Manage Sexual Function And Intimacy In Parkinson’s Disease Transcript

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Introduction to Sexual Health in Parkinson's

Welcome to The Parkinson's Solutions Summit 2.0. We're going. To explore a topic that's. Often. Overlooked, but it's crucial for quality of life. Sexual function, and intimacy in individuals.

With. Parkinson's. Sexual health. Is an integral. Part of overall. Well-Being, and challenges in this area can significantly impact both patients and their partners.

Let's start by. Understanding the prevalence and. Impact of these issues.

Prevalence and Impact of Sexual Dysfunction

Sexual dysfunction is common, yet. Under discussed for people. Living with Parkinson's. Studies estimate that up to 70% of men and 50% of women with Parkinson's experienced some form of.

Sexual. Dysfunction. These issues range from erectile dysfunction and reduced. Libido to difficulties with. Arousal and orgasm. The impact extends beyond the.

Physical. Problems affecting emotional well-being. Self esteem and relationships. For couples, it. Can sometimes feel. Like they're. Losing a. Vital part of their. Connection.

Parkinson's disease primarily. Affects the. Brain's dopamine producing neurons. Which play a key. Role in movement. However, dopamine is. Also crucial for regulating.

Mood and sexual function. When dopamine levels drop, it can lead to. Various sexual. Dysfunctions in men. This can manifest as erectile dysfunction and in women they may experience decreased lubrication and difficulty achieving orgasm.

Neurological Causes and Dopamine's Role

Additionally, the autonomic nervous system, which controls involuntary. Bodily. Functions may be. Disrupted, further. Complicating sexual. Health. Maintaining healthy intimate relations isn't.

Just about personal sadness function. It's also. Beneficial. For overall health. Research published. In the Journal of Neurological Sciences in 2019 found that an.

Active sexual life. Can improve mood and decrease anxiety in Parkinson's patients. Another study in the Journal of Clinical Neuroscience in 2020 indicated that.

Regular sexual activity. Is linked with. A lower risk of developing. Parkinson's. Possibly due to the positive effects. On brain health and. Neuroplasticity.

Oxytocin, referred. To as. The bonding hormone, is. Released. During intimate activities and has. Neuroprotective effects. A study in the American Journal of Medicine in 2018.

Highlighted that oxytocin. Can enhance. Social.

Benefits of Intimacy and Oxytocin

Behavior, emotional. Health. And make. It especially valuable for. Dealing with chronic conditions like Parkinson's

disease. The challenges. Of sexual.

Dysfunction and intimacy problems go beyond the physical symptoms. They can lead. To frustration. And guilt and emotional. Distress for both. Patients and their partners.

Open communication is essential, but can. Also be difficult. Many couples find it hard. To discuss. These intimate. Issues, which only exacerbates the problem.

Emotional and psychological support. Within relationships. Is crucial. For maintaining a strong bond. Now let's review some effective strategies. For managing sexual dysfunction and intimacy issues in Parkinson's.

Disease. Medication management. Medication management is. Crucial. Some medications, such as antidepressants and blood pressure medicine. Can have sexual side effects.

Adjusting the dosage. Or.

Emotional Effects and Communication Challenges

Switching medications under the guidance of. The healthcare professional. Can make significant differences. Also, medication to help. Achieve and maintain an erection or improve arousal and feelings of intimacy may be beneficial.

So this. Includes the fast food disaster. Ace inhibitors. Such as sildenafil. Oxytocin and testosterone optimization, and bromelain or tide. Treatment of. Orthostatic.

Hypotension it present. Supports the vascular. Responses needed. For. Sexual function. Physical therapy can also be beneficial. Pelvic floor exercises, for example.

Can improve muscle control and sexual function. Working with a trained. Physical. Therapist can help you learn the right. Exercises. To enhance your. Sexual health.

Psychological support is another is essential component. Counseling or sex therapy. Can help address emotional and. Psychological barriers. To intimacy.

Medication and Medical Management

These therapies provide a safe space to discuss. Feelings and concerns. Helping both partners reconnect emotionally and physically. Additionally, having an open discussion with your partner about your mutual needs may open doors to new ways to become intimate, not previously considered.

Lifestyle adjustments such as regular exercise. Stress management, and a healthy diet can. Positively. Impact. Sexual health. Exercise enhances blood flow and reduces stress.

Both of. Which are beneficial. To sexual. Function. A balanced diet rich in nutrients that support nitric. Oxide. Production. Healthy hormone levels can.

Also support overall. Well-Being. Open communication. As mentioned, open and honest communication between partners is critical. Discussing your needs.

Your fears or desires. Can help both partners understand each.

Therapy, Lifestyle, and Support Strategies

Other better. And find. Practical solutions. Together. Joining support groups and. Accessing educational resources

provide additional help. Support groups offer a. Platform to.

Share. Experiences and learn from others facing similar challenges. Educational materials can provide practical advice. And tips for managing sexual. Health issues.

Finally, seeking professional. Advice is. Essential. Health care providers who specialize. In Parkinson's can offer. Tailored. Recommendations and treatments.

Don't hesitate to consult. A specialist. Who understands the complexities. Of. Parkinson's, and can guide you in managing sexual dysfunction. In conclusion, sexual function and intimacy.

Issues are a. Significant yet manageable. Aspect of. Living with Parkinson's disease.

Conclusion and Key Takeaways

By understanding the neurological. Basis of these issues. And exploring various solutions, patients and their partners can maintain a fulfilling and. Supportive. Relationship.

Remember, open communication and seeking. Professional advice are steps. In addressing these challenges. So thank you for. Joining us at The Parkinson's Solution Summit.

We hope this. Session. Has provided valuable. Insights and encouragement. Together, we can overcome these challenges and improve. The quality of life for those.

Living with Parkinson's disease. Thank you and take care. I'm Dr. Sharlin.