

# 10 Tips for looking after your sex life



## Love yourself

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



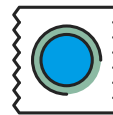
## Discuss it with your partner

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



## Let your imagination go

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



## Practice safe sex

Hygienic and protective measures are fundamental for preventing sexually transmitted diseases



## It is not a question of age

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



## We have a problem

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



## Discard those taboos

Sexual health problems should be treated like any other condition.



## 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.



## Revitalise your sexuality

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



## Get informed

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