

## Improving intimacy and sexuality in Parkinson's patients

GeneFo, an online Parkinson's community that connects patients to others like them, to expert educational resources, and clinical trials in their area, surveyed hundreds of patients to find out what topics they want to talk about but were embarrassed or afraid to ask. The overwhelming response was: "With all that I have to face; managing my condition, coping with debilitating symptoms, uncertainty, and changes in my life, how can I still have an enjoyable sex life and validate my desires?"

Sex and intimacy can be sensitive topics for many people but add to the mix the challenges of living with Parkinson's Disease and you add an additional layer of to an already delicate issue. While many medical practitioners offer guidance and treatment to help improve health and quality of life, questions regarding the emotional and physical effect of illness, medications and other treatments on sexual health often remain unaddressed.

For many couples, Parkinson's presents a number of barriers to achieving a healthy sex life. Feelings of anxiety, depression, and anger, as well as the experience of going through painful or embarrassing procedures, can hinder desire to be exposed and vulnerable even further. According to a recent studies, most men with PD consider erectile dysfunction (ED) to be the most distressing of their various disabilities (reported by 54–79% of men with PD). Women with PD, reported vaginal tightness, loss of lubrication, involuntary urination, anxiety and inhibition as the most upsetting issues and that they are more likely to be dissatisfied with the quality of their sexual experiences.

Caregivers can also experience their own ambivalence about sex, whether feeling guilty for wanting to engage in sex, or for not feeling as attracted to their partner as they once felt.

Following survey results, GeneFo has created an opportunity to help patients and caretakers learn more about what they can do, alone or as a couple, to improve the various emotional and physical aspects of sexuality when affected by Parkinson's.

On Wednesday, July 26th, renown expert, and advocate, Dr.Tuppy Owens, whose work and books on the topic have won many accolades, will hold a very important online lecture focusing on sexuality in the context of a chronic condition and how patients and caregivers can optimize this aspect of their lives. Among other things, Dr.Tuppy will discuss self-acceptance, overcoming physical dysfunction or debilitating symptoms such as fatigue and movement issues, and creating intimacy beyond sex. Registration is free at [tinyurl.com/sex-intimacy-PD](https://www.tinyurl.com/sex-intimacy-PD).

"We are very proud to be offering this important session for the Parkinson's community, to provide a useful and valuable resource and point of encouragement. Dr. Tuppy has been at the forefront of campaigning for and supporting people with chronic conditions/disabilities and has helped many patients find healthier and happier lives while rediscovering intimacy and sexuality. In the webinar, she will offer practical advice and ideas on how to overcome the physical and emotional difficulties of achieving intimacy and sexual health. Her years of experience, openness, and profound sensitivity will surely (hopefully) resonate with those seeking answers and will address their unmet needs." Neer Ziskind CEO GeneFo.com

Free webinar registration full link: <https://www.genefo.com/home?webinar=22>

Free webinar registration shortened link: [tinyurl.com/sex-intimacy-PD](https://www.tinyurl.com/sex-intimacy-PD)

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