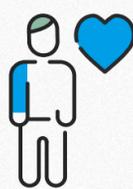


10 TIPS FOR LOOKING AFTER YOUR SEX LIFE

1.



Love yourself

Your body is an ally, not an enemy. Loving and accepting yourself is crucial for gaining confidence.

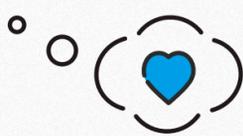
2.



Discuss it with your partner

Communication and being aware of each other's preferences, likes and limits are important for a good quality sex life.

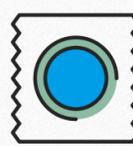
3.



Let your imagination go

Ensure routine and stress do not dominate your time and find opportunities to enjoy each other's intimacy.

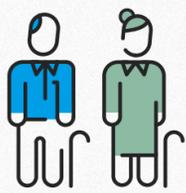
4.



Practice safe sex

Hygienic and protective measures are fundamental for preventing sexually transmitted diseases

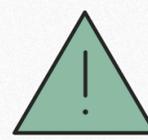
5.



It is not a question of age

There is no age limit to enjoying sexual activity and problems can appear at any time.

6.



We have a problem

Sexual problems are sometimes associated with other diseases. If you notice any signs, then you should visit your doctor.

7.



Discard those taboos

Sexual health problems should be treated like any other condition.

8.



Diagnosis = solution

The problem must be diagnosed so that it can be treated. Behavioural, sexologic, with or without medication, and surgical treatments all produce good results.

9.



Revitalise your sexuality

Following a balanced diet, sleeping well and physical exercise all provide positive benefits to your sexuality.

10.



Get informed

The Internet is not always the best source of information. Enquire in accredited medical or sexual health centres.



Did you know that...

- ✓ 1 in 5 men over 18 experience erection difficulties.
- ✓ A man has erectile dysfunction if the erection problem continues for more than 6 months.
- ✓ Men with erection problems have a greater risk of suffering a heart attack.
- ✓ Over half of men with erection problems are overweight.
- ✓ The medicines used to treat erectile dysfunction are effective and safe.

False myths about Erectile Dysfunction

It is uncommon

It affects approximately 20% of Spanish men over the age of 18, and more than 50% of the men aged 50 or over.



All patients are given the same treatment

The cause of the dysfunction needs to be identified so that treatment can be personalised.



It can not be cured

Effective treatments are available to treat the different causes of erectile dysfunction.



Phosphodiesterase-5 inhibitors are dangerous

PDE-5 inhibitors are very safe medicines that do not present any danger to the cardiovascular system.



It is not important in the elderly

More than 20% of men aged over 80 consider themselves sexually active.

