

Sex and Zest

by Lori A. Futterman RN,Ph.D.

What words would you use to characterize your sexual experiences these days?
Would the word “zest” come to mind? Do you find yourself:

- Being receptive to sexual and/or intimacy?
- Developing fantasies of sexual interest?
- Taking actions to increase your pleasure?

Sex is complicated. It encompasses biological, genetic, psychological and sociocultural aspects and it is expressed as fantasy, desire, arousal, beliefs, attitude and behavior. We live in a time when there is a larger population of aging men and women, who want to maintain a high quality of life—which includes living life with the least amount of difficulties and enjoying sex through one’s life span.

There are many things that can go awry.

Women often want to know:

- How can I increase my sexual desire and arousal?
- What techniques are available to become orgasmic?
- How can I overcome avoidance or sexual aversion?
- What ways can I work with sex if it is painful?

Men wonder

- How can I increase sexual desire?
- What can I do about rapid ejaculation?
- How can I handle impotency or erectile difficulties?

These difficulties are often treatable with combinations of individual and/or couple’s psychotherapy, education, and medical treatments and/or pharmacology.

For a confidential appointment please call Dr. Lori Futterman 619-297-3311.