

# SEXUAL HEALTH

HAVING THE TALK WITH YOUR PROVIDER

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## SEXUAL HEALTH IS...

“A state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the the absence of disease, dysfunction or infirmity.”

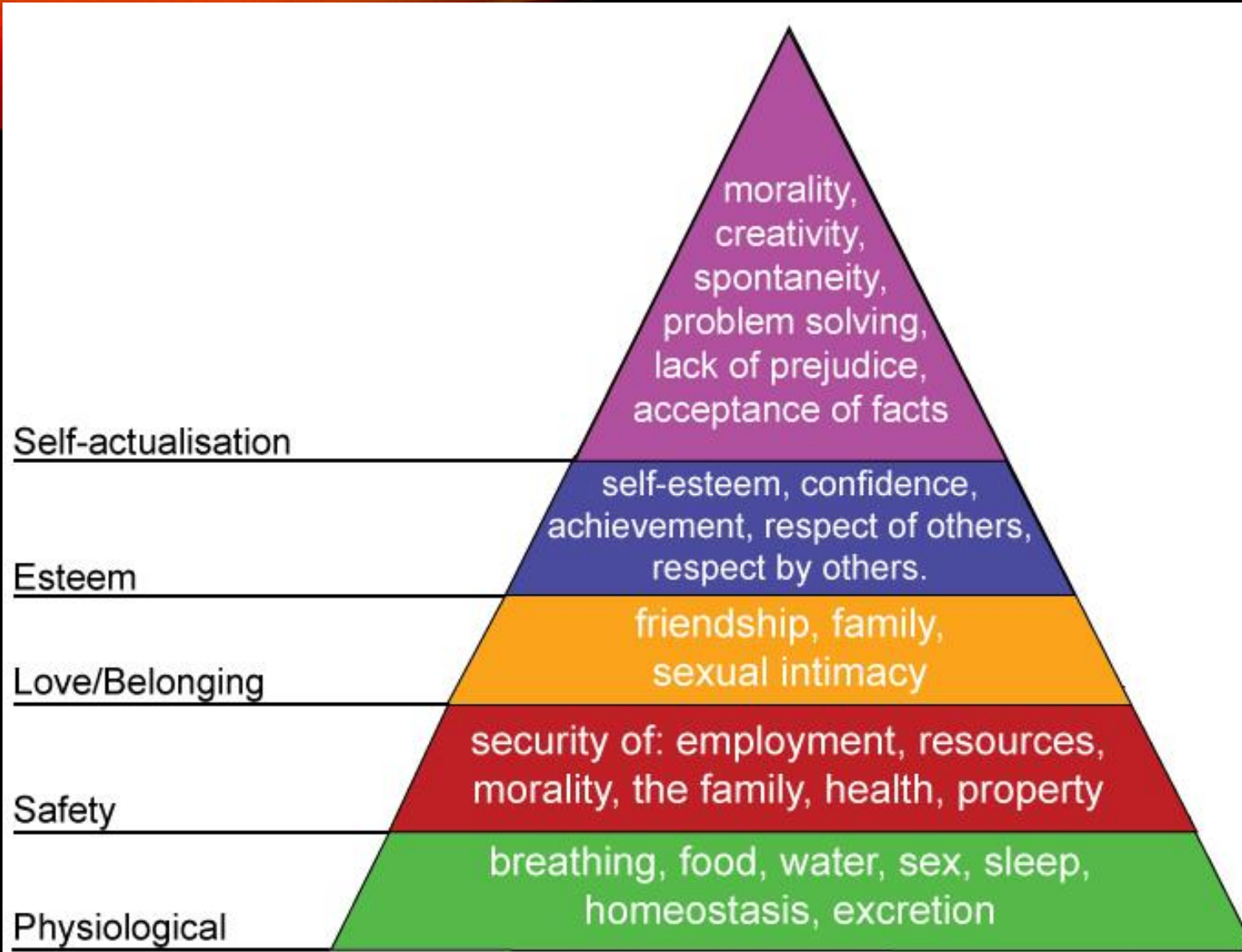
# SEXUAL HEALTH AND WELLNESS – WHY?

- 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)

# MASLOW'S HIERARCHY



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!



QUESTIONS?