PD ExpertBriefing: Sexuality and Intimacy in Parkinson’s
Led By: Gila Bronner, M.P.H., M.S.W.,
Director, Sex Therapy Service
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Hear the session live on:
Tuesday, September 10, 2013 at 1:00 PM ET.

DIAL: (888) 272-8710 and enter the passcode 6323567#.
or visit online:
http://event.netbriefings.com/event/pdeb/Live/sex

If you have any questions regarding registering, call (212) 923-4700.
Intimacy and Sexuality in Parkinson’s:
Making the Impossible – Possible
2. In your experience, which of the following PD symptoms may affect sexual functioning?

- [ ] Tremor
- [ ] Bladder dysfunction
- [ ] Memory problems
- [ ] Hypersalivation
- [ ] Anxiety
- [ ] Sensation of breathlessness
- [ ] Clumsiness in fine motor control
- [ ] Dysphagia

Other (please specify)

- [ ] Muscle rigidity
- [ ] Dribbling
- [ ] Sleep disturbances
- [ ] Constipation
- [ ] Daytime somnolence
- [ ] Bradykinesia
- [ ] Hypomimia
- [ ] Fatigue
How many people with Parkinson’s reported experiencing sexual problems?

- Reported experiencing sexual problems: 87% (306/351)
- Reported never experiencing sexual problems: 12.8% (45/351)
Are Sexual Problems Discussed with Doctors?

Of those who reported experiencing a sexual problem (306 people) how many have discussed the problem with their doctor?

- 49% Never discuss sexual problems with doctor.
- 32% Sometimes discuss with doctor.
- 19% Always discuss with doctor.
Women & Sexual Dysfunction

Do you think women with PD experience sexual dysfunction? Mark one or more of the following options.

- Low sexual desire: 60.2%
- Difficulty reaching orgasm: 53.9%
- Decreased lubrication: 46.5%
- Sexual pain: 18.4%
- I do not believe women with PD experience sexual dysfunction: 12.1%
- Increased sexual desire: 8.2%
Do PD Symptoms Impact Sexual Functioning?

In your experience, which of the following PD symptoms may impact sexual functioning? Top six symptoms were:

- Depression: 30.7
- Sleep disturbances: 31.9
- Anxiety: 36.5
- Clumsiness in fine motor control: 39
- Muscle rigidity: 43.9
- Fatigue: 56.8
Let’s Talk About Sex – Why?
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- Natural aspect of life
Always in Human History

Sprintia: ancient Roman coins 1-2 ac with sex scenes
Khajuraho Temple, India
950-1050 BC
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Benefits of Intimate and Sexual Relationship
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- Emotional Relaxation
- Physical Relaxation
- Increase of Self Esteem
- Increase Confidence
- Increase Vitality
- Pain Relief
- Expression of Gratitude Towards Your Partner
- Better Quality of Life
- Increased life Satisfaction
Intimate and Sexual Relationships

How do couples maintain them?
Invest in Four Domains
Invest in Four Domains

• Couple Time
Invest in Four Domains

• Couple Time
• Intimate Time (emotional and physical)
Invest in Four Domains

- Couple Time
- Intimate Time (emotional and physical)
- Sexual Time
Invest in Four Domains

• Couple Time
• Intimate Time (emotional and physical)
• Sexual Time
• Personal Time 🧝‍♀️
Couple Time

Beryl Cook 1926-2008
Intimate Time (Emotional)

• Talk / Share / Support / Listen / Love / Care
Intimate Time (Physical)

• Relax / Touch
• Non-sexual touch
Sexual Time

- Erotic thoughts
- Erotic touch
- Sexual excitement
- Sexual satisfaction
- Sexual Activity
What is Sexual Activity?
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• **Intercourse**: Sexual Activity involving penile penetration into vagina
What is Sexual Activity?

- **Intercourse**: Sexual Activity involving penile penetration into vagina

- **Outercourse**: Sexual Activity without penile penetration into the vagina. Includes: petting, kissing, erotic touch, oral, manual or genital stimulation, with or without orgasm.
Are Elders Sexually Active?

• Beryl Cook 1926-2008
“Beautiful melodies can be played with old Banjos”
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(Anthony Hopkins, *The World's Fastest Indian*, 2005 Film written & directed by Roger Donaldson)

- Goethe completed his Faust at age 82
- Titian (Tiziano) was still drawing at 98
- Toscanini still conducted an orchestra at 93
- Edison continued working in his lab until 89
- Ben. Franklin wrote the US constitution at 81
What Do We Know About Elders and Sex?
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- 98% Swedish Men age 50-59: “sex is important”
- 72% men age 70-80 say “sex is important” and
- 46% of them report orgasm at least 1/per month

(Helgason et al. Age Aging 1996)
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Frequency of sexual activity
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Frequency of sexual activity –
among 3005 men and women in the US:

• 73% of 57-64 years old
• 53% of 65-74 years old
• 26% of 75-85 years old

Intimacy & Sexuality in Parkinson’s – Making the Impossible Possible
Motor Symptoms in PD

- Tremor
- Rigidity
- Bradykinesia
- Akinesia
- Gait disturbance
- Postural instability
- Speech disturbance
- Swallowing disturbance

Fox SH et al. Mov Disord. 2011; 26 Suppl 3:S2-41.
Nonmotor Symptoms in PD

Onset a few years before motor symptoms

• Constipation
• Bladder dysfunction
• Orthostatic hypotension
• Sleep disorders (daytime somnolence, nocturnal restlessness)
• Breathlessness
• Sweating
• Sialorrhea (dribbling)
• Fatigue

• Anosmia (olfactory loss)
• Orthostatic hypotension
• Pain
• Difficulty in concentration
• Memory problems
• Mood disorders (depression, anxiety)
• Delusions, hallucinations,
• paranoia, confusion episodes
• Impulse control disorder
• Sexual Dysfunction

Chaudhuri et al. 2006; Truong et al. 2008
Sexual Dysfunction in PD is the Most Disabling & Demoralizing Feature

(Frohman EM. Clin Neuropharmacol 2002)
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Sexual dysfunction in people with Parkinson’s affects partners.
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Partners report:
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Sex problems ▲  Sexual satisfaction ▼
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Couple relationship▼  Intimate touch▼
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Beier et al. (2000) Fortschr Neurol Psychiatry
Brown RW et al. 1990, J Neurol Neurosurg Psychiatry
Basson R. 1996, Parkinsonism and related disorders
Calne SM. et al. 2003, Adv Neurol 2003
What Can You Do?

• Learn how PD affects your sexuality and intimacy
• Look for advice
Factors Associated with Sexual Dysfunction in Parkinson’s
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• Depression- Desire ▼, ED

Depression in about 30% advanced PD patients (Giladi N. et al. J Neural Transm, 2000)
Factors Associated with Sexual Dysfunction in Parkinson’s

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- Antidepressants: SSRI’s - RE, Desire▼, ED

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- Role changes : relations ▼, Self Esteem ▼

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• Loss of concentration (part of cognitive involvement in PD) - more sexual dysfunction.
• Role changes : relations ▼, Self esteem ▼
  Desire ▼ ▲, Passive/ active sexual role

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Factors Associated with Sexual Dysfunction in Parkinson’s
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- FSD-Female sexual dysfunction:
- (female patient or partner) Desire ▼ Arousal ▼ Orgasm ▼
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• FSD-Female sexual dysfunction: (female patient or partner) Desire ▼ Arousal ▼ Orgasm ▼

• Urinary urgency, incontinence, fear of incontinence reduce Arousal in female PD patients
Factors Associated with Sexual Dysfunction in Parkinson’s

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  (female patient or partner ) Desire▼ Arousal ▼ Orgasm ▼

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• Chronic dopaminergic treatment
  Erectile Dysfunction, Sexual desire ▼▲
  Bronner G. Et al 2004 J Sex Marital Ther
Factors Associated with Sexual Dysfunction in Parkinson’s

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- Hypomimia - masked face: low interest & and appeal
Factors Associated with Sexual Dysfunction in Parkinson’s
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• Sleep disorders: separate beds, intimacy
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- Communication problems: intimacy
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- Sleep disorders: separate beds, intimacy
- Communication problems: intimacy ▼
- Drooling, changes in walking, sweating, hypersalivation: attractiveness ▼  sexual concentrating ▼
Factors Associated with Sexual Dysfunction in Parkinson’s

- Sleep disorders: separate beds, intimacy
- Communication problems: intimacy ▼
- Drooling, changes in walking, sweating, hypersalivation: attractiveness ▼ sexual concentrating ▼
- PD related Pain: Desire ▼ Arousal ▼ Position problems, Anxiety ▲
Factors Associated with Sexual Dysfunction in Parkinson’s

- Sleep disorders: separate beds, intimacy
- Communication problems: intimacy ▼
- Drooling, changes in walking, sweating, hypersalivation: attractiveness ▼ sexual concentrating ▼
- PD related Pain: Desire ▼ Arousal ▼ Position problems, Anxiety ▲
  - Chronic pain in 61.8% PD patients (n=450) (39.3% of them with “PD-pain”):
    - PD onset at younger age: more motor symptoms, depression- more severe
    - Pain: under-recognized, under-treated

(Negre-Pages L. et al. Mov Disord. 2008;23(10):1361-9)
Impulse Control Disorders in PD
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- Increased frequency of Impulse Control Disorders (ICDs) associated with Dopamine treatment
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- Including: pathologic gambling, compulsive shopping
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**CSB** (compulsive sexual behavior) **HS** (hypersexuality)

compulsive eating, compulsive medication use and punding.
Compulsive Sexual Behavior
Hypersexuality in PD

• Reported in 1.7-3.5% of people who live with Parkinson’s

De Chazeron I. et al. (2011) Mov Disord 26, 2127-30

• When defined as increased sexual drive not only CSB or HS , the frequency among PD patients increases to 8.8%

Preoccupation with sexual thoughts, constant sexual demands, promiscuity habitual use of phone sex lines, internet pornography or contact with sex workers.
Compulsive Sexual Behavior
Hypersexuality in PD

- Preoccupation with sexual thoughts, constant sexual demands, promiscuity habitual use of phone sex lines, internet pornography or contact with sex workers.
- Rare behaviors: obsessive, masturbation, exhibitionism, SM, pedophilia and zoophilia
Compulsive Sexual Behavior
Hypersexuality in PD

- Preoccupation with sexual thoughts, constant sexual demands, promiscuity habitual use of phone sex lines, internet pornography or contact with sex workers.
- Rare behaviors: obsessive, masturbation, exhibitionism, SM, pedophilia and zoophilia
- Associated with male sex, earlier disease onset, Dopamine Agonist therapy, and depression.

Klos KJ. Et al. (2005) Parkinsonism Relat Disord 11, 381-386.
What Can You Do?

• Understand that:
  – Sex Counseling is your basic right
  – Choose a health care professional, with whom you feel comfortable
  – Discuss sexual problems alone or with your partner
The Rights for Good Quality of Sexual Life
The Rights for Good Quality of Sexual Life

❤️ The right to love and be loved
❤️ The right to touch and be touched
The Rights for Good Quality of Sexual Life

❤ The right to love and be-love
❤ The right to touch and be touched
❤ The right to share intimacy
❤ And to remain a sexual human being
World Health Organization (WHO) Declaration on Sexual Health

Fundamental Sexual Health Rights:

• People should have the capacity to enjoy and to control their sexual & reproductive behavior in accordance with their social and personal ethic.

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• People should have the capacity to enjoy and control their sexual & reproductive behavior in accordance with their social and personal ethic.

• Freedom from fear, shame, guilt, false beliefs & other factors inhibiting sexual response & impairing sexual relations.

• Freedom from organic disorders, disease & efficiencies that interfere with sexual & reproductive function.

What Can You Do?

- Plan your sensual activity
- Plan your sexual activity
- Learn how to touch your partner: in erotic and non-erotic ways
- Communicate with your partner

Beryl Cook 1926-2008
What Can You Do?
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Talk about your sexual problems!!

TALK
Questions & Answers
Thanks
Gracias
Merci
TODA
תודה

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Resources from PDF

Parkinson’s Disease Resource List
www.pdf.org/resourcelink

• 750 Resources

Online
• PD ExpertBriefing: www.pdf.org
Upcoming PD Expert Briefings

Caregiving and Parkinson's
Tuesday, November 19, 1:00 PM - 2:00 PM ET
Gwyn M. Vernon, M.S.N., C.R.N.P., University of Pennsylvania Nursing School & Rhona Johnson, care partner, founding member, PDF People with Parkinson's Advisory Council

Parkinson's: Swallowing and Dental Challenges
Tuesday, January 14, 2014, 1:00 PM - 2:00 PM ET
Michelle Ciucci, Ph.D., and Jane Busch, D.D.S., University of Wisconsin
Please complete our SURVEY.

Your responses help us to improve the work that we do.

Thank you.