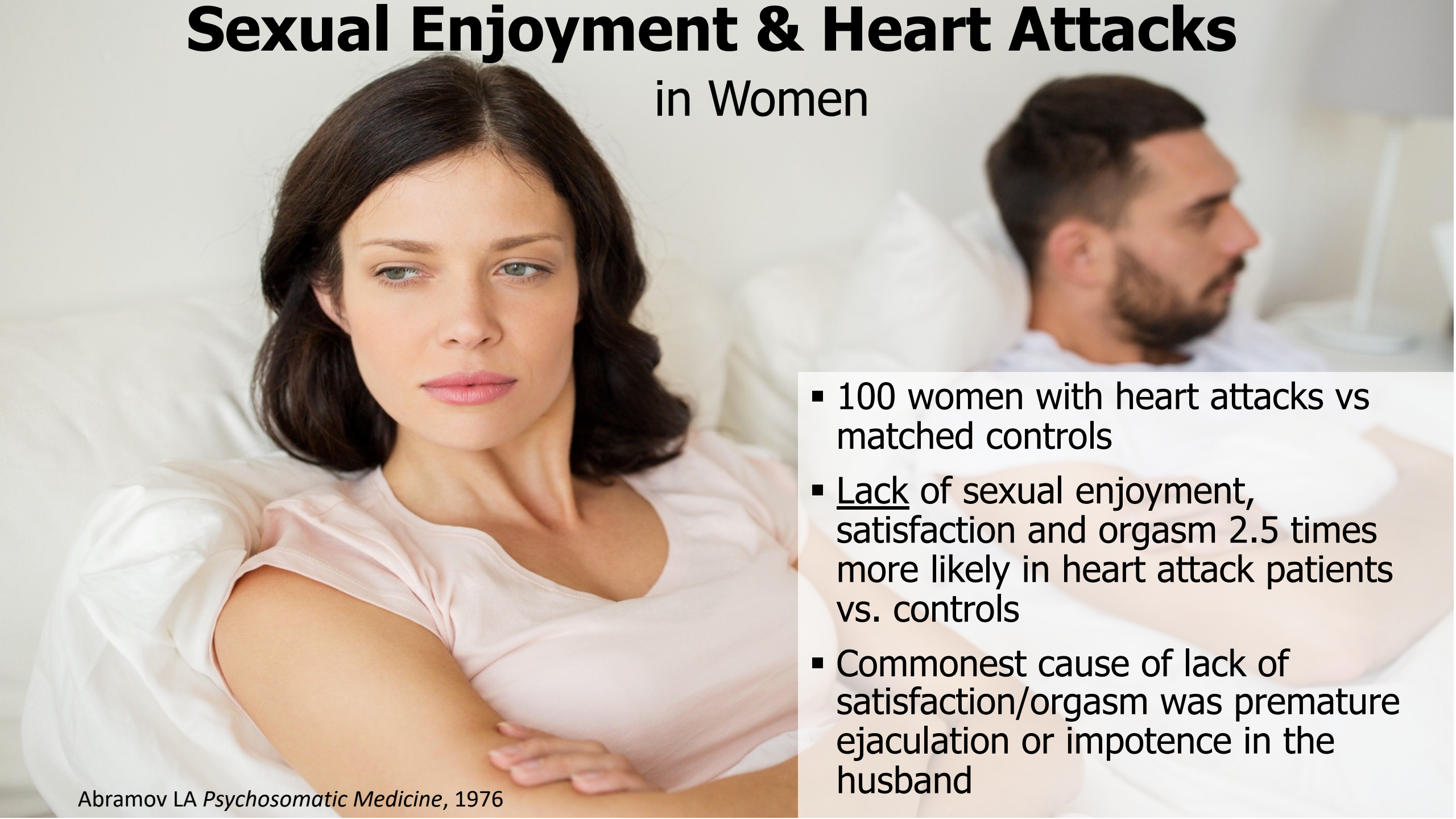


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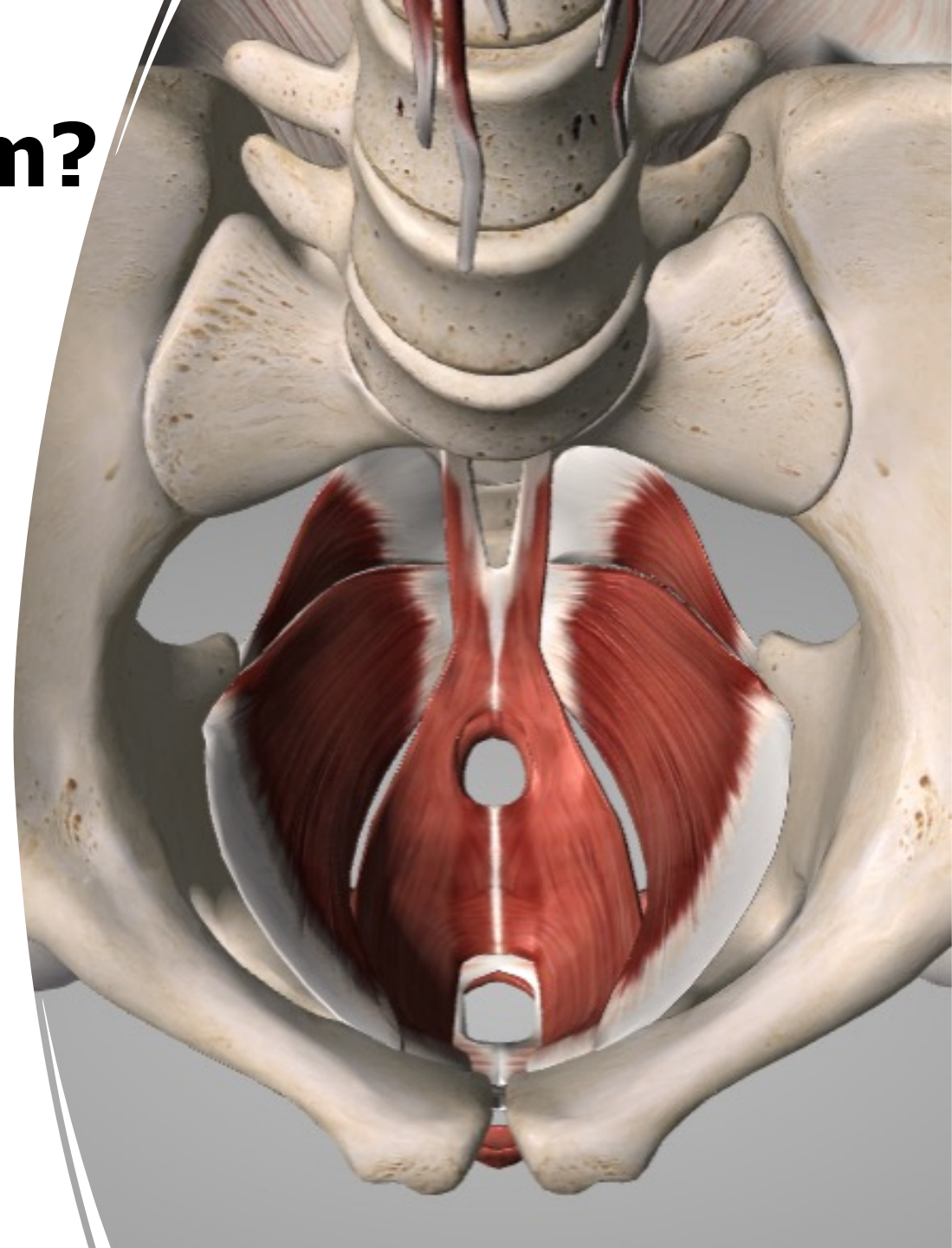
Sexual Enjoyment & Heart Attacks

in Women

- 
- 100 women with heart attacks vs matched controls
 - Lack of sexual enjoyment, satisfaction and orgasm 2.5 times more likely in heart attack patients vs. controls
 - Commonest cause of lack of satisfaction/orgasm was premature ejaculation or impotence in the husband

Rx: Kegels or Orgasm?

- Postpartum women after vaginal delivery
- **Improved pelvic floor muscle strength and sexual function**
- Self-initiated or partnered sexual activity-induced orgasms (2x/wk) along with daily Kegel's exercises vs Kegel exercises alone



Vaginal Atrophy

Sexually active (3x+/month)
less vaginal atrophy than
sexually inactive (< 10x/year)



52 postmenopausal women
Lieblum JAMA, 1983

Sex Relieves Hot Flashes



- 6-month randomized trial of 85 menopausal women
- Women instructed to have coitus at least 1x/wk experienced a 75% reduction in hot flashes

Patient Name: _____

Address: _____ Date: _____

R_x Healthy Sex

**Sleep is the New Sex
and
*Naps are the New Quickies***

MD: _____

Signature: _____

Sleep is the New Sex

65% of women
prefer a good
night's sleep
over sex



TODAY 'Snooze or Lose' sleep survey 1000 adults

Better Sleep, Better Sex

A photograph of a woman with dark hair and light eyes lying in bed, looking thoughtfully towards the camera. Her hand is resting on her head. In the background, another person is sleeping peacefully, partially obscured by white bedding.

- In women longer sleep duration is related to greater next-day sexual desire and genital response.
- Each extra hour of sleep corresponded to a 14% increase in the likelihood of sexual activity the next day.

Patient Name: _____

Address: _____ Date: _____

R_x **Healthy Sex**

*Is sex
good exercise?*

MD: _____

Signature: _____

Sex and Caloric Expenditure

- **Duration**
 - How long?
- **Intensity**
 - How hard?
- **Frequency**
 - How often?



Exercise and Sex

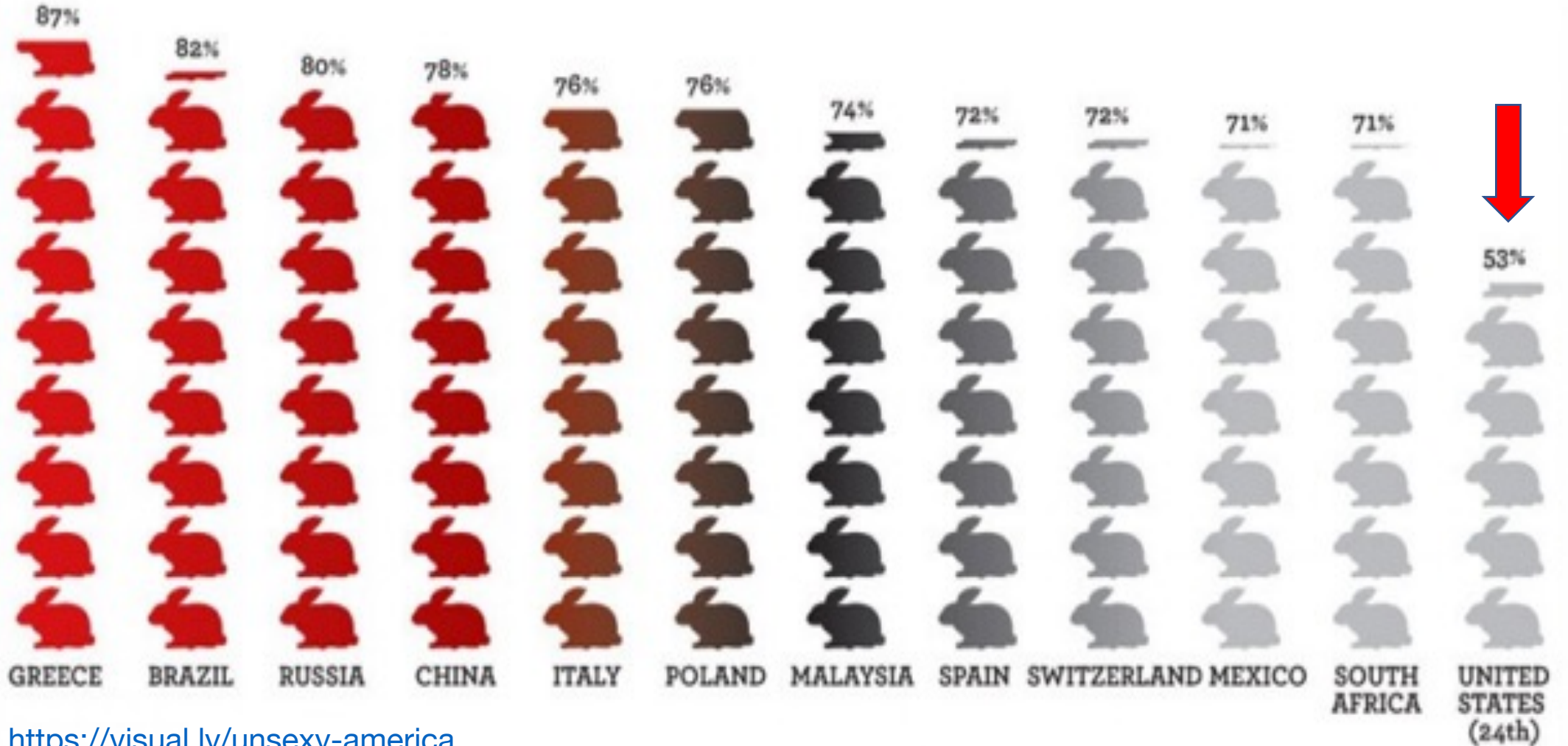


Hey, let's
save some
for later

- 78 sedentary, healthy men mean age 48
- Regular vigorous exercise (60 min x 3.5d/wk @ 75% capacity) vs. controls (240 min/wk walking) x 9 months
- Vigorous exercisers were more fit and reported more:
 - Deep kissing (↑20%)
 - Frequent sex with partner (↑30% to 3x/wk) and masturbation
 - Reliable erections and sexual functioning
 - Satisfying orgasms
 - Sexual fantasies
- But, intense frequent (≥ 10 x/week) long duration (≥ 10 hrs/week) exercise associated with decreased libido in men (Hackney AC. 2017)

Frequency

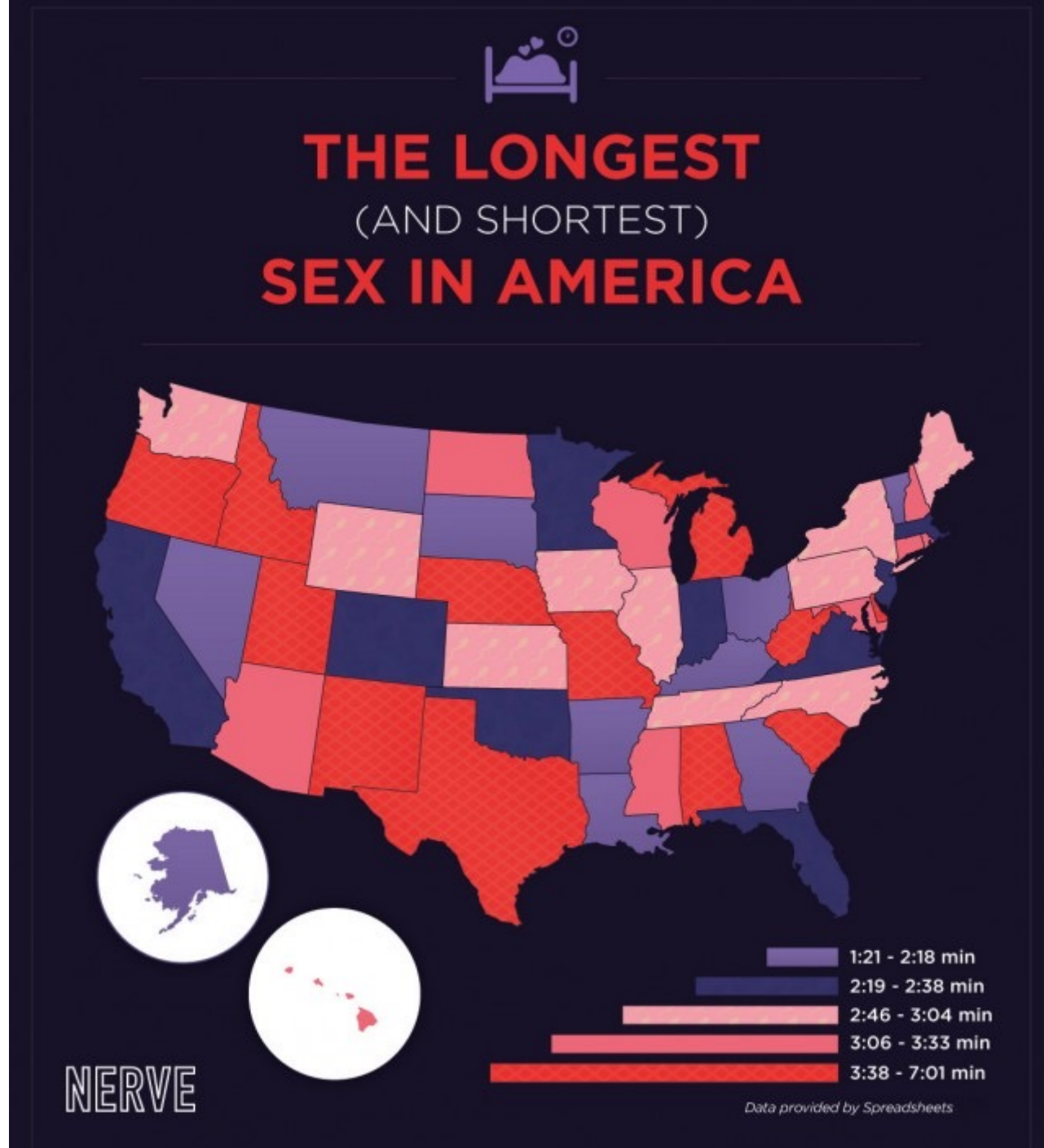
Percentage of adults who have sex at least once a week



<https://visual.ly/unsexy-america>

Duration

1. New Mexico - (7:01)
2. West Virginia - (5:38)
3. Idaho - (5:11)
4. South Carolina - (4:48)
5. Missouri - (4:22)
6. Michigan - (4:14)
7. Utah - (3:55)
8. Oregon - (3:51)
9. Nebraska - (3:47)
10. Alabama - (3:38)



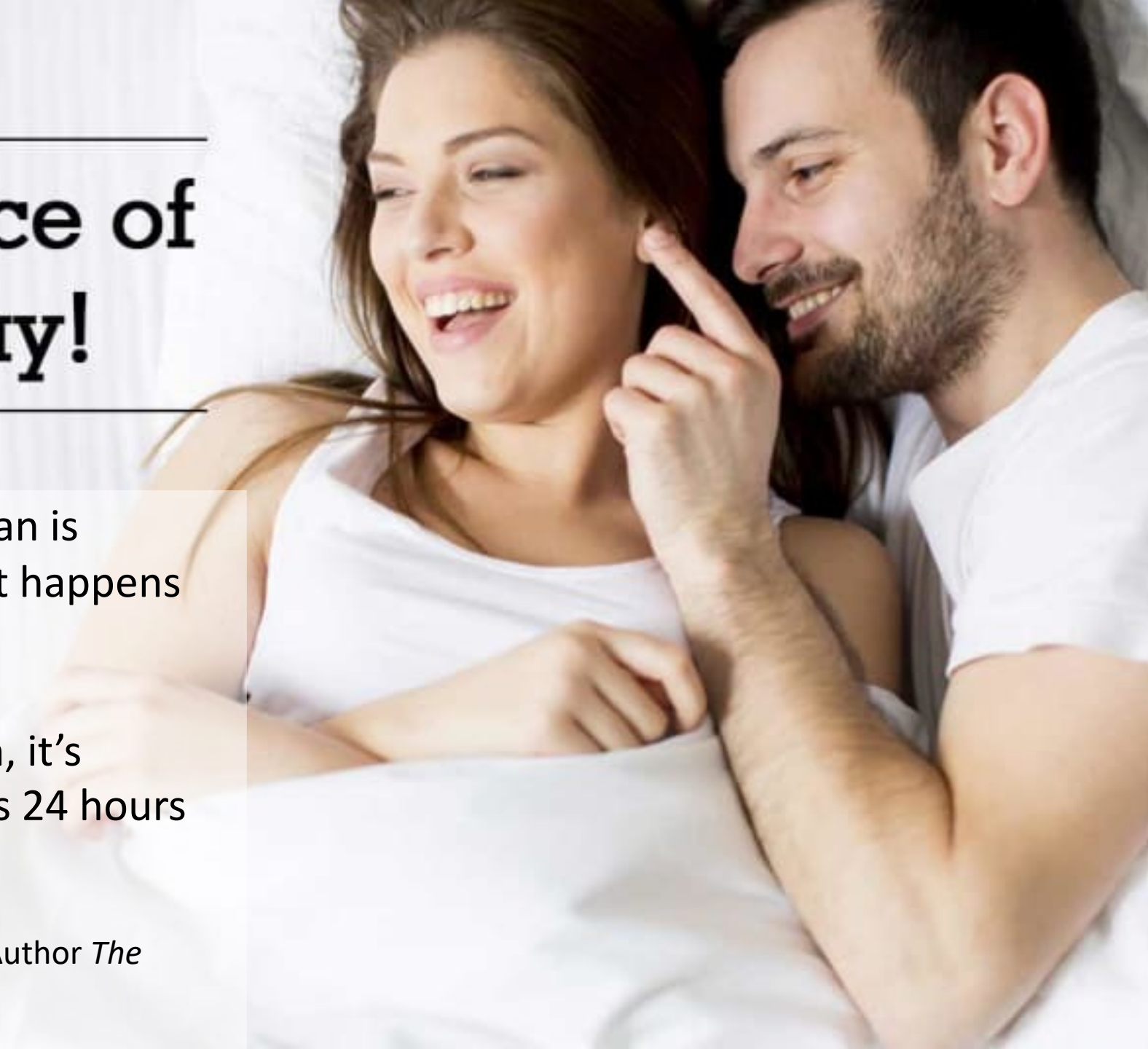
Duration?

Importance of Foreplay!

MEN: “Foreplay for a man is basically everything that happens 24 seconds before sex.”

WOMEN: “For a woman, it’s everything that happens 24 hours before.”

Louann Brizendine, MD, UCSF, Author *The Female Brain, The Male Brain*



Sex and Caloric Expenditure

Sexercise for Cross-Training?

- Intensity of sex = moderate (6 METS)-higher than walking but lower than jogging
- 25 minutes of sex = 15 minutes on treadmill

OPEN ACCESS Freely available online

PLOS ONE

Energy Expenditure during Sexual Activity in Young Healthy Couples

Julie Frappier¹, Isabelle Toupin³, Joseph J. Levy², Mylene Aubertin-Leheudre¹, Antony D. Karelis^{1*}

¹ Department of Kinanthropology, Université du Québec à Montréal, Montreal, Quebec, Canada, ² Department of Sexology, Université du Québec à Montréal, Montreal, Quebec, Canada, ³ School of Public Health, Université de Montréal, Montreal, Quebec, Canada

Abstract

Objective: To determine energy expenditure in kilocalories (kcal) during sexual activity in young healthy couples in their natural environment and compare it to a session of endurance exercise.

Methods: The study population consisted of twenty one heterosexual couples (age: 22.6 ± 2.8 years old) from the Montreal region. Free living energy expenditure during sexual activity and the endurance exercise was measured using the portable mini SenseWear armband. Perceived energy expenditure, perception of effort, fatigue and pleasure were also assessed after sexual activity. All participants completed a 30 min endurance exercise session on a treadmill at a moderate intensity.

Results: Mean energy expenditure during sexual activity was 101 kCal or 4.2 kCal/min in men and 69.1 kCal or 3.1 kCal/min in women. In addition, mean intensity was 6.0 METS in men and 5.6 METS in women, which represents a moderate intensity. Moreover, the energy expenditure and intensity during the 30 min exercise session in men was 276 kCal or 9.2 kCal/min and 8.5 METS, respectively and in women 213 kCal or 7.1 kCal/min and 8.4 METS, respectively. Interestingly, the highest range value achieved by men for absolute energy expenditure can potentially be higher than that of the mean energy expenditure of the 30 min exercise session (i.e. 306.1 vs. 276 kCal, respectively) whereas this was not observed in women. Finally, perceived energy expenditure during sexual activity was similar in men (100 kCal) and in women (76.2 kCal) when compared to measured energy expenditure.

Conclusion: The present study indicates that energy expenditure during sexual activity appears to be approximately 85 kCal or 3.6 kCal/min and seems to be performed at a moderate intensity (5.8 METS) in young healthy men and women. These results suggest that sexual activity may potentially be considered, at times, as a significant exercise.

Citation: Frappier J, Toupin I, Levy JJ, Aubertin-Leheudre M, Karelis AD (2013) Energy Expenditure during Sexual Activity in Young Healthy Couples. PLoS ONE 8(10): e79342. doi:10.1371/journal.pone.0079342

Editor: Conrad P. Earnest, University of Bath, United Kingdom

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Funding: This study was supported by grants from The Foundation for the Scientific Study of Sexuality and l'Institut Santé et société de the Université du Québec à Montréal. The funders had no role in study design, data collection and analysis, decision to publish, or preparation of the manuscript.

Competing interests: The authors have declared that no competing interests exist

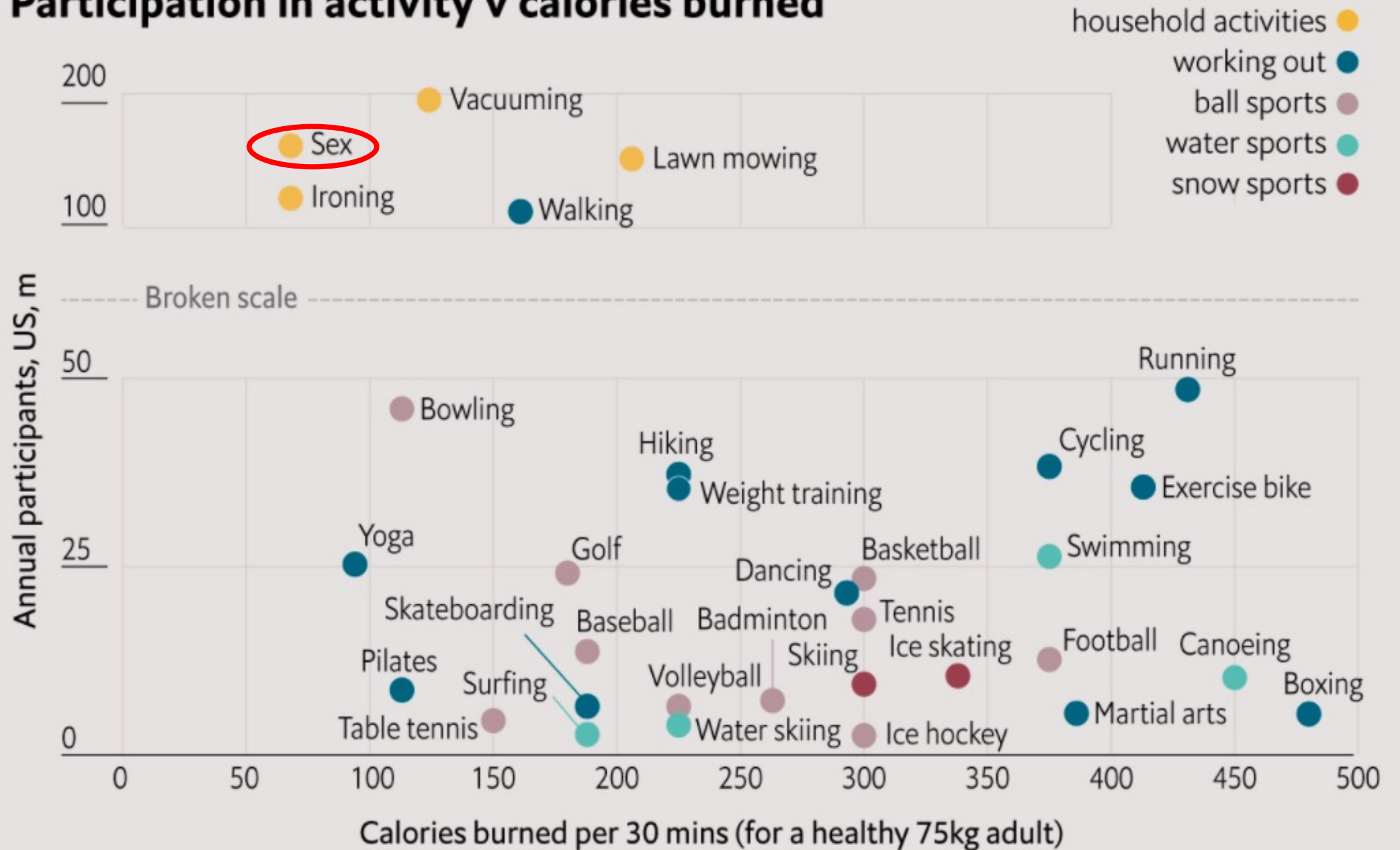
* E-mail: karelis.antony@uqam.ca

Introduction

Health professionals are starting to recognize that sexual activity in humans could be an important aspect on their overall health and quality of life since this activity is practiced regularly by most individuals throughout their lifetime [1-6]. However, due to the intimate and sensitive nature of sexuality, few studies have investigated if sexual activity could be considered as an exercise which involves a significant amount of energy expenditure [7-14]. For example, in 1966, Masters and Johnson [12] were one of the first authors to examine the physiological responses of sexual activity albeit in a laboratory setting. The authors reported 11 years of observational studies that involved 382 female volunteers, 18 to 78 years of age, and 312 male volunteers, 21 to 89 years of age. The authors

observed a progressive increase in respiratory rates as high as 40 respirations per minute, an increase in heart rate as high as 110 to 180 beats/min and an increase in systolic blood pressure from 30 to 80 mm Hg during sexual activity. In 1970, Hellerstein and Friedman [9] investigated sexual activity in middle-aged men (mean age 47.5 years) with their wives using 24-hour ambulatory electrocardiogram (ECG) monitors. The mean heart rate at the time of orgasm was 117.4 beats per minute with a range of 90 to 144 beats per minute. Of particular interest was their finding on peak caloric heart rate, which was usually lower than the heart rates achieved with normal daily activities (mean of 120.1 beats per minute). In 1984, Bohlen et al. [8] studied 10 married couples in a laboratory setting using ECG, oxygen consumption (measured using a fast responding polarographic O₂ gas analyzer), heart rate and blood pressure

Participation in activity v calories burned



Patient Name: _____

Address: _____ Date: _____

R_x **Healthy Sex**

*Does sex
relieve stress?*

MD: _____

Signature: _____

Sex for Stress

- Higher levels of stress on one day predicted a higher likelihood of having sex on a subsequent day
- Sexual activity on one day was linked with lower levels of stress on the next day

n=75 heterosexual young adults
Ein-Dor *J Soc Pers Relat* 2012

THERE ARE VERY
FEW PROBLEMS
THAT AN ORGASM
CAN'T SOLVE

IT'S BEEN A LONG
DAY. I NEED ONE OF
THOSE HUGS THAT
TURNS INTO SEX.

© REBEL CIRCUS

Sex at Home

A Novel Work-Related Stress Recovery Activity

After engaging in sexual activity “I feel physically refreshed,” “I feel well-rested,” “I feel energetic,” and “I feel mentally recovered.”

Pleasurable sex, alone or when shared with a romantic partner, relates to recovery gains, including job satisfaction, work engagement, and life satisfaction.



Goodman RE, et al. Conceptualizing Sexual Pleasure at Home as a Work-Related Stress Recovery Activity. *Journal of Occupational Health Psychology*, 2014, 19(1), 22-31.

Sex at Home

A Novel Work-Related Stress Recovery Activity

“We recommend that organizations be mindful of the importance of leisure time for workers and regard a worker’s time outside of work as a regenerative tool, yielding valuable outcomes for the organization. Therefore, reducing demands during off-work hours is necessary for successful employee recovery and organizational success.

*Furthermore, we recommend that organizations also educate their employees concerning the importance of experiencing pleasure during non-work hours. Organizations may sponsor initiatives that allow employees to learn about different activities that **promote enjoyment and pleasure.**”*



Patient Name: _____

Address: _____ Date: _____

R_x Healthy Sex

*Does sex improve
happiness?*

MD: _____

Signature: _____

Sex Today, Better Mood Tomorrow

- A positive, pleasurable sexual encounter today leads to greater well-being tomorrow (not reverse)
- Effect enhanced by relationship closeness



N= 186 college students

Kashdan TB. *Emotion*, 2017

Rating Daily Activities

From Frustrating to Happy



- 1. Sex**
- 2. Socializing**
- 3. Pray/worship/meditate**
- 4. Eating**
- 5. Exercising**
- 6. Watching TV**
- 7. Shopping**
- 8. Taking care of my children**
- 9. Working**
- 10. Commuting**

N=1000 working women
Kahneman, *Science* 2004

Sex Ranks #1

Happiness, Pleasure, Meaning, Engagement



n=173, mean age 23
Grimm, Carsten 2012

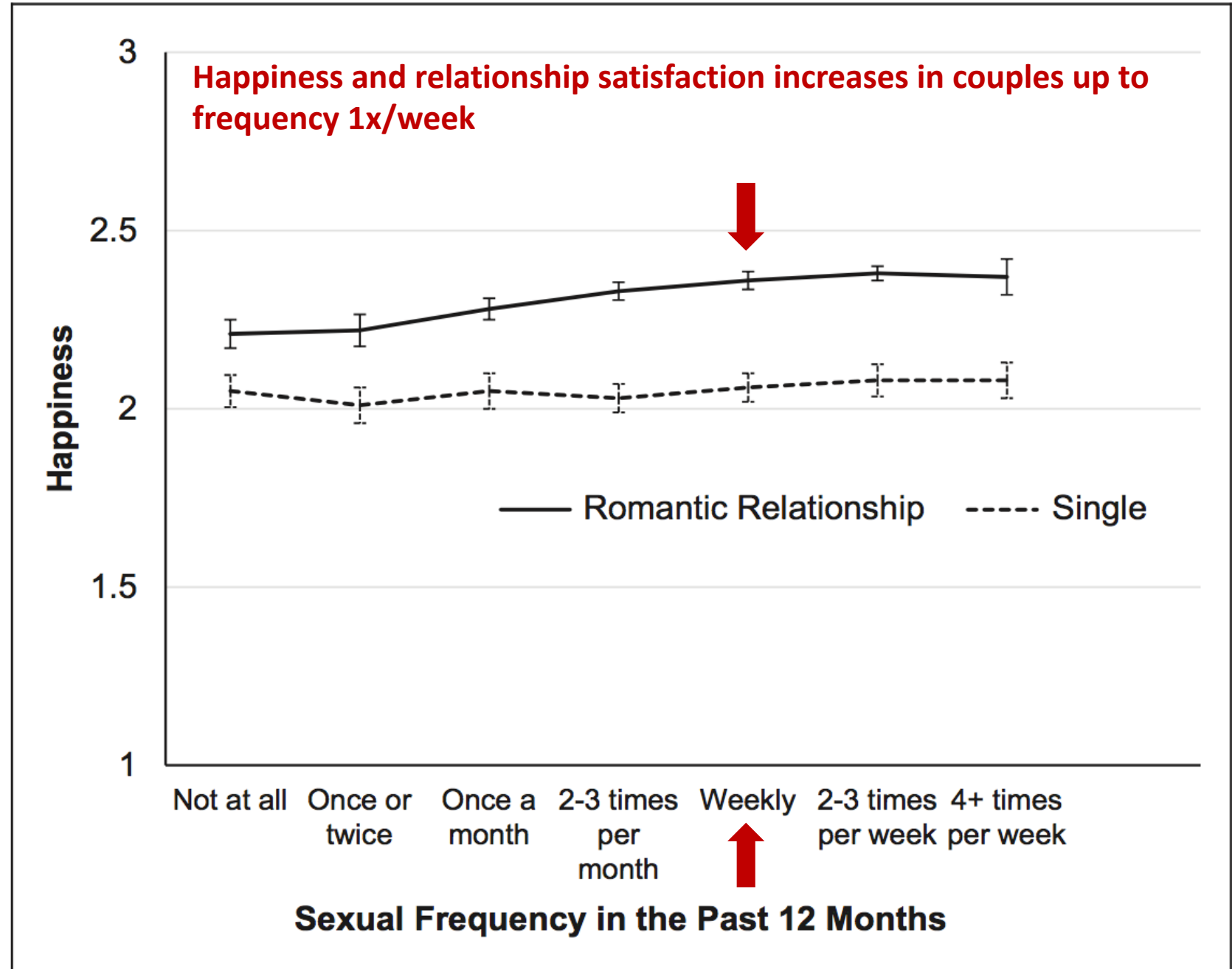
Top-ranked: Behaviour

→ Sex/ making love

	Pleasure	Meaning	Engagement	Happiness
Sex/ making love	1st	1st	1st	1st
Drinking alcohol/ partying	2nd	10th	5th	2nd
Care-giving/ volunteering	9th	3rd	6th	3rd
Meditating/ religious activities	8th	2nd	7th	4th
Childcare/ playing with children	10th	4th	11th	5th
Listening to music/ podcast	3rd	17th	13th	6th
Socialising/ talking/ chatting	5th	11th	10th	7th
Hobbies/ arts/ crafts	4th	5th	4th	8th
Shopping/ errands	15th	16th	16th	9th
Gaming/ video-games	6th	24th	9th	10th
Lower-ranked				
Washing/ dressing/ grooming	22nd	29th	30th	21st
Internet/ on computer	20th	28th	21st	22nd
Commuting/ travelling	27th	23rd	29th	23rd
Paid work	26th	15th	17th	24th
Lectures/ class/ lab	23rd	8th	15th	25th
Texting/ emailing	21st	18th	18th	26th
Studying/ working on education	28th	7th	14th	27th
Housework/ chores/ DIY	29th	27th	27th	28th
Facebook	24th	30th	28th	29th
Sick/ healthcare	30th	25th	25th	30th

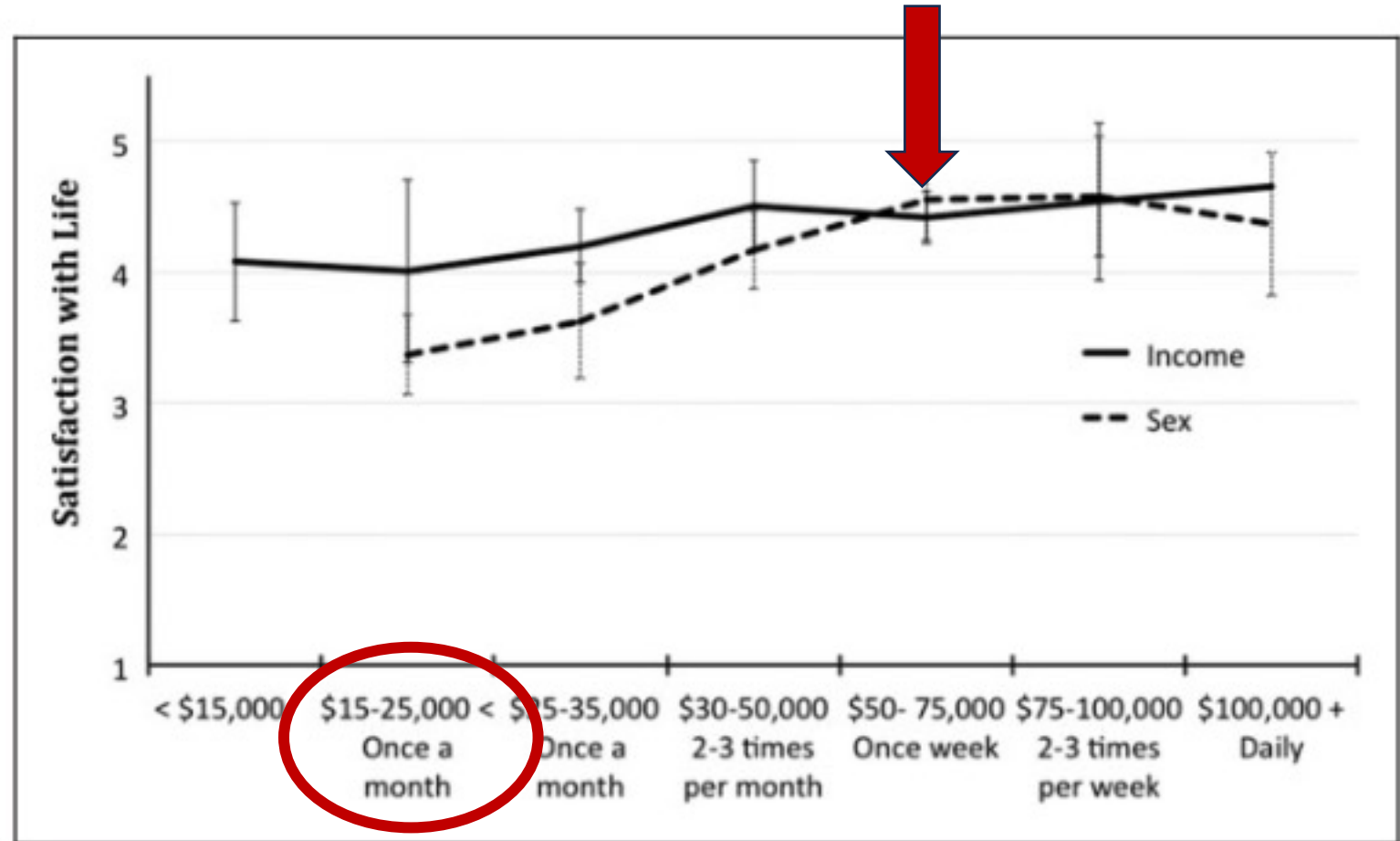
Sexual Frequency and Happiness

Is More More Always Better?



Sex Once A Week = \$50,000

- The difference in well-being for people having sex once a week vs less than once a month
- Greater than the size of the difference in well-being for those making \$75,000 compared with \$25,000/yr.



Patient Name: _____

Address: _____ Date: _____

R_x Healthy Sex

*Does sex improve
relationship
satisfaction?*









MD: _____

Signature: _____



“When you enthusiastically declare Pam’s layered jello salad is ‘better than sex,’ I fear some may see it as a commentary on me, and not the layered jello salad.”

What Determines Relationship and Sexual Satisfaction?

Factor	Relationship Satisfaction		Sexual Satisfaction	
	Men	Women	Men	Women
Intimacy (kiss, cuddle, touch)				
Sexual Functioning (desire, arousal, orgasm)				
Frequency Sex (in past 4 weeks)				

N=1000 couples in 5 countries, Heiman JR *Arch Sex Behav* 2011, Muise A. *Arch Sex Behav* 2014

Frequent Fornicator Benefit

The "F" Index



For 35 days record
1. # frequency of sex
2. # arguments

Howard, JW. *Pers Soc Psych Bull* 1976
Thorton, B. *Pers Soc Psych Bull*, 1976
p < .0000001

$$\left\{ \begin{array}{l} \text{Frequency of} \\ \text{Fornication} \end{array} \right\} - \left\{ \begin{array}{l} \text{Frequency of} \\ \text{Fights} \end{array} \right\} = \text{Marital Satisfaction}$$

Feminism can be Satisfying

Men with female feminist partners reported greater relationship stability and sexual satisfaction

Women with feminist male partners report greater relationship quality, equality, stability and greater sexual satisfaction



Patient Name: _____

Address: _____ Date: _____

Rx **Healthy Sex**

*How can sex be
made better?*

MD: _____

Signature: _____



Practice Makes Pleasure

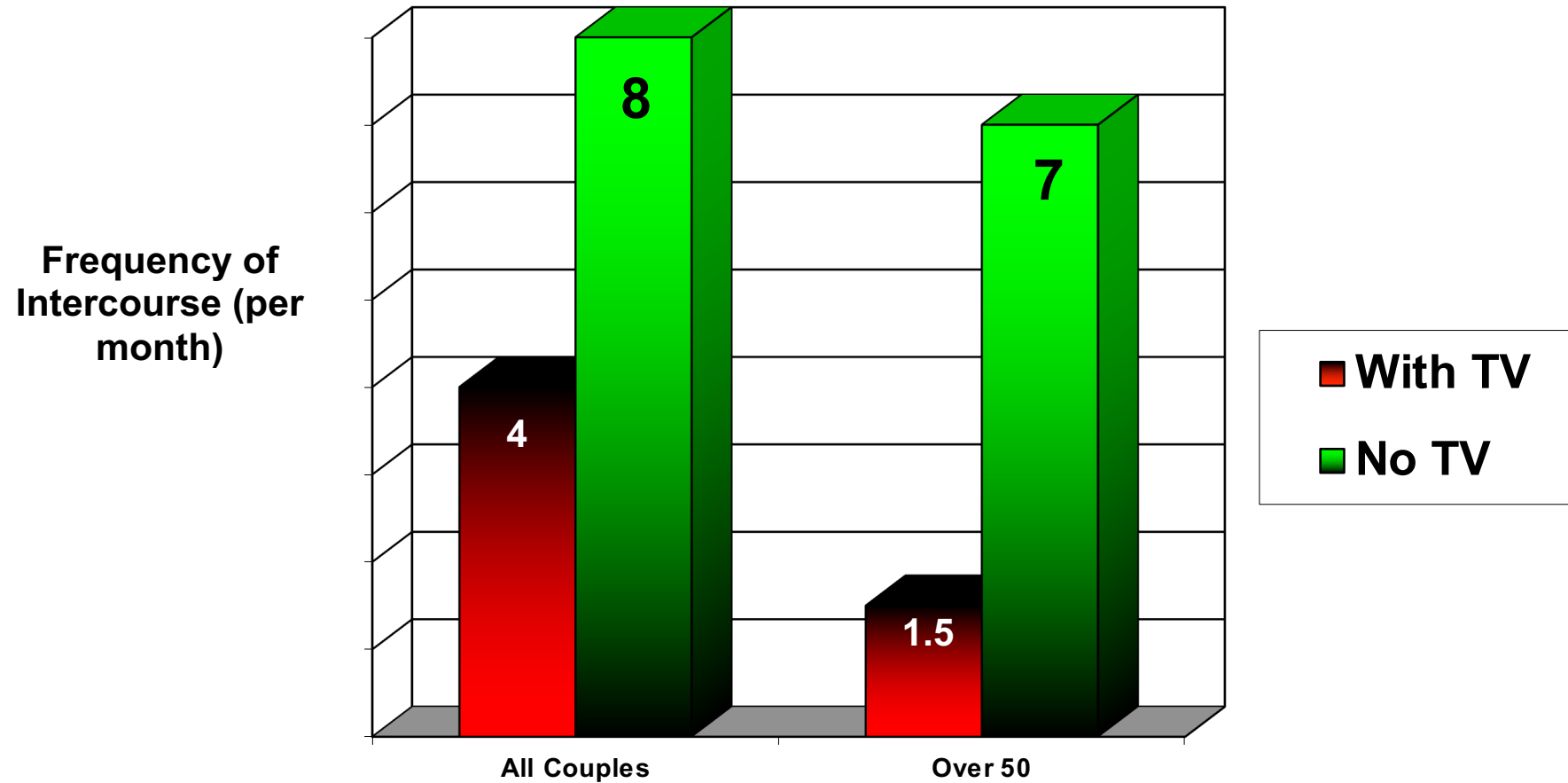
"Sex is probably the only thing in our lives that we want to be really good at, and yet we don't practice"

– CHLOE MACINTOSH, FOUNDER, KAMA

Pleasure is health

<https://kama.co/>

TVs-- A Bedroom Turn Off



523 Italian couples
S. Salomoni, 2006

TVs and Sex

4 million individuals in national household surveys in 80 countries from 5 continents

Couples who own a TV, on average, have 6 per cent less sex than those who do not.

A man and a woman are lying in bed, facing each other but looking at their smartphones. The woman is on the left, with curly hair, wearing a white tank top. The man is on the right, wearing a white t-shirt. They are both holding their phones and looking at the screens. The background is a white pillow and bedsheet.

No Pillow Talk




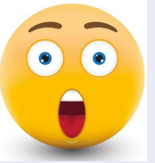


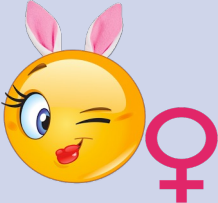
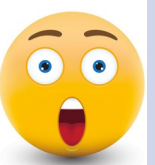

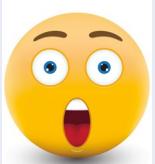
- 75% of adults bring their phone to bed
- 35% say their sex life has suffered due to smartphones in the bedroom
- 25% admit the last thing they see before sleep is their phone- not their partner

<https://www.asurion.com/press-releases/the-goodnight-kiss-is-dead/>

Cellphone vs Sex

- More people would give up sex than their phones (26% vs 20%)
- 50% interrupt sex to check cellphone

Healthy Lifestyle → Healthy Sex

	↑ Sex Drive	↑ Sexual Activity	↓ Sexual Dysfunction	↑ Sexual Satisfaction
↑ Exercise ↓ TV				
↑ Sleep				
Diet ↑ fruits/veggies				
↑ Alcohol				

N=6900 ≥50 yrs, Allen MS *Inter J Sexual Health*, 2017

Rx: Chocolates, Apples, Wine ... and Women



Daily chocolate

associated with higher sexual desire and overall sexual function (“intriguing correlation”)

Salonia A, *J Sex Med* 2006



Daily apple

intake associated with higher lubrication and overall sexual function

Cai T. *Arch Gyn Ob* 2014



Daily red wine intake (1-2 gl) associated with higher sexual desire, lubrication and overall sexual function vs teetotalers

Mondaini N. *J Sex Med* 2009

Secrets of the Sexually Satisfied

Sexual satisfaction and passion higher in those reporting:

- ✓ **More frequent sex, consistent orgasms, and oral sex** (give and receive)
- ✓ **Variety in sexual acts:** positions/duration, sexy lingerie, kissing/cuddling, bath/shower/massage, fantasies, romantic getaways/date nights, sex toys, etc.
- ✓ **Variety in mood setting:** affectionate talk, sexy talk, laughing, candle/dim lights, music, etc.
- ✓ **Variety in sexual communication:** asked for something, praised, ask for feedback, teased with call/e-mail, etc.
- ✓ **Experimenting with advice:** (magazines/books)



N=39,000 age 18-65
Frederick *J Sex Research*, 2017

Gott Sex

13 things all couples do for an **Amazing Sex Life**

1. Say **"I love you"** every day and mean it
2. **Kiss** one another passionately for no reason ("6-second kiss")
3. Give surprise **romantic gifts**
4. **Know** what turns their partners on and off erotically
5. Are **physically affectionate**, even in public
6. Keep **playing** and having fun together
7. **Cuddle**
8. Make **sex a priority**, not the last item of a long to-do list
9. Stay **good friends**
10. **Talk** comfortably about their sex life
11. **Weekly dates**
12. **Romantic vacations**
13. Mindful about **turning toward**



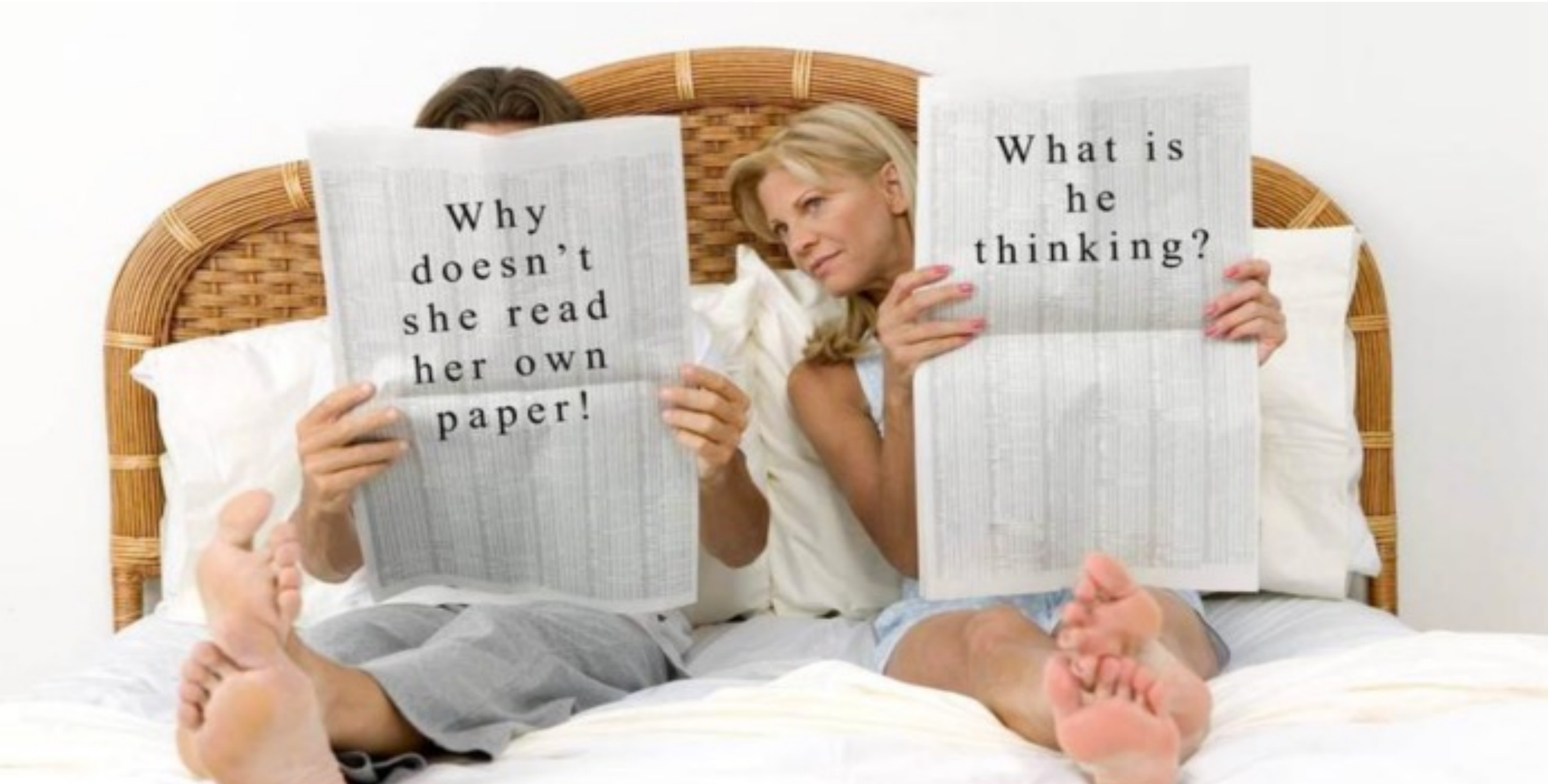
The Gottman Institute

<https://www.gottman.com/blog/building-great-sex-life-not-rocket-science/>

<https://gottsex.com/>

Northrup, Schwartz, Witte: *The Normal Bar: The Surprising Secrets of Happy Couples*

Sexual Communication



Why
doesn't
she read
her own
paper!

What is
he
thinking?

A man and a woman are lying in bed, covered by a white sheet. They are peeking over the edge of the sheet, looking directly at the camera with wide, surprised eyes. The man is on the left, and the woman is on the right. The background is a plain white pillow and headboard.

Communication & Sexual Satisfaction

Both better communication and disclosure of specific sexual *likes and dislikes* are associated with increased sexual satisfaction

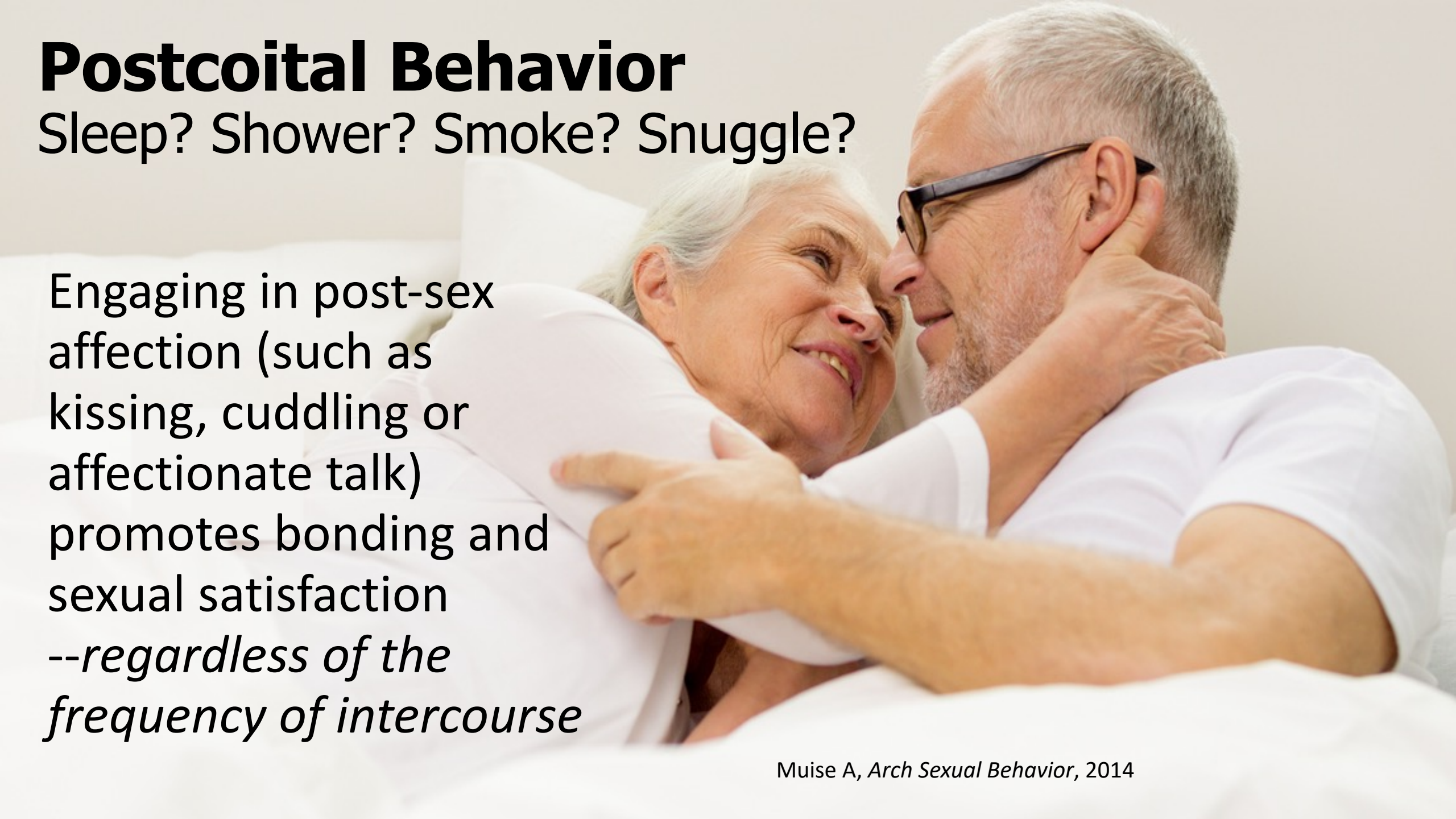
Practice Matters, Communication Matters

- More partner-specific experience, better technique, more commitment, more affection, more communication led to more orgasms and enjoyment
- Important to communicate sexual pleasure and (dis)likes: grunts, groans, moans are ok... but words matter

Postcoital Behavior

Sleep? Shower? Smoke? Snuggle?

Engaging in post-sex affection (such as kissing, cuddling or affectionate talk) promotes bonding and sexual satisfaction --*regardless of the frequency of intercourse*



Patient Name: _____

Address: _____ Date: _____

R_x **Healthy Sex**

*Can sex be
prescribed?*

MD: _____

Signature: _____

Kissing

A 6-week Experiment

↑ relationship satisfaction

↓ perceived stress

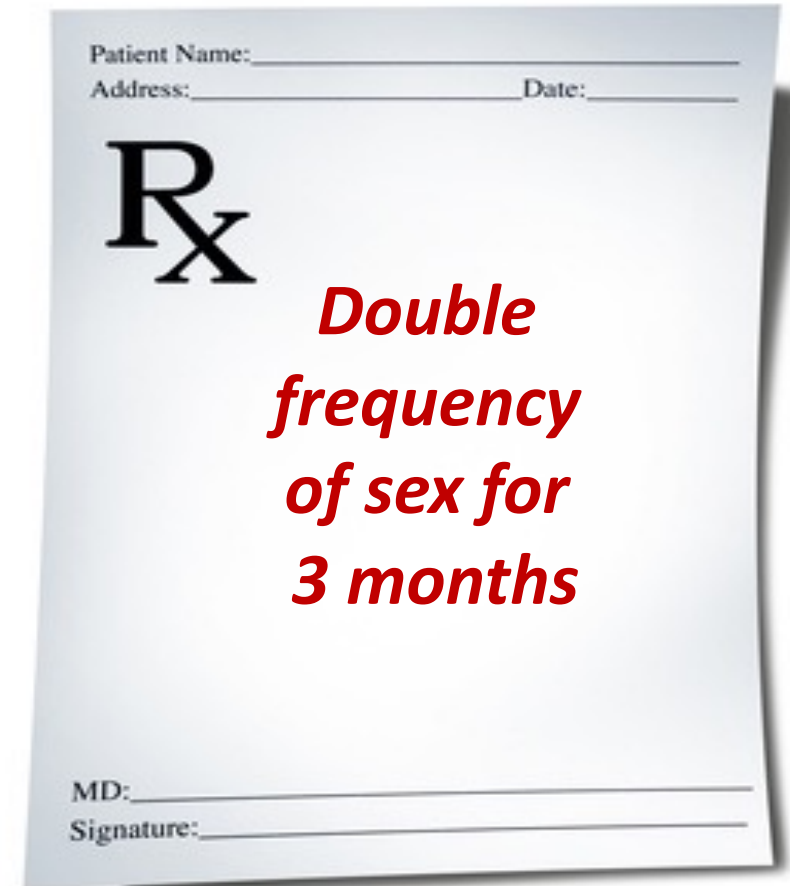
↓ serum cholesterol



Floyd K.
West J. Comm,
2009

Can Sex be Prescribed?

- ♀♂ 64 married couples (35-65yrs) asked to double the amount of sex
- ♀♂ **More sex led to less desire, less enjoyment and less happiness!**
 1. chosen or chore?
 2. extrinsic vs intrinsic motivation?
 3. already maxed out @ 5x/month?
 4. other?
- ♀♂ Focus on quality/enjoyment and increasing desire rather than quantity/frequency?



Patient Name: _____

Address: _____ Date: _____

R_x Healthy Sex

*When
partnered sex
is not an option*

MD: _____

Signature: _____

When Partnered Sex is Not an Option ...Think *Solo Sex*





Satisfy Yourself

We know that more than seventy to eighty percent of women masturbate, and ninety percent of men masturbate, and the rest lie.

— Joycelyn Elders —

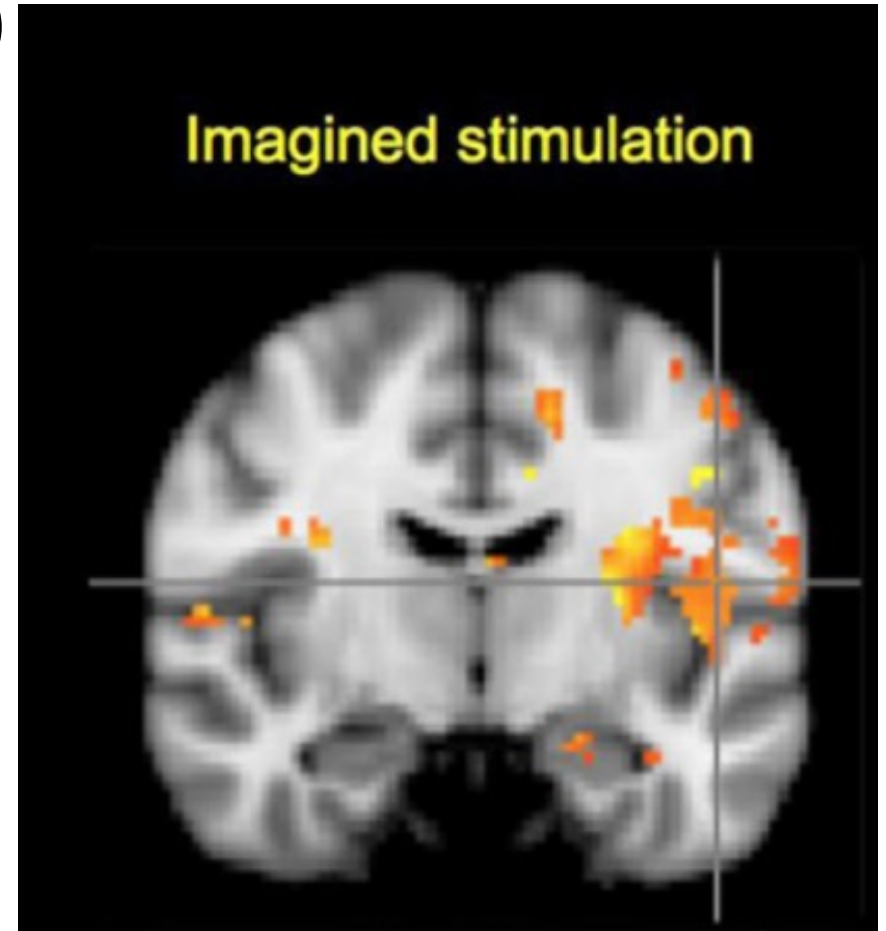
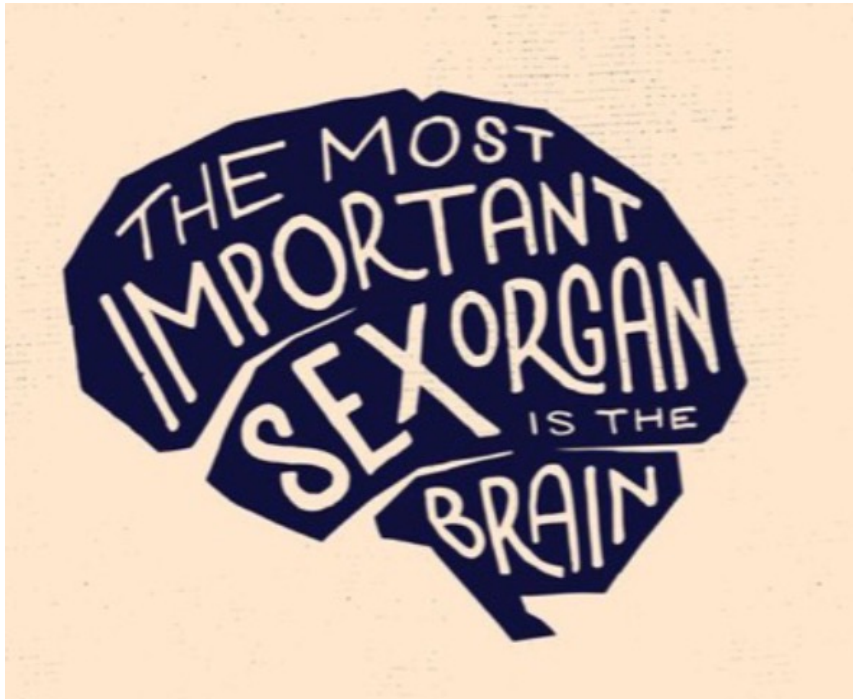
AZ QUOTES

- ✓ Convenient
- ✓ Efficient
- ✓ Readily available
- ✓ Inexpensive

- ✓ Safe
- ✓ Easy to communicate likes/dislikes
- ✓ Learn about pleasure

When Partnered Sex is Not an Option ...Think *Imaginary Sex*

- Men: Nocturnal emissions (“wet dreams”)
- Women: Imagery-induced orgasm



When Sex is Not an Option ...Think *Healthy Pleasures*



Takeaways

1. Sex is good medicine for men and women: suggestive evidence for enhanced physical health, longevity, mental health, happiness and relationship satisfaction.
2. Sex can be improved - communication is the most potent intervention strategy.
3. Healthy lifestyle improves sexual function and satisfaction.
4. Prescribing sex can be problematic. Focus on communication and enjoyment rather than frequency.
5. When sex not an option think...

Healthy Pleasures