

Exploring the Association between Pain and Sexual Health in Older People

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Poor self-rated health has been associated with decreased sexual activity in older people. We explore the impact pain has on sexual health in older men and women. A total of 6165 community-dwelling older adults were asked whether they were “often troubled by pain” and if so, to report on the severity of their pain. Participants completed a Sexual Relationships and Activities Questionnaire providing data on sexual activities, quality of intimate relationships and concerns with sexual functioning. Using multiple linear regressions and adjusting for previously identified risk factors, higher levels of pain were observed among subjects who reported less frequent sexual activities, sexual problems and concerns regarding sexual functioning. Continuing with sexual activity and having positive intimate relationships were associated with lower pain. How these associations differ by gender will be reported. Our results further understanding and have the potential to help target interventions to reduce pain and improve sexual health.

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