

# **Sexuality and Aging: The Joy Of Embracing Purpose and Pleasure.**

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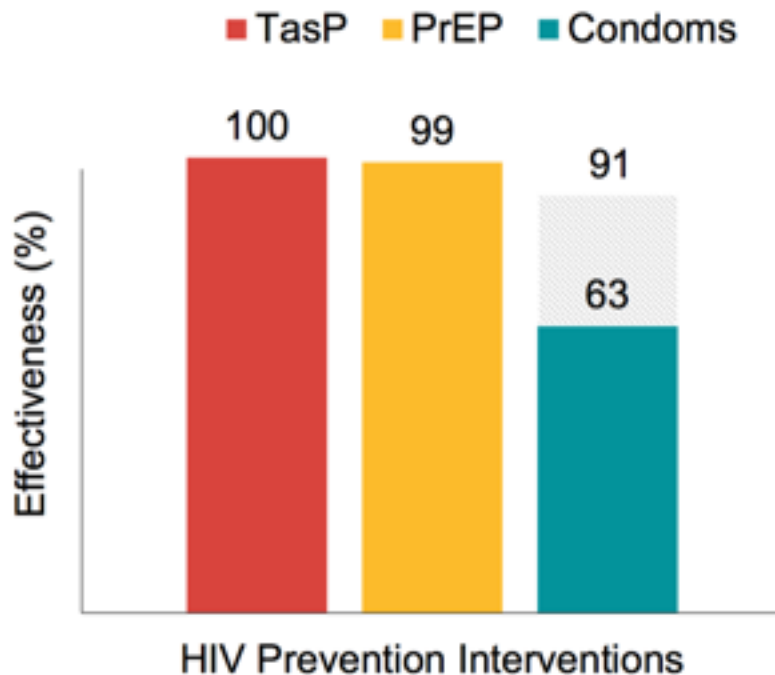
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<https://www.facebook.com/groups/PrEPFacts/>



# What do we know about effectiveness of HIV Prevention Strategies?

## Effectiveness of prevention strategies to reduce the risk of acquiring or transmitting HIV



- PrEP's effectiveness is **99%** for "Optimal or Consistent Use"
  - Taking PrEP daily or at least 4 times/week
- TasP (U=U) is **100%** effective
- The effectiveness of condom use is variable
  - **63%** MSM IAI
  - **72–91%** MSM RAI
  - **80%** heterosexual men and women
- PrEP is equally effective for vaginal sex when used as directed
- On-demand dosing also provides effective protection

***"Only three cases of seroconversion have been confirmed to date worldwide, while HIV-negative individuals were on PrEP with verified adherence."***

## Despite these incredible advances PLWH are still struggling:

5x more likely to commit suicide ([https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667\(16\)30020-2/fulltext](https://www.thelancet.com/journals/lanpub/article/PIIS2468-2667(16)30020-2/fulltext))

2x-3x more likely to experience a Major Depressive Episode (<https://www.nimh.nih.gov/health/topics/hiv-aids/index.shtml>)

Significantly higher rates of substance abuse (<https://www.cdc.gov/msmhealth/substance-abuse.htm>)

2x more likely to smoke cigarettes. PLWH are now more likely to die from lung cancer than HIV if they do smoke (<https://jamanetwork.com/journals/jamainternalmedicine/article-abstract/2653450>)

# More than half of PLWH over the age of 50 report experiencing loneliness:

- Former Surgeon General Vivek Murthy has expressed concern about the epidemic of loneliness in the United States

Harvard  
Business  
Review

Work and the Loneliness Epidemic

↗ THE LINEUP

This may not surprise you. Chances are, you or someone you know has been struggling with loneliness. And that can be a serious problem. Loneliness and weak social connections are associated with a reduction in lifespan similar to that caused by smoking **15 cigarettes a day** and even greater than that associated with obesity. But we haven't focused nearly as much effort on strengthening connections between people as we have on curbing tobacco use or obesity. Loneliness is also associated with a greater risk of cardiovascular disease, dementia, depression, and anxiety. At work, loneliness **reduces task performance**, limits creativity, and impairs other aspects of executive function such as reasoning and decision making. For our health and our work, it is imperative that we address the loneliness epidemic quickly.



# What is “Interconnectivity”

- Perception of being abundantly connected to other living beings
- Experience that your existence contributes to part of a greater system
- Knowledge that your actions have meaning and relevance
- Awareness for how your “soul prints” and service impact others
- Sense of being surrounded by love with or without physical presence

# Why is touch important ?

- Reduces experience of loneliness
- Reduces cortisol levels (stress)
- Increases dopamine and oxytocin (happiness)
- Increases serotonin (joyfulness)
- Enhances experiences of interconnectedness
- Can reduce trauma
- Can increase sense of control / purpose
- Can lead to sexual pleasure
- Other reasons?



# What Is Sexual Health

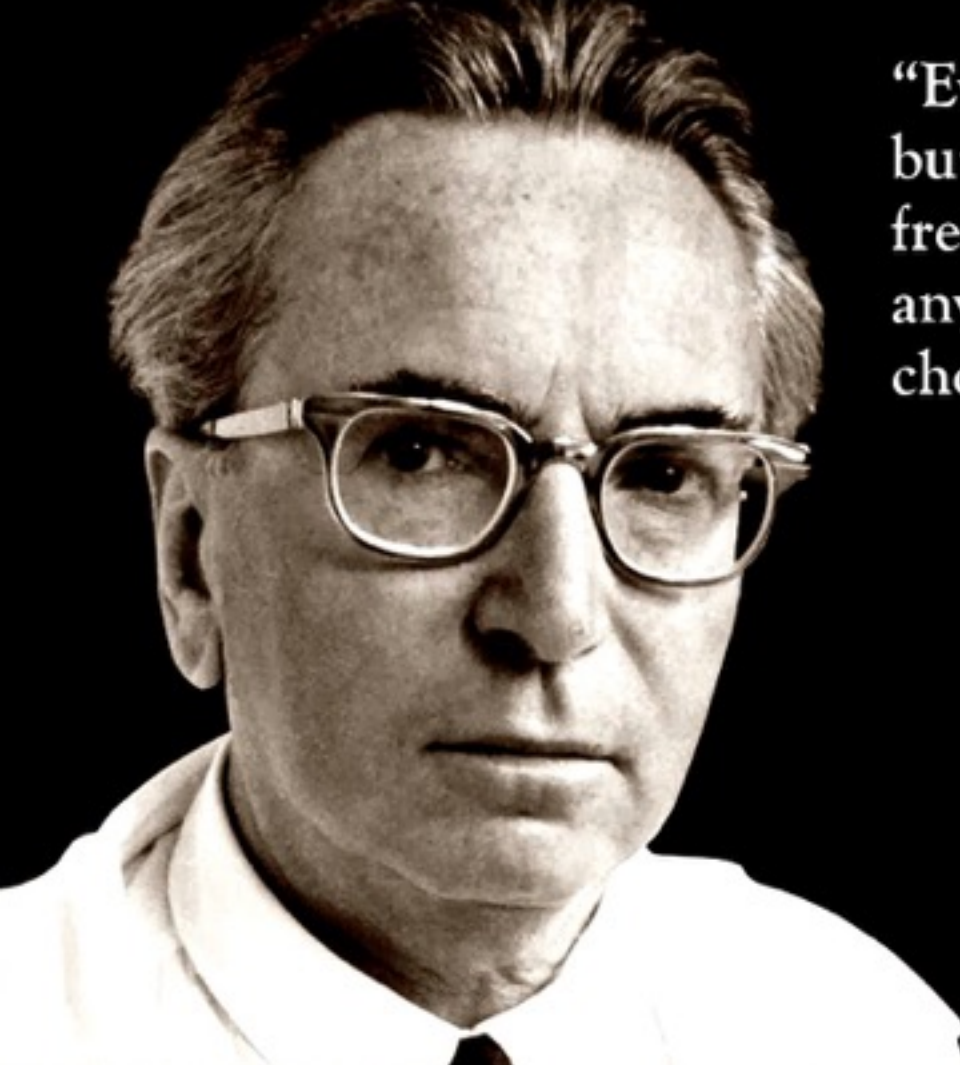
“A state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence. For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected and fulfilled.”

—World Health Organization, 2006



# Tools For Pursuing Healthy Sex

- Remember certain inalienable truths:
- Your body is beautiful, AND it will change.
- Know your “no”; your “yes”; your “hmm, maybe.”
- No one is here to meet your needs or resolve your insecurities.
- Everyone is looking at the same grid.
- BE the sexual partner you want to see.
- Set time limits for cruising and then follow them.
- Have sex for celebration, not validation.
- Pain is inevitable, suffering is optional.
- Anger at rejection is not sexy.
- Beware of creating self-fulfilling prophecies.
- Others?



“Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

Viktor E. Frankl

**Together we can thrive with  
purpose, science, compassion,  
and GREAT SEX!!!**



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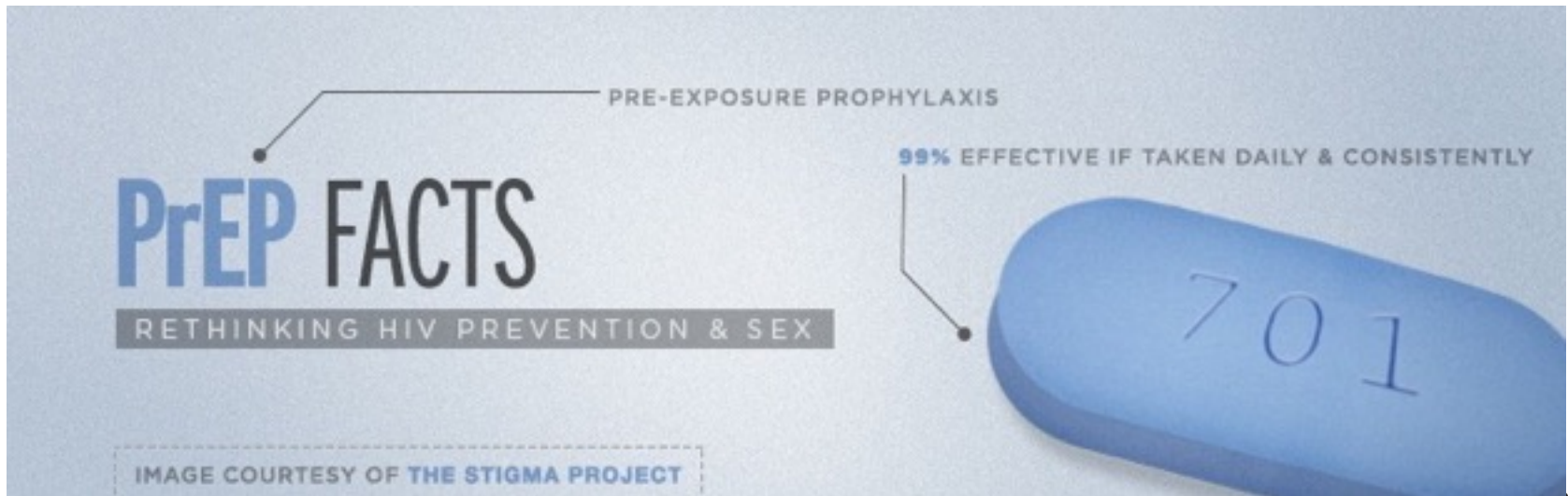
## Let's Keep The Conversation Going!

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