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Do old people have sex?

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The population in Europe is ageing and people are living longer and healthy lives for longer. Therefore, there are also people over 65 years old who are interested in having healthy sexual lives. Many people want to and need to be close to others as they grow older. This includes the desire to continue an active, satisfying sex life. But, with aging, there may be changes that can cause problems. Normal aging brings physical changes in both men and women. These changes sometimes affect the ability to have and enjoy sex. Some illnesses, disabilities, medicines, and surgeries can affect the ability to have and enjoy sex. Age does not protect one from sexually transmitted diseases. Older people who are sexually active may be at risk for diseases such as chlamydial infection, gonorrhea, genital herpes, syphilis, hepatitis B, genital warts, and trichomoniasis. Therefore, it is especially important for GP-s to be able to discuss sexual health topics with elderly patients. This workshop aims to provide tools to open a dialogue between a patient and their GP through group work. The session will start with a group discussion about why is it so important to talk about sexuality among the elderly and about healthy sexual life in later life. Afterwards, there will be a short presentation about the current situation and the factors that can influence different aspects of healthy sexual life. At the end of the workshop we will provide different tools to open a dialogue between a patient and their GP through group work.