

Sexuality is an important factor in emotional and physical health. Regardless of age, good sexual health is very important for everyone to enjoy a good quality of life.

## SEXUALITY IN OLDER PEOPLE



### 01

#### MYTH

Older people have no sexuality.

#### REALITY

We are all sexual beings from the time we are born until we die, but the way we experience sexuality may change over the years.

#### MYTH

Older people cannot get HIV.

#### REALITY

Anyone who has sexual intercourse that involves risk can get HIV.

#### MYTH

If there is no longer any chance of pregnancy, it is not necessary to use a condom.

#### REALITY

Condoms not only prevent unplanned pregnancies, they also prevent the transmission of HIV and of most sexually transmitted infections (STIs).

### 02

## RECOMMENDATIONS FOR ENJOYING GOOD HEALTH

- Using a condom prevents HIV and most STIs.
- Use of lubricant can help to relieve the vaginal dryness associated with the menopause and to prevent damage to the mucous membrane.
- Sexually active people who take risks in sexual intercourse are advised to take regular tests for HIV and other STIs.
- If you have any doubts about aspects related to sexuality, you may talk to the different health professionals who attend you.

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

SUBVENCIÓN

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MINISTERIO DE SANIDAD, SERVICIOS SOCIALES E IGUALDAD

MINISTERIO DE SANIDAD, CONSUMO Y BIENESTAR SOCIAL

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¿TIENES DUDAS  
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