in men, their Sexual Response, Menard and Johnson report that a man's ability to obtain or maintain an erection is a sign of his overall sexual function. The slowing in sexual functioning as just one more component of total physical slowing as normal and adjust accordingly, some do not think of sexual functioning in sexual activities cannot produce anything but lack of passion and response. As activity becomes so automatic, commands little attention. And a habit, a routine equivalent to washing dishes or cleaning the house. According to James Peterson, author of 

Middle age is a time when both males and females need demonstrations of affection and reassurance that they are still attractive and competent. Such reassurance becomes increasingly important when work, family demands, health, or age-related changes challenge one's identity and self-respect. If so, you may need to communicate effectively. It is not always easy for spouses to “tune in” to the needs of each other, particularly when both are working and facing demands, health, or age-related changes. For a ful性和 satisfying sexual relationship, focus on the person and the quality of relationship, not mere performance. For a full and satisfying sexual relationship, focus on the person and the quality of relationship, not mere performance. If so, you may need to communicate effectively. It is not always easy for spouses to “tune in” to the needs of each other, particularly when both are working and facing demands, health, or age-related changes. For a full and satisfying sexual relationship, focus on the person and the quality of relationship, not mere performance. If so, you may need to communicate effectively. It is not always easy for spouses to “tune in” to the needs of each other, particularly when both are working and facing demands, health, or age-related changes. For a full and satisfying sexual relationship, focus on the person and the quality of relationship, not mere performance. If so, you may need to communicate effectively. It is not always easy for spouses to “tune in” to the needs of each other, particularly when both are working and facing demands, health, or age-related changes. For a full and satisfying sexual relationship, focus on the person and the quality of relationship, not mere performance. If so, you may need to communicate effectively. It is not always easy for spouses to “tune in” to the needs of each other, particularly when both are working and facing demands, health, or age-related changes. For a full and satisfying sexual relationship, focus on the person and the quality of relationship, not mere performance.
Midlife Sexuality Feelings

Last night Jack, age 42, was not able to obtain an erection. Patrice sat next to him. He has few sex life hassles to date. He asks himself, "Is this normal? Does this mean I am no longer a loving partner? Will my wife reject me or feel rejected? If I try again, will I fail?"

Marcia, age 33, has found a renewed interest in sex as part of her new partner. Materials may be a relief—now stories about becoming pregnant seem to shock her. She wonders whether there will be as difficult for her as it was for her mother. Will she go around 60? Is it going to mean the end of her womanhood? Will her husband still love her?

These questions haunt Nancy. Why do people differ in response to sexuality? Jack, Marcia, and Nancy? What does the inability to obtain an erection mean to a woman as much as to her partner? What facts may account for inability to obtain an erection? What does a woman mean for a woman?

As in all age groups, middle-aged and older people are subject to a wide range of emotional and physical changes. The impact of these changes varies from person to person. However, health and the availability of a sexual partner are important factors affecting sexual responses. One person may be sexually active, another may be sexually inactive. People who engage in sexual activity have been shown to have better physical and mental health. Also, sexual activity can be beneficial for both men and women. Sex is often a source of self-esteem and self-confidence, and it can help maintain a sense of connectedness. In addition, sexual activity can be a source of pleasure and enjoyment. However, sexual desire can vary among individuals, and it is important to remember that there is no one "right" or "wrong" way to feel about sex.

The Middle-Aged Female

Physiologically, there is little evidence that age directly affects sexual responses in the female. Some studies indicate that sexual activity is more frequent in the middle-aged than in younger women. Others suggest that middle-aged women are more likely to engage in sexual activity than younger women. There are also differences in the frequency and quality of sexual activity between men and women. Men tend to engage in more frequent sexual activity than women, while women tend to engage in more frequent sexual activity than men. However, these differences are not universal, and many women engage in sexual activity throughout their lives. In general, sexual activity is associated with good physical and mental health, and it is an important aspect of human sexuality.

Sexual responses vary with age, but this change may be less pronounced in the female. As women age, they may experience changes in sexual desire, frequency, and ability to achieve orgasm. These changes are often due to hormonal changes, such as those that occur during menopause. However, many women continue to be sexually active throughout their lives, and they may experience changes in their sexual responses. In general, sexual activity is associated with good physical and mental health, and it is an important aspect of human sexuality. In conclusion, sexual activity is an important aspect of human sexuality, and it is important to remember that there is no one "right" or "wrong" way to feel about sex.

Menopause, the natural biologic event in which a woman's ovaries stop producing eggs, is a normal event associated with aging. Menopause occurs when a woman's ovaries stop producing eggs. Menopause usually occurs between the ages of 45 and 55, but it can occur earlier or later. There are many myths about menopause, such as that it causes a woman to become frigid or that it is a time of declining sexual desire. However, research shows that many women continue to be sexually active throughout menopause. In fact, sexual activity may even increase after menopause. In conclusion, sexual activity is an important aspect of human sexuality, and it is important to remember that there is no one "right" or "wrong" way to feel about sex.

A woman's sex drive following menopause varies widely. Some women report an increase in sexual desire, while others report a decrease. However, sexual desire is often related to other factors, such as overall health and well-being. In conclusion, sexual activity is an important aspect of human sexuality, and it is important to remember that there is no one "right" or wrong" way to feel about sex.
There is more to sexuality—it involves giving and receiving tenderness, warmth, and affection, and feeling valued, attractive, and desired. It is feeling femininity or masculinity.

If this is true for you, find ways to make sexuality and your total relationship more stimulating. Add variety to your love. Explore new vistas of sexuality and exciting things to do to enhance your relationship.

Are you living physically fit and attractive?
Your physical condition affects your interest in sexuality and your attractiveness as a sexual partner. Middle age need not be a time when your body fails. But it is a time when requiring body maintenance was not so great. As you age, exercise, rest, and a good diet become increasingly important for maintaining a vital body and mind.

Prepared by Vicki Schnall, Extension genealogy specialist, Oregon State University.

Your Physical Condition

Sexual success is important for both men and women. In their book, Sexual Success, Masters and Johnson report that a man's ability to obtain an erection or engage in sexual intercourse is subject to a range of psychosocial factors such as overindulgence in food or drink, overwork, or anxiety, or about his ability to have sex. Performance anxiety (fear of failure) is the common cause of male sexual dysfunction. Physical causes for impotence should be investigated. Medications, high blood pressure, obesity, diabetes, and other physical problems can affect potency.

It is important that men and their partners understand the causes and impact of potency problems, particularly performance anxiety. Too often when an episode of impotence occurs, a couple is unable to talk about it. More often than not each finds such discussions difficult, particularly if they see impotence as a sign of weakness or if they feel inadequate in some way. Partners sometimes feel they are to blame. Where performance anxiety exists, it is important to be open and to keep the channels of communication open. A couple can find ways for sexual stimulation that are acceptable and feel good to both partners, such as massaging, holding and caressing. Questions that may help to identify factors that may be affecting potency include:

- Are demands are currently being made at home and work? Are the demands handsomely to him?
- Is he overweight or fatigued?
- Is he depressed over finances or other problems?
- Does he have a physical problem?
- Is he taking medication that may affect sexual function? In such cases, as in cardiovascular disease, and diabetes.
- Is he drinking more frequently than usual?
- Are his partner's sexual needs more than he can satisfy?
- Has his sexual relationship become monotonous.

Asking similar questions when a woman experiences a change in sexual response who also provide additional insight.

In their book, Human Sexual Response, Masters and Johnson report that a man's ability to obtain an erection or engage in sexual intercourse is subject to a range of psychosocial factors such as overindulgence in food or drink, overwork, or anxiety, or about his ability to have sex. Performance anxiety (fear of failure) is the common cause of male sexual dysfunction. Physical causes for impotence should be investigated. Medications, high blood pressure, obesity, diabetes, and other physical problems can affect potency.

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- Is he drinking more frequently than usual?
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- Has his sexual relationship become monotonous.

Asking similar questions when a woman experiences a change in sexual response who also provide additional insight.
In their book, Human Sexual Response, Masters and Johnson report that a man’s ability to obtain or retain or engage in sexual intercourse is brought to a range of physiologic factors such as overindulgence in food or drink, overwork, worry, or anxiety about his ability to have sex. Performance anxiety, fear of failure, is the common cause of cause sexual dysfunction. Performance issues for impotency should be investigated. Medications, high blood pressure, obesity, diabetes, and other physical problems can affect potency. It is important that men and their partners understand the causes and impact of potency problems, particularly performance anxiety. Too often, when an episode of impotency occurs, a couple is unable to talk about it. It is sometimes found that those who use this discussion difficult, particularly if they see impotency as a sign of weakness or if they feel inadequate in men. Partners sometimes feel that they cannot help. Where performance anxiety exists, it is important that the couple understand the signs of it and solve the problem to keep and open the channels of communication. A couple can find ways to deal with the sexual frustration that is acceptable and feel good about, such as managing, holding, and counseling. Questions that may help to identify factors that may be affecting potency include:

- What demands are currently being made at home and work?
- Does the demand for sexual intercourse vary?
- Is he taking medication that may affect sexual performance?
- Is he depressed over finances or other problems?
- What is the spouse’s problem, if any?
- Is he taking medication that may affect sexual performance?
- Is he drinking more frequently than usual?
- Are his partner’s needs more than his can accommodate?

Is his sexual relationship become nonresponsive?

Asking similar questions when a woman experiences a change in sexual response also can provide additional insight.

Your Sexual Relationship

Sexual success is important for both men and women. "Success," however, is defined too often within the norms of a sexual interaction. For example, there is no need to satisfy your partner’s sexual needs. There is a need for to—involves giving and receiving tenderness, warmth, and affection, and feeling valued, attractive, and desired. It is feeling feminine or masculine. Have you and your partner built these aspects of sexuality into your relationship? Or has emphasis been on the physical aspects of sexuality? Middle age is a time when both males and females need demonstration of affection and reassurance. In this age group, males are more social, open, and self-assertive. In this age group, males are more social, open, and self-assertive. Do you or your partner judge sexual deflection as healthy? Do you or your partner judge sexual deflection as healthy? Are your partner’s sexual needs more than you can provide? Are you sexual with each other?

Sexuality is a personal need for both men and women. The physical aspects of sexual expression are important for maintaining a vital body and mind. "Habit" in sexual activities cannot produce anything but lack of passion and response.

It is not always easy for spouses to "tune in" to each other’s changing needs. As midlife sexuality, the common sexual changes and activity pattern, not an end to sexual expression. There are changes in sexual response and in the emotional well-being of people at all ages. Sexual fulfillment must be a relationship—intimacy, the sharing of feelings, not merely performance. Add variety to your lives. Explore new vistas of sexuality and exciting things to do to enhance your relationship.

Are you staying physically fit and attractive? Your physical condition affects your interest in sex and your attractiveness as a sexual partner. Middle age need not be a time when "Habit" is an end to sexual expression. As you grow older, it is important that you maintain your sexual desire and need. Exercise, rest, and a good diet become increasingly important to both of them, such as massaging, holding, communication. A couple can find ways for each other to learn to communicate effectively.

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