

Senior sex: Tips for older men By Mayo Clinic staff

Sex and the older man: What you can do to maintain a healthy and enjoyable sex life as you grow older.

Getting older changes sexual function and desire. Senior sex isn't the same as it was in your 20s — but it can still be satisfying. Contrary to common myths about sexuality and older adults, sex is not just for the young. Many seniors continue to enjoy their sexuality into their 80s and beyond.

A healthy sex life is not only fulfilling, but it's also good for other aspects of your life, including your physical health and self-esteem. Adapting to your changing body can help you maintain a healthy and satisfying sex life. But you may have to make a few changes, such as allowing yourself more time to become aroused and talking more openly with your partner.

Senior sex: What changes as men get older?

As men age, testosterone levels decline and changes in desire and sexual function are common. These changes can include:

- Decreased sexual interest

- A need for more stimulation to achieve and maintain an erection and orgasm

- Shorter orgasms

- Less forceful ejaculation and less semen ejaculated

- Longer time needed to achieve another erection after ejaculation

Your health also can have a big impact on your sex life and sexual performance. If you or your partner is in poor health or has a chronic health condition, such as heart disease or arthritis, sex and intimacy become more challenging.

Certain surgeries and many medications, such as blood pressure medications, antihistamines, antidepressants and acid-blocking drugs, can affect sexual function.

Adapt to your changing body and know your limitations. Focus on ways of being sexual and intimate that work for you and your partner. Talk with your doctor about your concerns.



Stay positive. The changes that come with aging — from health problems to changes in appearance and sexual performance — leave many men feeling less attractive or feeling they're less capable of enjoying or giving sexual pleasure. Discussing your feelings with your partner can help. Feeling angry, unhappy or depressed has a strong negative impact on your sex life. Professional counseling or other treatment can improve your sex life — and your well-being.

Sex may not be the same for you or your partner as it was when you both were young. But by adapting to your changing body, sex and intimacy can continue to be a fulfilling and rewarding part of your life.

Source: Mayo Clinic