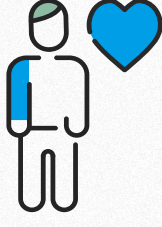


# 10 TIPS FOR LOOKING AFTER YOUR SEX LIFE

1.



## Love yourself

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

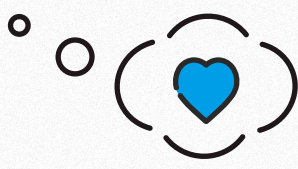
2.



## 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.

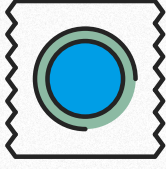
3.



## Let your imagination go

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

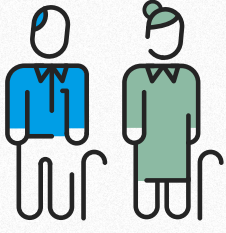
4.



## Practice safe sex

Hygienic and protective measures are fundamental for preventing sexually transmitted diseases

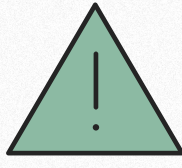
5.



## It is not a question of age

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

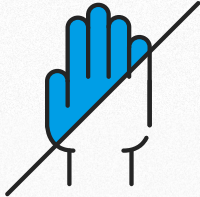
6.



## 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.

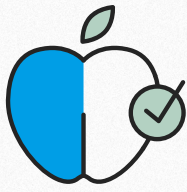
8.



## 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

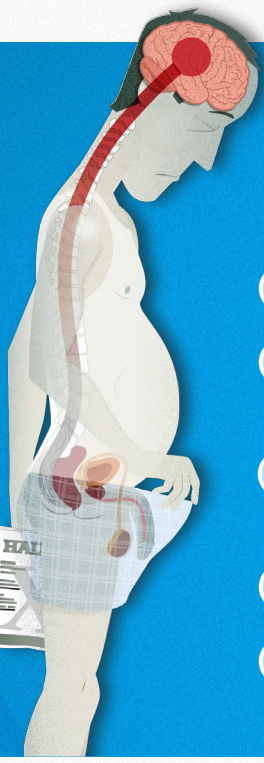
Following a balanced diet, sleeping well and physical exercise all provide positive benefits to your sexuality.

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.

