



CKNW
NEWS TALK SPORTS
AM 980

PROBUS MONDAY MORNING SEX SHOW

“The show where I educate men
(*Finally*) about what women want”

maureen mcgrath rn, nca

Host **CKNW Sunday Night sex show**

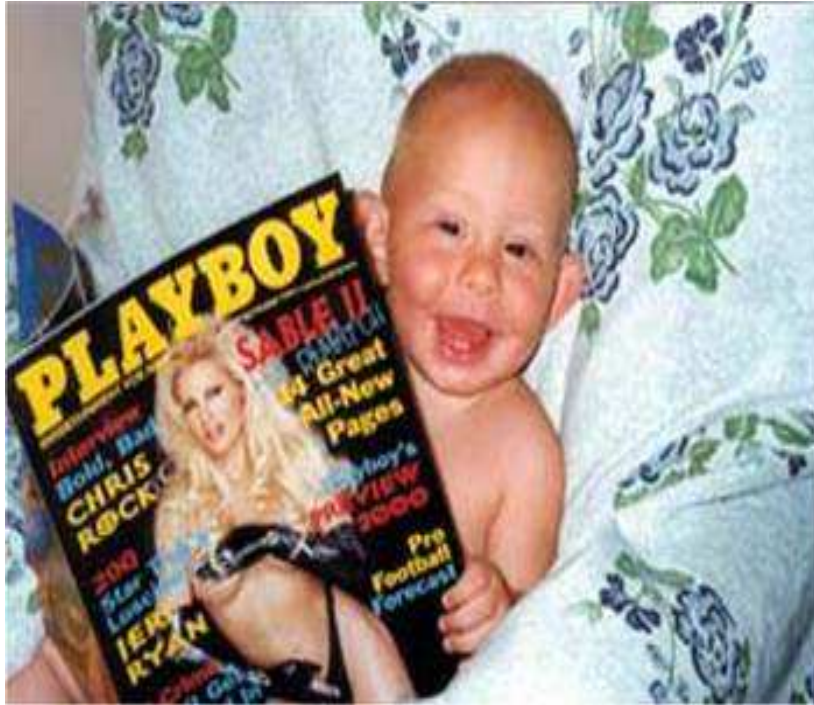
Newstalk 980 am





Appointed by The Premier









1. ERECTILE DYSFUNCTION
AND YOUR HEART

2. URINARY INCONTINENCE

3. SEXUALLY TRANSMITTED
INFECTIONS





Sexual Health



- The integration of the somatic, emotional, intellectual, and social aspects of sexual being in ways that are positively enriching and that enhance personality, communication and love.



What Impacts Male Sexuality across the Life Cycle ?

1. Women

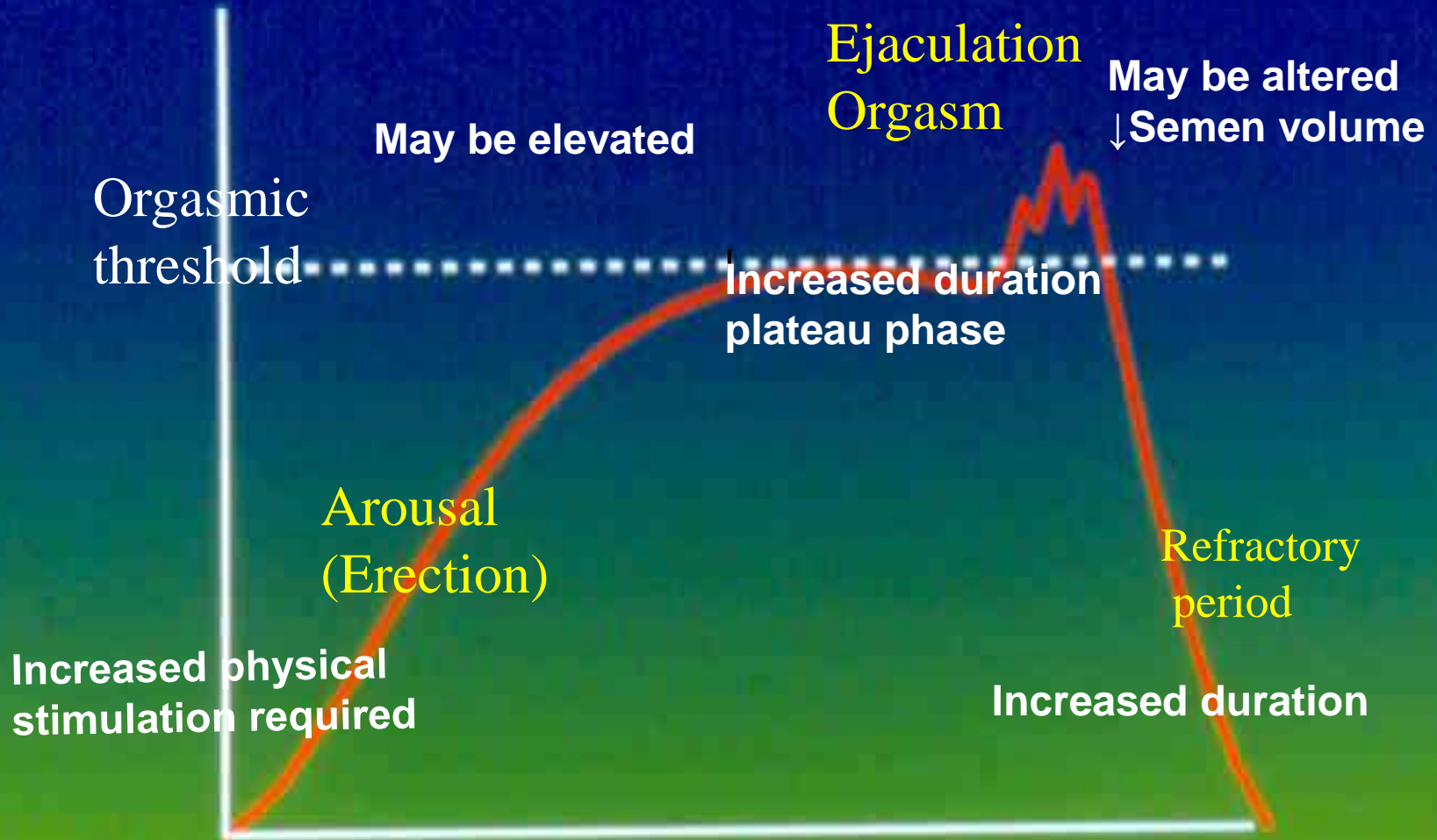
- Heritage
- Attitude/Experience
- History of Abuse
- Communication
- Self Esteem
- Health
- Time
- Relationships
- Andropause

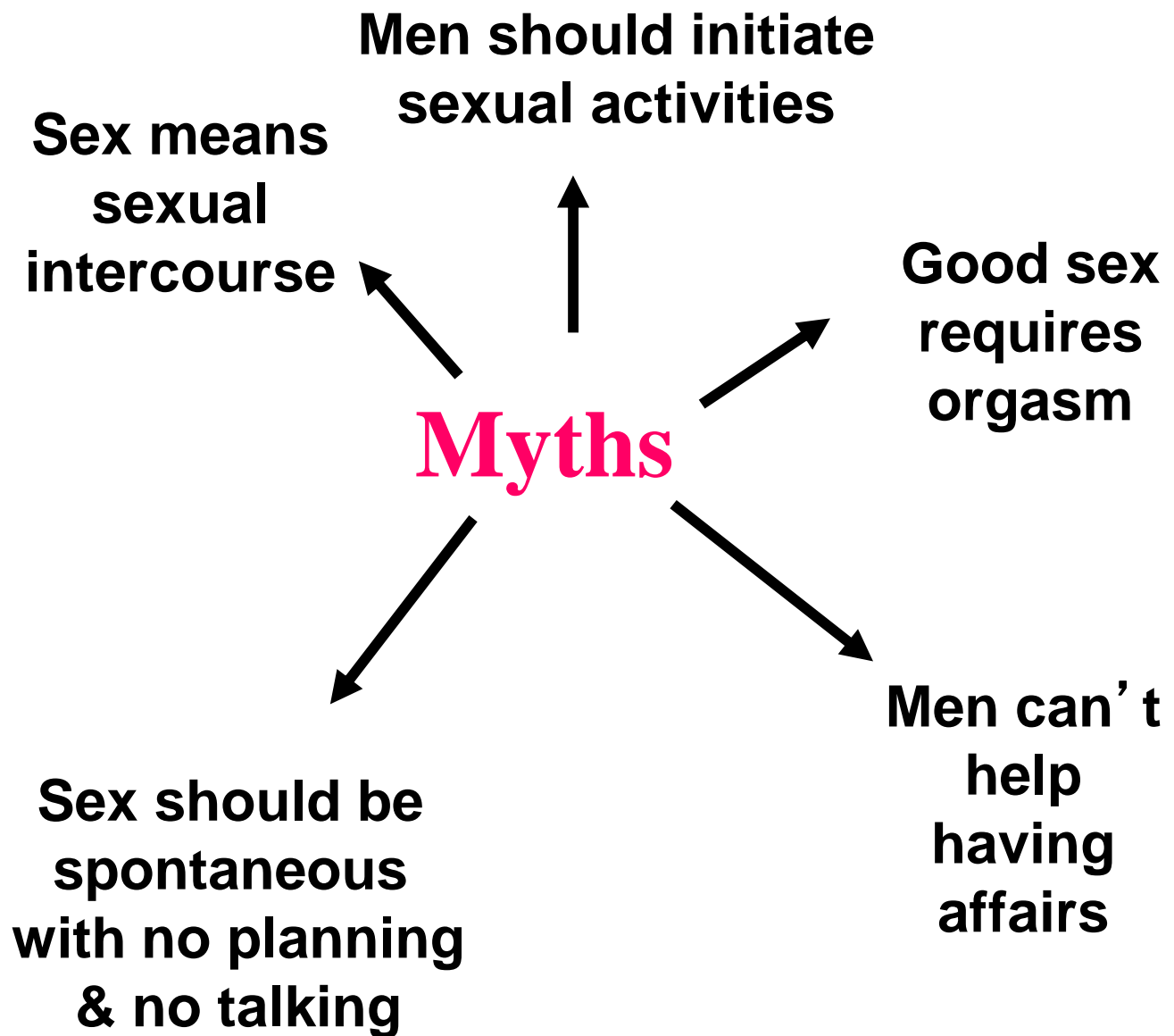


Benefits of Sexual Health

- Relieves stress
- Boosts immunity
- Burns calories
- Improves cardiovascular health
- Boosts self esteem and sexual self esteem
- Improves intimacy
- Reduces pain
- Reduces prostate cancer risk
- Strengthens pelvic floor muscles
- Improves sleep

Sex Response Cycle







Sexual Intervention

- Changing attitudes
- Providing information
- Teaching skills
- Reducing anxiety
- Giving permission

- **NEVER TOO LATE !**



PLISSIT MODEL of Sex Therapy ²

- **Permission**

Reassurance that thoughts, fantasies, behaviours are NORMAL

- **Limited Information**

Concerns addressed-ie; sexual response, anxiety, penis size, sexuality and aging, clitoral response, orgasmic response, medication effects

- **Specific Suggestions**

Homework Session: stop/start techniques, masturbation, self stimulation, exploration of one's body, genitals GOAL: Communication, reduce anxiety, learn arousal behaviours

- **Intensive Therapy**

Gain awareness of their feelings which may be inhibiting their sexual response.

Sexual Dysfunction...

- **Penis is the window to the heart....tells us what's going on in the vascular system**
- **ED is a canary in the coal mine!**

ED may be an early manifestation of Heart disease

This association appears to be on the same order as tobacco addiction or a family history of MI





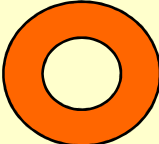


ED and your HEART

**The artery size
hypothesis...**

Why Erectile Dysfunction Occurs Sooner Than CV Disease



Artery	Diameter (mm)	Critical events
Penile	1-2 	Erectile dysfunction
Coronary	3-4 	Angina / MI
Carotid	5-7 	TIA / Stroke

How do we manage Erectile Dysfunction?



Medical Therapies for ED :PDE5i' s

Viagra **Levitra**



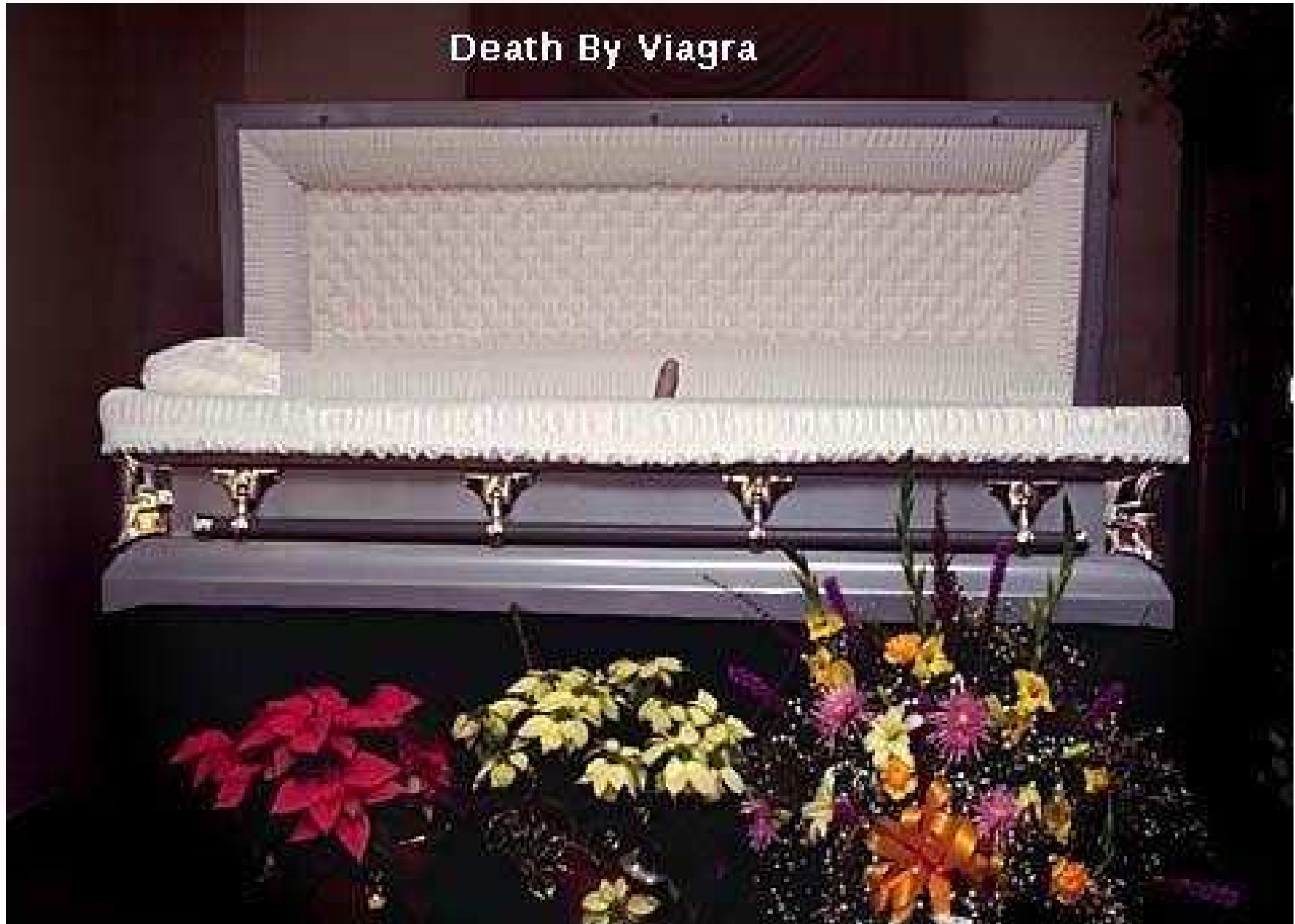
Cialis

**1. Need sexual
arousal to work!**

**2. Don't work well in
low testosterone
environments**



Death By Viagra





The following need to be done regardless...

- **Stop smoking**
- **Discuss your concerns with your partner**
- **Limit or avoid alcohol consumption**
- **Follow a healthy diet-DECREASE WAIST CIRCUMFERENCE**
- **Exercise regularly- MOOD**
- **Ensure adequate sleep**

Jardin A, Wagner G, Khoury S, *et al*, (eds.). Recommendations of the 1st International Consultation on Erectile Dysfunction.

In: *Erectile Dysfunction*. Plymouth, UK: Health Publication Ltd; 2000:711-26;

Feldman HA, Johannes CB, Derby CA, *et al*. *Prev Med* 2000;30:328-38; Derby CA, Mohr BA, Goldstein I, *et al*. *Urology* 2000;56:302-6.

Will treatment work ?

- Treatment for ED is:
 - **Successful in most patients**
- In most men, pills will work (50-88%)
- Second-line therapy is successful in about 90% of patients
- Surgery is necessary in **ONLY** <1% of men




Oral medications: optimizing treatment success

- **Take pills about 1 hour prior to sex**
- **Ensure there is adequate sexual stimulation**
- **Do so in a relaxed atmosphere**
 - **Try to minimize stress, anxiety, fear**
- **Avoid excessive alcohol intake**
- **Be patient if it does not work the first time – you may need to experiment by taking the pill at different times to see what works best for you.**

Cialis® (tadalafil) Product Monograph. Eli Lilly Canada Inc.; 2007; Levitra® (vardenafil hydrochloride) Product Monograph. Bayer Inc.; 2007; Viagra® (sildenafil citrate) Product Monograph. Pfizer Canada Inc.; 2006.



What about
testosterone ?



What happens to sexual function when testosterone levels decline?

- **1st : sexual drive /libido changes**
- **2nd: ejaculatory changes**
- **3rd: loss of nocturnal erections**
- **4th: loss of daytime/erotic erections**
- ***This is in the context of less energy, less strength, moodiness and possibly depression***



If testosterone is low...

- **Once assessing your risk factors, the doctor may decide to replace testosterone to *normal* levels**
- **You have a choice between;**
- **Pills**
- **Through the skin (gels and patches)**
- **Intramuscular injections**
- **But YOUR DOCTOR will need to monitor your prostate and testosterone and hemoglobin levels**



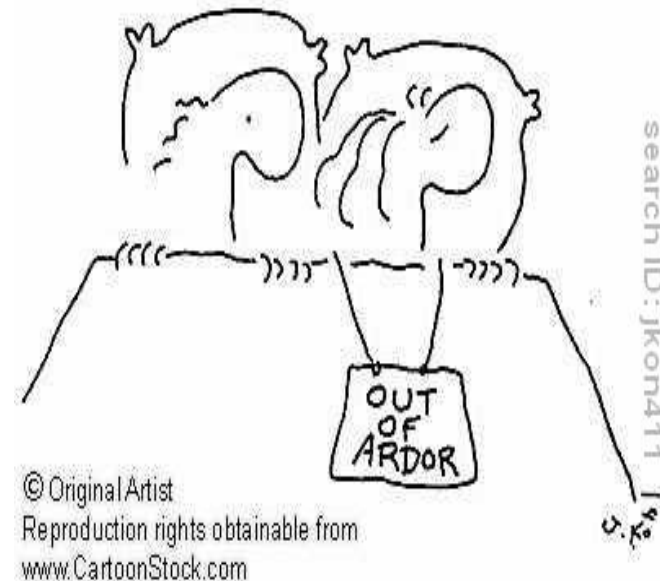
Low Sexual Desire

Decrease in sexual desire or responsive desire, situational or generalized, acquired or lifelong, lack of fantasies...



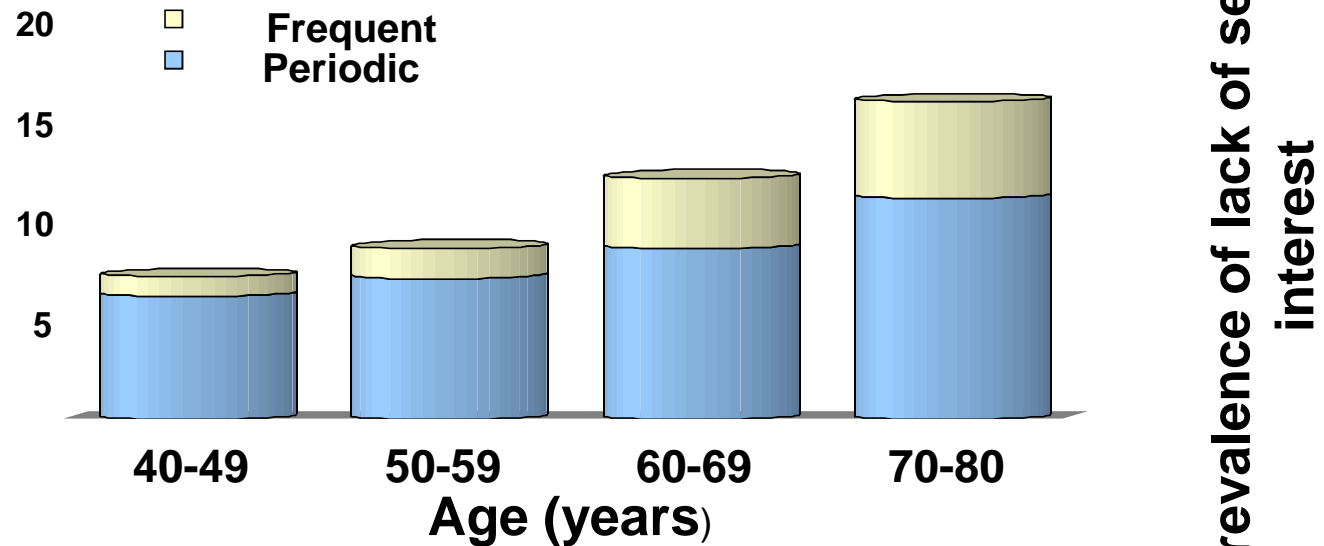
Reality

- In the 40's onwards, men's drive is more related to spontaneous sexual urges and opportunities: women's more to being open to the potential experience and then respond



Differing drives are NORMAL: the problem is
drive discrepancy

How many men lose their interest as they age?



Note: study participants were sexually active men aged 40-80 years. Nicolosi A, Laumann EO, Glasser DB, et al. *J Urol* 2004;6:991-7.





VAGINAL HEALTH

POST MENOPAUSAL WOMAN

VAGINAL DRYNESS

PAINFUL SEX

DECREASED ESTROGEN LEVELS

PERSONAL MOISTURIZERS AND

LOW DOSE LOCALIZED

ESTROGEN

75% of postmenopausal women



BLADDER HEALTH

DWI's

"DRIVING WHILE INCONTINENT"





OVERACTIVE BLADDER

- FREQUENCY
- URGENCY
- NOCTURIA

AVAILABLE TREATMENTS

- CONSERVATIVE MANAGEMENT
 - EDUCATION
 - FLUID MANAGEMENT
 - CONSTIPATION
 - KEGELS ARE FOR MEN TOO !



Bladder Irritants

- Coffee, tea and bubbly drinks
- Strawberries, pineapple, apple, peaches canteloupe guava, cranberries, grapes, plums
- Alcoholic beverages
- Spicy foods- Mexican, Thai, Indian, Cajun, onion, ethnic cuisine
- citrus foods orange, lemon, lime and juices, grapefruit,
- apple juice
- Vinegar Vitamin B complex Vitamin C
- Chocolate Sugar Aspartame
- Tomatoes, Barbeque sauce Red spaghetti sauce pizza sauce chili
- Naturopathic drugs with alcohol



Rates of sexually transmitted diseases have doubled among 50- to 90-year-olds in the past decade



Statistics for the Zoomers

- 80% of 50-90 year olds are sexually active
- rises in of syphilis, chlamydia, and gonorrhea
- HIV rates have doubled
 - Those who ushered in sexual revolution have remained sexually active
 - Coincides with introduction of Viagra in 1998
 - PM Women-vaginal health is the issue



Interesting....

- + 50 one of the fastest growing demographics for on-line dating
- Don't classify themselves as older
- 2nd time around for many
- Different concerns (ie financial, raising kids etc)
- Free life



Prescription Plus

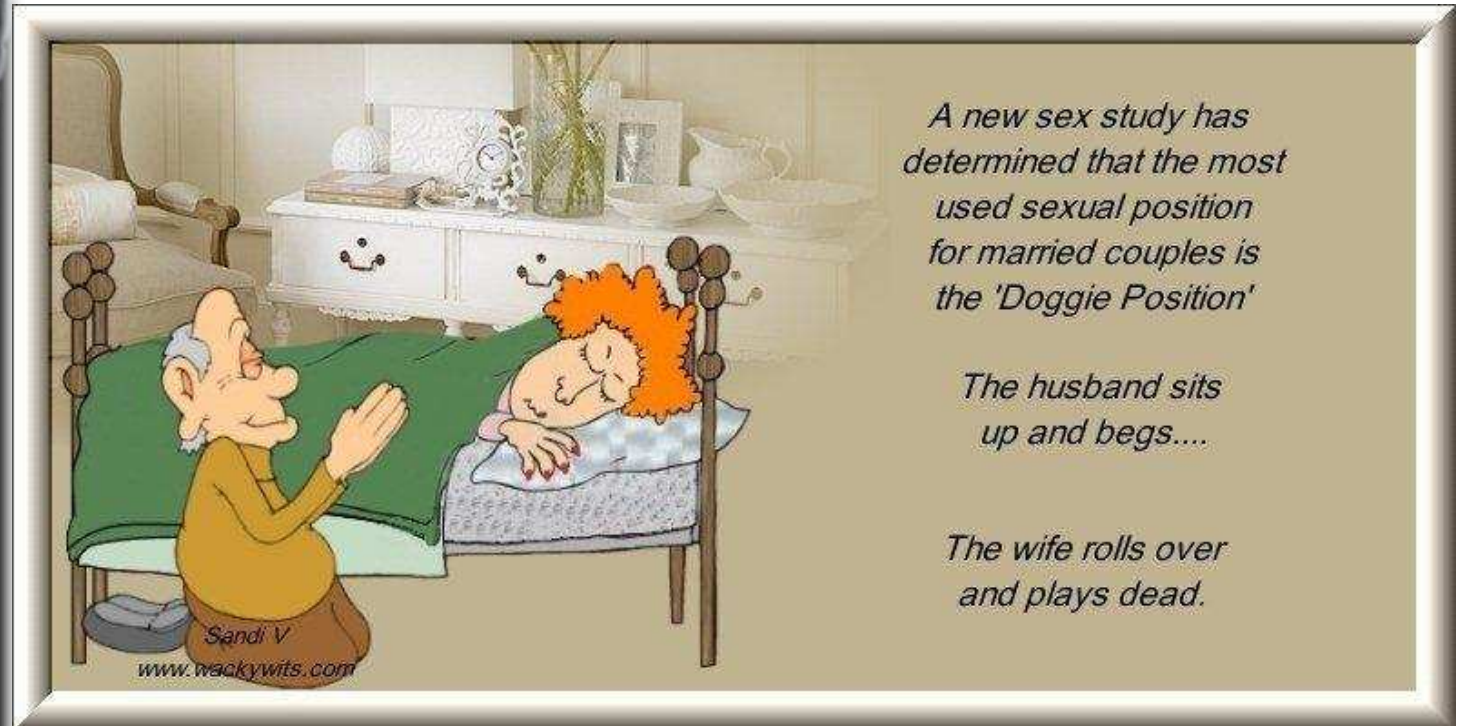
- Education on Safe Sex
- Condoms
- Visit shops and learn
- Educational classes
- Once ED is treated you do not want to place yourself at risk of another health issue
- Ask questions
- Get informed



Good Sexual Health

- Healthy emotionally and physically
- Know thyself first
- Practice Safe Sex - Condoms
- Communication
- Expressive- State your needs
- Self confident
- Sexual Self Esteem
- Shake it up

Most Used Sex Position



A new sex study has determined that the most used sexual position for married couples is the 'Doggie Position'

The husband sits up and begs....

The wife rolls over and plays dead.



COMMUNICATION is KEY

“No, no I said I have
Acute Angina”





Rotary Club + Children's Hospital

- **Crab Feast Fundraiser**
- **Friday, June 15, 2012**
- **Place: Burnaby Lakeside Rowing Pavilion**
6871 Roberts St, Burnaby, BC
- **Time: 6:00 PM – Cocktail Hour, Preview of**
- **7:30 PM – Crab Feast and Fixins**
- **Cost: \$45 per person**
- **TO ORDER TICKETS**
- **Contact the Rotary Office 604-685-0481 or
fax 604-685-7632 or email
rotary_van@telus.net**



PROSTATE CANCER

- SAFEWAY FATHER'S DAY WALK/RUN
- JUNE 17,2012
- BURNABY LAKE
- 10-2 PM
- FAMILY DAY
- OUR PREMIER THE HONOURABLE

CHRISTY CLARK



CKNW
NEWS TALK SPORTS
AM 980

THANK YOU FOR LISTENING

CKNW SUNDAY NIGHT SEX SHOW
HOST MAUREEN MCGRATH
NEWSTALK 980 SUNDAY NIGHT 8-9 PM

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