



**The University of Maine
18th Annual Clinical Geriatrics Colloquium
Wells Conference Center
(In-Person & Zoom)
Orono, ME
Wednesday, October 25, 2023**

Theme: Sexual Health & Aging

Reading and Video Resources

Assembled by:
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UMaine Center on Aging Research Associate Kessie Silas

1. Physiology of sexual aging: endocrine, neurologic, vascular, cardiac

Medcan (2018, March 6). From our collaborators at Johns Hopkins Medicine | Sexuality and the older adult [Video]. YouTube. <https://youtu.be/SJVvhzrJMfs>

Shifrin, J. L., Hanfling, S., & Underwood, A. (2019). Sexuality in midlife and beyond. Harvard Health Publishing.

2. Psychology of sexual aging: desire, intimacy, body image, etc.

Hendrickx, L., Gijs, L., & Enzlin, P. (2015). Age-related prevalence rates of sexual difficulties, sexual dysfunctions, and sexual distress in heterosexual women: Results from an online survey in Flanders. *The Journal of Sexual Medicine*, 12(2), 424-435. <https://doi.org/10.1111/jsm.12725>

Montejo, A. L., Montejo, L., & Baldwin, D. S. (2018). The impact of severe mental disorders and psychotropic medications on sexual health and its implications for clinical management. *World Psychiatry*, 17(1), 3-11. <https://doi.org/10.1002/wps.20509>

Stibich, M. (2022). Sex in the senior years: How aging affects sex and what you can do about it. *Verywell Health*. Retrieved May 8, 2023, from <https://www.verywellhealth.com/sex-and-older-americans-2223611>

Træen, B., Hald, G. M., Graham, C. A., Enzlin, P., Janssen, E., Kvaalem, I. L., Carvalheira, A., & Štulhofer, A. (2016). Sexuality in older adults (65+) - An overview of the literature, part 1: Sexual function and its difficulties. *International Journal of Sexual Health*, 29(1), 1-10. <https://doi.org/10.1080/19317611.2016.1224286>

3. Chronic health conditions and sexuality in old age

Childs, Jr., J. M. (2019). Aging and sexuality. *Theology and Aging*, 58(4), pp. 269-276. <https://doi.org/10.1111/dial.12506>

Fredriksen-Goldsen, K. I., Kim, H.-J., Shui, C., & Bryan, A. E. B. (2017). Chronic health conditions and key health indicators among lesbian, gay, and bisexual older US adults, 2013–2014. *American Journal of Public Health*, 107(8), 1332-1338. <https://doi.org/10.2105%2FAJPH.2017.303922>

4. Pelvic floor health and sexuality

Dumoulin, C., Cacciari, L. P., & Mercier, J. (2019). Keeping the pelvic floor healthy. *Climacteric*, 22(3), 257-262. <https://doi.org/10.1080/13697137.2018.1552934>

Nappi, R. E., & Cuccinella, L. (2022). Sexuality, pelvic floor/vaginal health and contraception at menopause. *Best Practice & Research Clinical Obstetrics & Gynecology*, 81, 85-97. <https://doi.org/10.1016/j.bpobgyn.2021.11.006>

Wente, K., & Dolan, C. (2018). Aging and the pelvic floor. *Current Geriatrics Reports*, 7, 49-58. <https://doi.org/10.1007/s13670-018-0238-0>

5. Risks and benefits of hormone replacement for women and men

Hormone Therapy: Benefits & Risks. (2023). Retrieved April 1, 2023, from <https://www.menopause.org/for-women/menopauseflashes/menopause-symptoms-and-treatments/hormone-therapy-benefits-risks>

Johnson, T. C. (2021, October 13). *Hormone replacement therapy for menopause*. Retrieved April 2, 2023, from <https://www.webmd.com/menopause/guide/menopause-hormone-therapy>

6. Dementia and sexuality

Alzheimer Society PKLNH (2022, February 15). *Dementia, Intimacy & Sexuality* [Video]. YouTube: <https://youtu.be/jkOm1aKwI2E>

Barrett, C., & Hinchliff, S. (2019). *Addressing the sexual rights of older people: Theory, policy and practice*. Routledge.

Bianchi, A. (2021). Considering sex robots for older adults with cognitive impairments. *Journal of Medical Ethics*, 47, 37-38. <http://dx.doi.org/10.1136/medethics-2020-106927>

Duke Health (2022, January 21). *Intimacy, sexuality, and caregiving for those with dementia* [Video]. YouTube. <https://youtu.be/rJMKRuGau08>

Rix, J. (2019, July 3). Sex and dementia: the intimate minefield of consent in a care home. The Guardian. *The Guardian*. <https://www.theguardian.com/society/2019/jul/03/dementia-sex-consent-care-home>

7. Conjugal visits and long-term care

Cirillo, A. (2020, April 27). *Sex among residents in nursing homes increasing*. Verywell Health. <https://www.verywellhealth.com/sex-in-nursing-homes-197767>

Rao, T. S. (2016). Psychobiology of love and sexual relationships in elderly: Issues in management. *Geriatric Mental Health*, 3(2), 91-99. <https://www.jgmh.org/text.asp?2016/3/2/91/195598>

Spalding, R. L., Katz, E., Byers, E. S., & Edelstein, B. (2021). Development and initial validation of the attitudes towards older adult sexuality in long-term care scale (AOASLC). *The Journal of Sex Research*, 60(1), 137-145. <https://doi.org/10.1080/00224499.2021.1975624>

The Wrinkle. (2021, December 4). *Sex in Nursing Homes Part 2 - Do homes need sexual consultants?* [Video]. YouTube: <https://youtu.be/C2vcocbhuaM>

The Wrinkle. (2021, November 20). *Sex in Nursing Homes Part 1 - is it normal? Does it happen? What are the issues?* [Video]. YouTube. <https://youtu.be/eC5anIrBEqs>

8. Social isolation and sexuality

Jecker, N. S. (2020). Nothing to be ashamed of: Sex robots for older adults with disabilities. *Journal of Medical Ethics*, 47, 26-32. <http://dx.doi.org/10.1136/medethics-2020-106645>

9. LGBTQ in late life

Fredriksen-Goldsen, K. I. & Kim, H.-J. (2017). The science of conducting research with LGBT older adults - an introduction to aging with pride: National health, aging, and sexuality/gender study (NHAS). *The Gerontologist*, 57, S1-S14. <https://doi.org/10.1093/geront/gnw212>

Watermark Retirement Communities. (2021, January 20). *Not another second: LGBT+ seniors share their story* [Video]. YouTube. https://youtu.be/q43kBuC_ups

10. Depression and desire

Jackson, S., Firth, J., Veronese, N., Stubbs, B., Koyanagi, A., Yang, L., & Smith, L. (2019). Decline in sexuality and wellbeing in older adults: A population-based study. *Journal of Affective Disorders, 15*(245), 912-917. <https://doi.org/10.1016/j.jad.2018.11.091>

Smith, L., Yang, L., & Veronese, N., Soysal, P., Stubbs, B., & Jackson, S. (2019). Sexual activity is associated with greater enjoyment of life in older adults. *Sexual Medicine, 7*(1), 11-18. <https://doi.org/10.1016/j.esxm.2018.11.001>

11. Treatment of low libido, painful intercourse, ED, etc.

Bennet, C. (2019, July 7). *Testosterone replacement therapy for men: Risks and benefits*. News Medical Life Science: <https://www.news-medical.net/health/Testosterone-Replacement-Therapy-for-Men-Risks-and-Benefits.aspx>

Chung, E. (2019). Sexuality in ageing male: Review of pathophysiology and treatment strategies for various male sexual dysfunctions. *Medical Science, 7*(10), 1-7. <https://doi.org/10.3390/medsci7100098>

Hoffman, M. (2023, April 17). *Is testosterone replacement therapy right for you?*. WebMD. <https://www.webmd.com/men/guide/testosterone-replacement-therapy-is-it-right-for-you>

Merghati-Khoei, E., Arezoo, P., Yazdkhasti, M., & Rezasoltani, P. (2016). Sexuality and elderly with chronic diseases: A review of the existing literature. *Journal of Research in Medical Sciences, 21*(127), 1-10. <https://doi.org/10.4103%2F1735-1995.196618>

Rao, T. S., Tandon, A., Manohar, S., & Mathur, S. (2018). Clinical practice guidelines for management of sexual disorders in elderly. *Indian Journal of Psychiatry, 60*(Suppl 3), S397-S409. <https://doi.org/10.4103%2F0019-5545.224478>

12. Medications' effects on libido, orgasm, arousal physiology, etc.

Gray's Medicine (2021, April 22). Seven types of drugs that can inhibit sex drive and libido, Part 1 [Video]. YouTube. <https://youtu.be/P5wy3eZcSLI>

Gray's Medicine (2021, April 23). Seven types of drugs that can inhibit sex drive and libido, part 2 [Video]. YouTube: <https://youtu.be/BmRoW-6Wtug>

Rothmore, J. (2020). Antidepressant-induced sexual dysfunction. *Medical Journal of Australia, 212*(7), 329-334. <https://doi.org/10.5694/mja2.50522>