

Sexual Health in Various Age Groups-An Insight!!

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Sex is an important part of life and overall well-being. In relationships, it plays a significant part in bonding. Through this article we are trying to explore the various stages of life a human goes through during they build up their own imaginations and concepts and then relate those with their future.

The World Health Organization defines sexual health as a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.

Factors that can affect sexual health include:

- Fear of unplanned pregnancy
- Concerns about infertility
- Sexually transmitted diseases
- Chronic diseases such as cancer or heart disease
- Medicines that affect sexual desire or performance.

What is need of hour?

We often hear about the sex education and its awareness which is a must for to know since childhood. Changing culture and lifestyle has its impact on everyone's lives both in a positive and negative way. Strong morals with certain taboos and limitations if followed with in an acceptable manner will help to accept the new change with a welcoming mode. Hi tech society definitely impacting the way of perception. A generation gap is observed. Whom to blame-to media or to ourselves ? We feel only way is awareness to avoid any awkward situations which we often face when as parents we suddenly come across objectionable scenes in daily soaps. That can leave a devastating impact on the kids.

Sexual health in Males

Men's sexual health is an important aspect of men's health, whether you're trying to prevent pregnancy and sexually transmitted infections or you're worried about erectile dysfunction or other men's sexual health problems.

For some men, worries about penis size top the list of their sexual health concerns. However, you're probably more normal than you think.

As you get older, understand common changes in men's sexual health - and how to maintain a healthy and enjoyable sex life at any age.

Myths and Facts

You often hear about the importance of physical health, mental health and spiritual health, but feeling confident about your sexual health also is very important. Achieving sexual health allows for:

- Healthy relationships
- Planned pregnancies
- Disease prevention

That's why it's essential to be well-informed about all aspects of sexual health and what it takes to have a fulfilling sex life. Similarly, it's important to be aware of factors that can complicate your sexual health. Don't let embarrassment keep you from bringing up concerns or asking questions of your doctor or other health care providers.

We will discuss in a stepwise fashion various Myths and Facts at different stages in different age groups in both males and females.

1. Myths-Masturbation is harmful?

Ans: No its totally safe. It increases mental well-being not mental illness or instability like some myths suggest.

2. Masturbation can affect normal relationship of a husband wife?

Ans: No rather it may help to improve the same. It has some advantages like-

- Enhanced sex between partners
- Understanding your own body
- Increased ability for orgasms
- Boosted self-esteem and body image
- Increased sexual satisfaction
- Treatment for sexual dysfunction

3. Myth-Sexual health and fertility go hand to hand. Poor relationship will feeble your chances to have baby?

Ans: Good health definitely improves the chances of conception but it's not a must as science is now advanced to overcome any difficulties happening naturally in form of Assisted Reproductive Techniques (ART).

4. Myth-Sex can increase cancer risk?

Ans- Rather it decreases risk. Men who are in a healthy relationship are less to receive a prostate cancer diagnosis before the age of 70.

Even it has been observed that men who had frequent orgasms (defined as two or more a week) had a 50 percent lower mortality risk than those who had sex less often.

5. Oldage and sex life

Physical changes, illness, disabilities and some medicines can make sex difficult. Don't be afraid to bring up concerns with your doctor or other health care provider. And remember, whatever your age, take precautions to protect yourself from sexually transmitted infections.

Parenting and affects on kids

Parenting and upbringing of a child is an important part of life. A child has sexual orientation not only as per the biological sex but also how they are brought up-the circumstances. That has an impact on personality in worst situations if balance is not maintained they may have perverted or unnatural or antagonistic feelings so rearing has a strong impact on mind of a child. Children and adolescents need your guidance to help them make healthy and appropriate decisions about their sexual behavior.

When it comes to talking to kids about sex, there's no standard script for how to approach this topic. Your decision to educate your children about sexuality will likely be based on the child's maturity, as well as your personal goals and values. Look for everyday opportunities and let your child set the pace with his or her questions.

As your child matures and asks more-detailed questions, you can provide more-detailed responses.

What is Sex?

Sex is an intimate relation between male and female but some couples may have difficulties in sustaining this relation for which they may need assistance. What seems easy and natural may be most difficult task for them. It may not be easy to talk about such private things, but there may be a treatment that could help you.

Why we need sex?

One of the basic properties of life is reproduction, the capacity to generate new individuals, and sex is an aspect of this process. It's not just a series of hormonal changes (Testosterone/estrogen), it's more than that. Besides it has other health benefits also. Life has evolved from simple stages to more complex ones, and so have the reproduction mechanisms.

What are health benefits of sex?

Sex is just one way of improving your quality of life. benefits Physical and emotional benefits like reduced risk of heart disease, improved self-esteem, and more can come from having sex.

This is a reminder that sex has social, emotional and physiological benefits, and it's important to make it a priority, Just make time for it. Sex triggers the release of hormones involved in feelings of reward, social bonding and attachment, which means sex is a natural mood elevator.

This is more evidence of the importance of a good work-life balance.

Your Sex Life May Work Wonders for Your Work Life.

Employees in better mood the next day, leading to more work engagement and job satisfaction suggestion of a new study that included 159 married employees who were surveyed daily for two weeks. Those who had sex were in a better mood at work the next day, which led to higher levels of work engagement and job satisfaction.

The beneficial effects that sex had on work were equally strong for men and women and lasted for at least 24 hours.

Heart disease and Sexual health

Almost everyone with heart problems has these questions and concerns. The most helpful thing you can do is talk to your health care providers, spouse, partner, or friends.

After heart surgery or a heart attack, your provider may say it is safe to have sex again.

But your health issues may change the way you feel about or experience sex and close contact with your partner. Besides being worried about having a heart attack during sex, you may feel:

- Less interested in having sex or being close with your partner
- Like sex is less enjoyable
- Sad or depressed
- Feel worried or stressed
- Like you are a different person now

Women may have trouble feeling aroused. Men may have trouble getting or keeping an erection, or have other problems.

Your partner may have the same feelings you are having and may be afraid to have sex with you.

How safe is the Teenage Sex?

Sex Education has a role here, to know what is safe sex. Teenage sex with a rising trend has a fear/concern in mind of parents and that's justifiable also. During your teens you go through puberty and become sexually mature. Whether you choose to have sex or not, it is a good idea to know about safe sex and how sex affects your health. Besides pregnancy, having sex puts you at risk of getting a sexually transmitted disease (STD), such as chlamydia, HPV, or HIV/AIDS

The only way to be completely safe is not to have sex. If you do choose to have any kind of sexual contact, latex condoms are the best protection against STDs. Condoms are also a form of birth control to help prevent pregnancy.

What is STD?

Sexually transmitted diseases (STDs) are infections that are passed from one person to another through sexual contact. The causes of STDs are bacteria, parasites, yeast, and viruses like, Chlamydia, Genital herpes, Gonorrhea, HIV/AIDS, HPV, Syphilis, Trichomoniasis.

Most STDs affect both men and women, but in many cases the health problems they cause can be more severe for women due to more exposure in view of more surface area. If a pregnant woman has an STD, it can cause serious health problems for the baby.

How much hygiene is necessary during sex and what are the side effects in unhygienic conditions?

Cleanliness and measures of hygiene are something we are all taught about but only a few are aware of sex hygiene. There are certain hygiene rules you should abide by to prevent any infections or situation of embarrassment when you are about to engage in physical intimacy.

- Sex hygiene is as important as taking care of health.
- Precautions help prevent infections in the private parts.
- Abide by a few rules when you are about to engage in sex.
- Be careful of the hygiene standards to keep troubles away.

What if one has excess or low desire and how it is affecting his/her mind?

People normally differ in the degree of sexual appetite they have. There is no single standard of sexual desire, and desire differs not only from person to person but also in the same person over one's lifespan. Loss of sexual desire can both result from relationship problems and cause them.

Sexual Desire in Men

Sexual desire is now believed to be more biologically driven among men than among women.

Men often experience decreased sex drive in response to heavy alcohol consumption.

It can decrease slowly in a relationship with excessive use of pornography, readily available on the Internet.

Sexual Desire in Women

Sexual desire in females is both more complex and more fragile than it is in males-less tied to biology, more linked to psychology. It is generally more variable; related to how they feel about themselves, what is going on in their lives. But experts agree that, in general, sexual desire is lower among females than among males, so a drop in female desire for any reason may be more problematic in relationships.

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