

SexSense[©]

BY DEBORAH CAUST, PH.D.

YOU'RE NEVER TOO OLD FOR SEX

Q: What can couples do to improve intercourse when they are getting on in years?

A: I can offer many suggestions, but the first is to take a look at *Love and Sex after 60*, by Robert Butler and Myrna Lewis (Random House, 1993). The book will help to place sex and aging in context by first describing some of the physical and emotional issues that affect older people, then making suggestions to counteract their effects. The book is a little too focused on physical concerns and not enough on sexual techniques for my taste, but all in all, it's an excellent book.

So, here are some suggestions for improving intercourse later in life:

First, talk to one another to determine what techniques are effective for getting the engine going. It may take more time to get in the mood than it used to.

Have sex in the morning when testosterone levels are highest.

Explore sexual positions that increase comfort and lessen strain.

Apply direct physical stimulation to the genitals to trigger the erectile and lubrication reflex.

Play with a soft penis: It feels good to the man whether he has an erection or not. Try stuffing the soft penis inside the vagina (hold between the index and middle fingers and push inside). Once inside, the penis should stiffen.

Use fingers to create a ring around the base of the penis. This will assist in keeping the blood in the penis to firm up the erection.

Work with your physician to lessen or eliminate sexual side effects of medication.

Use lots of extra lubrication to ease vaginal dryness.

Limit alcohol, caffeine and nicotine as these can have a direct effect on the ability to get and keep an erection.