Common Sexual Concerns

***Sexual concerns are common, not shameful. If you feel comfortable, you are encouraged to speak with your individual or couples' therapist about your sexual concerns.**

***Sexual concerns may occur for all ages & genders**

Common complaints in adults include:

- **Erectile dysfunction**
- **Low sexual interest or drive**
- **Health problems affect sexuality**
- **Medications affect sexuality**
- **Sexual discomfort after menopause**
- **Sexual beliefs differing between religious and societal expectations**

Common faulty assumptions include:

Older adults don't desire sexual contact

After menopause women should not desire sex

The decision to use Viagra or medications to improve sexual functioning shameful

If medications cause sexual side effects, just accept them

Older adults should have extensive knowledge about sex