

SEXUAL HEALTH AND HIV



Sexuality is a key aspect in people's lives that very much affects their wellbeing and is important for everyone, at any age and in any circumstances. Some chronic illnesses such as HIV can cause sexual problems that limit sexual experience.

01 CAUSES

PSYCHOLOGICAL

- Emotional problems associated with HIV
- Recent diagnosis
- Feelings of guilt after having been infected
- Symptoms of depression
- Problems of self-esteem

PHYSICAL

- Use of specific medication (including some used to treat HIV)
- High consumption of alcohol and/or drugs
- Hormonal disorders

SOCIAL

- Fear of passing on the virus
- Fear of rejection

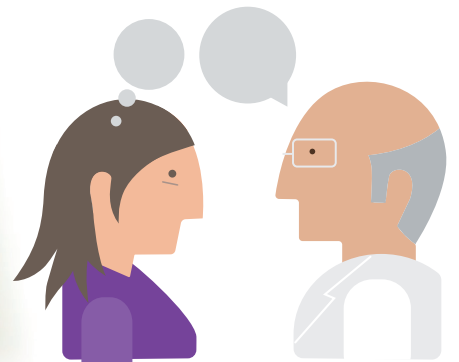
02 SEXUAL PROBLEMS

- Delayed or lack of orgasm
- Erection problems
- Avoidance of sexual relations
- Reduced capacity to relax and enjoy the experience
- Lack of excitement
- Reduced or no desire
- Pain upon penetration

03 TREATMENT

Sexual problems can be treated in different ways depending on their causes. The options available include medication, surgery or psychotherapy of the cause.

If you have sexual problems, you could talk about them with your HIV doctor or with your GP.



gt grupo de trabajo sobre tratamientos del VIH
ENTIDAD DECLARADA DE UTILIDAD PÚBLICA
ONG DE DESARROLLO

SUBVENCIÓN

GOBIERNO DE ESPAÑA / MINISTERIO DE SANIDAD, SERVICIOS SOCIALES E IGUALDAD
FOR SOLIDARIDAD OTROS FINES DE INTERÉS SOCIAL

GOBIERNO DE ESPAÑA / MINISTERIO DE SANIDAD, SERVICIOS SOCIALES E IGUALDAD
Secretaría del Plan Nacional sobre el Sida

Generalitat de Catalunya / Agència de Salut Pública de Catalunya

Generalitat de Catalunya / Departament de Justícia

Ajuntament de Barcelona / ÀREA DE QUALITAT DE VIDA, IGUALTAT I ESPORTS

Diputació Barcelona / ÀREA DE BENESTAR SOCIAL

COLABORA

ETIS / EQUIP TREBALL SOBRE INMIGRACIÓ I SALUT

TROPICAL DRASSANES



¿TIENES DUDAS
SOBRE EL TEMA?
PREGÚNTANOS

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