SEXUAL HEALTH
HAVING THE TALK WITH YOUR PROVIDER
SEXUAL HEALTH IS...

“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 AND WELLNESS – WHY?

• PHYSIOLOGIC AND PSYCHOLOGIC NEEDS
  • PHYSIOLOGIC
    • Sexual health affects other systems, too
      • Hormones
      • Metabolism
      • May lead to other illnesses, not just STIs
    • Sexual function is basic part of functioning physically
    • Sexual health may be affected by medications or chronic illness
      • Hypertension, blood pressure medicines
      • Diabetes
      • Injury
SEXUAL HEALTH AND WELLNESS – WHY?

• PHYSIOLOGIC AND PSYCHOLOGIC NEEDS
  • Psychologic
    • Intimacy promotes a sense of well-being/belonging
    • "feel good hormones" – Serotonin/Oxytocin
    • Decreases depression
    • Needed in some for a sense of survival
    • Better sleep/stress management (sleep factor in men)
Sex and sexual intimacy, double-billing in Maslow’s hierarchy of needs
SECOND COMING OUT

• What does the chat mean?

• Know your sexual history

• Know your vaccination history
DIRECTLY TO THE POINT

• Make it a conversation

• Be honest

• Ask questions
NO ASSUMPTIONS

• NOT JUST THE TIP (of the iceberg)
  • Providers may direct without explaining
  • Request information
  • Be direct

• Not just for Infectious disease providers anymore
  • Primary Care Providers are prepared to manage
  • Remember, sexual expression is normal
HOLISTIC APPROACH

• Providers today
  • Training that attempts to eliminate barriers to sexual health care
  • Sexuality education
  • Comprehensive sexual health understanding
  • Understanding their own biases
CULTURAL SENSITIVITY

• Sexual expression
• Gender identification
• Gender expression
• Age
ABOUT THAT….

- Proper and complete care
  - Based on your perspective and objective info from assessment
  - Incomplete history can lead to assumptions
ABOUT THAT...

• Transgender male needs
  • Specific
  • Preventative
ABOUT THAT…

• Expression has specific health care risks
  • GI health
  • Vaccinations
ABOUT THAT…

• Sexual activities
  • Identifying behaviors
  • Background/history/violence
  • Risk
ABOUT THAT...

- Age
  - No expiration date on sex
  - Specific needs
  - STI risk
BARRIERS

• Comfort level
  • Yours
  • Your provider's

• Access
  • Insurance
  • Finding the right provider

• Specific needs
  • PrEP
  • Mental health
  • ID
WHAT TO DO

• If you can’t find a provider
  • Be diligent
  • Ask your friends

• Know your vaccination status
  • See attachment
  • Ask what you need

• Get tested
  • Blood/lab tests

• If you can’t afford care
WHAT TO DO

• If you are symptomatic
  • Painful ejaculations
  • Drainage
  • Itching
  • Flu-like symptoms
OTHER STEPS

• Maintain mental health

• PEP/PREP

• If being treated for HIV, take your meds

• Healthy diet/exercise

• Stop smoking/limit alcohol

• Cholesterol screening

• Cancer screening

• BP screening
WHERE ELSE TO GO

• Health clinics
• Planned Parenthood
• Emergency room
THANK YOU!