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RHEUMATOLOGY ADVANCED
PRACTICE PROVIDERS

Inaugural National Conference

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VIRTUAL CONFERENCE



RhAPP

RHEUMATOLOGY ADVANCED
PRACTICE PROVIDERS

Intimacy and Chronic Illness



Iris Zink, NP
Nurse Practitioner
Rheumatology Clinic

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Faculty Disclosure

Iris Zink, NP

- Speaker Bureau for AbbVie, Crescendo Bioscience, Horizon Pharmaceutical

Intimacy and Chronic Illness

- Intimacy is not purely physical.
 - It's the act of connecting with someone so deeply, you feel like you can see their soul.



Intimacy and Chronic Illness

Objectives:

- Confirm desire to speak with health care provider about sexual concerns
- Identify at least (2) of the 10 myths about sexual intimacy
- Identify at least (3) most common patient concerns related to intimacy and their health
- Identify at least (3) domains on the wheel of total health
- Identify (2) of the (3) factors which are imperative to maintenance of a healthy intimate relationship
- Identify the (2) largest sexual organs on the body

1998, 1999, 2000, 2004, 2011, 2013, 2014,
2015, 2016



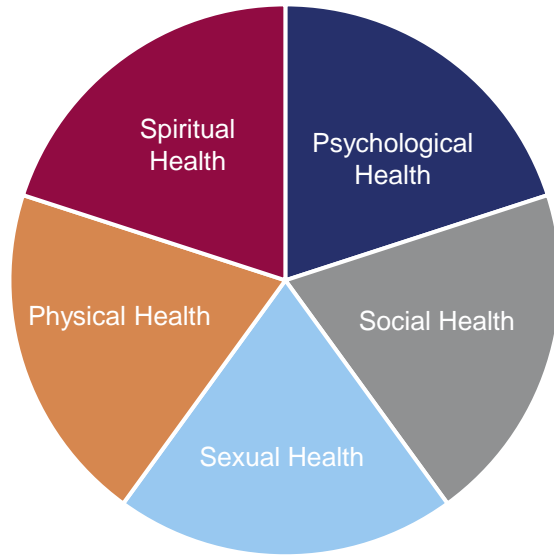
Intimacy and Chronic Illness

- **“Sexual problems are frequent in many clinical conditions but are not yet a routine part of diagnostic workup or therapeutic planning”**

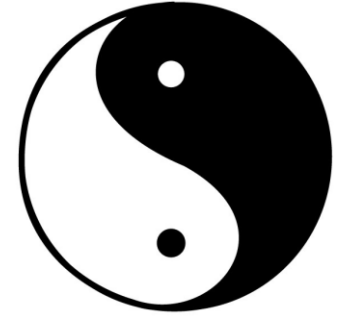


Holistic Self

American Pie



- Psychological Health
- Social Health
- Sexual Health
- Physical Health
- Spiritual Health



Whom?

- 2/3 of pts with hip and back OA experience sexual problems
- 62% of pts with RA reported difficulties with sexual performance
- 50% of AS pts report issues with ↓ in desire, satisfaction and frequency of sex
- 71% of pts said their FMS had put a strain on their relationship
- 50% of ♀ and 75% of ♂ report sexual dysfx during course of MS

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How?


- “It appears that pts do not initiate discussion in the area, and wait for the clinician to enquire about their sexual health”
- Nurses have the professional, clinical, and ethical responsibility to address and treat pts sexual health
- We don't need to be sexperts; just listen and care



Intimacy and Chronic Illness



STOP THAT PAIN!
The Lambert Snyder Health
Vibrator Conquers Pain.
For a limited time we will sell
our \$5.00 Vibrator at \$2.00—pre-
paid to any part of the U. S. on
receipt of \$2.35. INSTANT RE-
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**HYSTERICAL
PAROXYSM**
A WONDERFUL HEALER STATES
HERE IS HEALTH
THROUGH THE MAGIC POWER OF
FINE GENTLE
MASSAGE

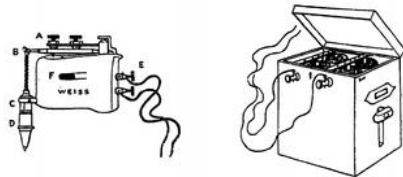
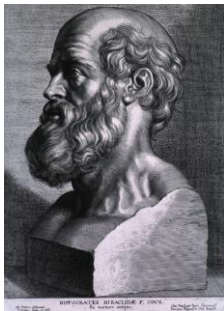
An illustration of a man in a suit kneeling and massaging the back of a woman in a long dress.

<https://tropicsofmeta.files.wordpress.com/2013/02/stop-that-pain-snyder-vibrator.png>, <https://i.pinimg.com/736x/79/88/91/798891475334beef5f6ad40ac55bf74c-female-hysteria-very-funny-movies.jpg>;
<https://i.ytimg.com/vi/5N1XddfQd2l/hqdefault.jpg>.

Timeline: Female Hysteria and the Sex Toys Used to Treat It

An Animal Within an Animal:

Plato, like many of his contemporaries, believed the womb was an animal that goes "wandering in every direction through the body, closes up the passages of the breath, and, by obstructing respiration, drives them to extremity, causing all varieties of disease." Although the word hysteria wasn't used yet, it would later get its name from "hystera," the Greek word for "uterus."



Going Electric:

The vibrator was the fifth home appliance to be electrified. After the sewing machine paved the way in 1889. The vibrator beat the vacuum cleaner and iron by about a decade.



And the other half probably should try 'em...

The first peer-reviewed study on vibrator use finds that 53 percent of American women and 45 percent of men have used a vibrator. The study found that people who used them had happier sex lives and were more responsible about their sexual health.

The First Portable Vibrator:

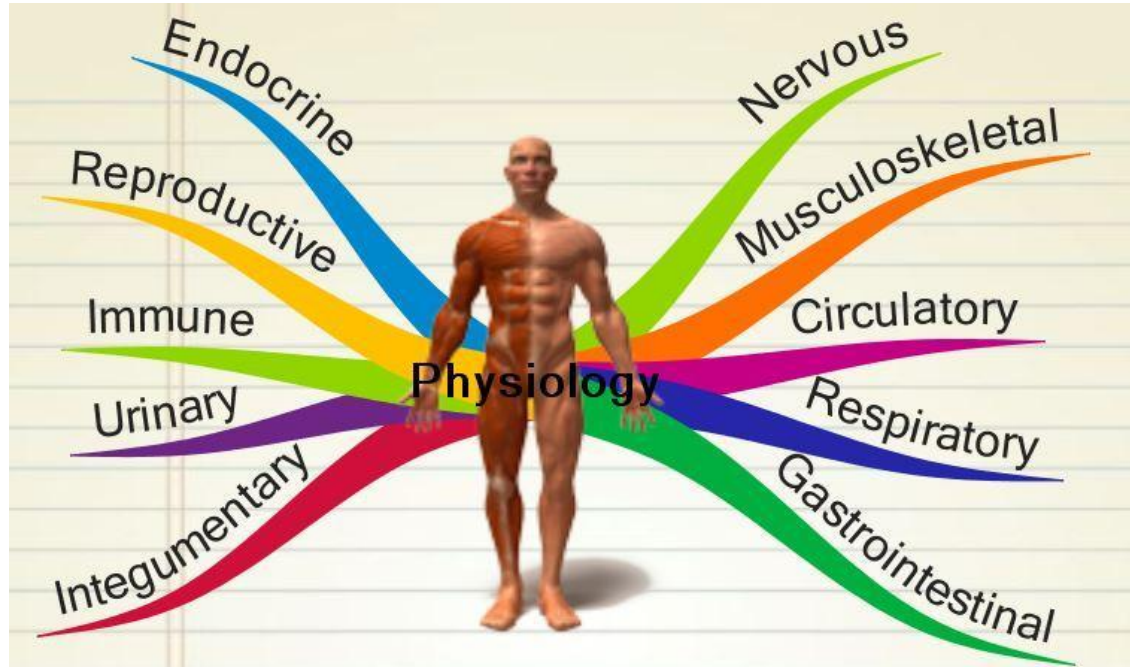
The first electro-mechanical vibrator was patented by the British doctor Joseph Mortimer Granville in the early 1880s. Portable but unwieldy, it ran on a 40-pound battery and was manufactured by the British medical manufacturer Weiss. While Granville himself disapproved of using his vibrator to treat hysterical women—advocating for its use on male skeletal muscles only—most of Granville's fellow doctors were eager to pass the labor-intensive, time-consuming task of giving women "hysterical paroxysms" off to a machine.



It's Back:

Betty Dodson reintroduced the vibrator at NOW's Sexuality Conference in 1973 as a symbol of sexual empowerment.

Orgasm and Laughter Are a Part of Our Basic Physiology



Acknowledge Importance of Touch

- Provides a connection
- Conveys affirmation
- Reassures the patient
- Decreases stress
- Improves self esteem



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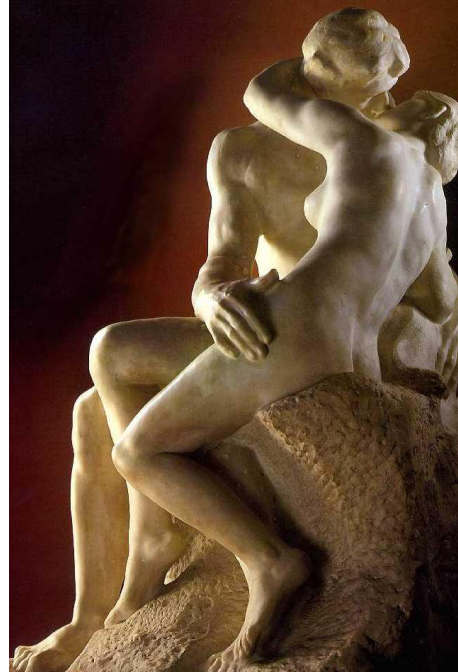
Why?



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What Really Happens?

- ♥ ↑ heart rate
- ♥ ↑ muscle tension
- ♥ ↑ blood flow
- ♥ ↑ body warmth
- ♥ ↑ lubrication
- 💣 swelling of the clitoris
- 💣 swelling of vaginal lips
- 💣 penile erection
- 💣 nipple erections
- 💣 ↑ sensitivity to stimulation
- 💣 ↓ sensitivity to pain



Disease States That Affect Sexual Health

- Psoriasis/ eczema/ neurofibromatosis
- DM
- Sleep apnea
- MS
- Spinal cord injury
- Arthritis
- COPD/ emphysema
- Asthma/pulm disease
- Cancer
- Sjogrens/Lupus
- Post surgery pts
- Mastectomy, Hysterectomy
Prostatectomy
- CVD post MI or CVA
- Parkinson
- Deafness, blindness
- HTN
- Depression
- Crohns/UC
- FMS

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Bonobos and humans utilize sexuality for social purposes:
Tension reduction, bonding, conflict resolution, entertainment...

10 Surprising Health Benefits of Sex

1. Helps Keep Your Immune System Humming

- “Sexually active people take fewer sick days,” says Yvonne K. Fulbright, PhD a [sexual health](#) expert.
- People who have sex have higher levels of what defends your body against germs, viruses, and other intruders. Researchers at Wilkes University in Pennsylvania found that college students who had sex once or twice a week had higher levels of the a certain antibody compared to students who had sex less often.

2. Boosts Your Libido

- Longing for a more lively sex life? “Having sex will make sex better and will improve your [libido](#),” says Lauren Streicher, MD. She is an assistant clinical professor of obstetrics and gynecology at Northwestern University’s Feinberg School of Medicine in Chicago.
- For women, having sex ups vaginal lubrication, [blood](#) flow, and elasticity, she says, all of which make sex feel better and help you crave more of it.

3. Improves Women's Bladder Control

- A strong pelvic floor is important for avoiding [incontinence](#), something that will affect about 30% of women at some point in their lives.
- Good sex is like a [workout](#) for your pelvic floor muscles. When you have an orgasm, it causes [contractions](#) in those muscles, which strengthens them.

4. Lowers Your Blood Pressure

- Research suggests a link between sex and lower [blood pressure](#), says Joseph J. Pinzone, MD. He is CEO and medical director of Amai Wellness.
- “There have been many studies,” he says. “One landmark study found that sexual intercourse specifically (not [masturbation](#)) lowered systolic blood pressure.” That’s the first number on your blood pressure test.

5. Counts as Exercise

- “Sex is a really great form of [exercise](#),” Pinzone says. It won’t replace the treadmill, but it counts for something.
- Sex uses about five calories per minute, four more calories than watching TV. It gives you a one-two punch: It bumps up your [heart rate](#) and uses various muscles.
- So get busy! You may even want to clear your schedule to make time for it on a regular basis. “Like with exercise, consistency helps maximize the benefits,” Pinzone says.

6. Lowers Heart Attack Risk

- A good sex life is good for your [heart](#). Besides being a great way to raise your heart rate, sex helps keep your [estrogen](#) and [testosterone](#) levels in balance.
- “When either one of those is low you begin to get lots of problems, like [osteoporosis](#) and even [heart disease](#),” Pinzone says.
- Having sex more often may help. During one study, men who had sex at least twice a week were half as likely to die of [heart disease](#) as men who had sex rarely.

The perks of sex extend well beyond the bedroom. By Kara Mayer Robinson. FROM THE WEBMD ARCHIVES.
Sex not only feels good. It can also be good for you. Here’s what a healthy sex life can do for you.

10 Surprising Health Benefits of Sex

7. Lessens Pain

- Before you reach for an [aspirin](#), try for an orgasm.
- “Orgasm can block pain,” says Barry R. Komisaruk, PhD, a distinguished service professor at Rutgers, the State University of New Jersey. It releases a hormone that helps raise your pain threshold.
- Stimulation without orgasm can also do the trick. “We’ve found that vaginal stimulation can block chronic back and [leg pain](#), and many women have told us that genital self-stimulation can reduce menstrual [cramps](#), arthritic pain, and in some cases even [headache](#),” Komisaruk says.

8. May Make Prostate Cancer Less Likely

- Going for the gusto may help ward off [prostate cancer](#).
- Men who ejaculated frequently (at least 21 times a month) were less likely to get [prostate cancer](#) during one study, which was published in the *Journal of the American Medical Association*.
- You don’t need a partner to reap this benefit: Sexual intercourse, nocturnal emission, and masturbation were all part of the equation.
- It’s not clear that sex was the only reason that mattered in that study. Lots of factors affect [cancer](#) risk. But more sex won’t hurt.
- WebMD Feature Reviewed by [Michael W. Smith, MD](#) on October 24, 2013.

9. Improves Sleep

- You may nod off more quickly after sex, and for good reason.
- “After orgasm, the hormone [prolactin](#) is released, which is responsible for the feelings of relaxation and sleepiness” after sex, says Sheenie Ambardar, MD. She is a [psychiatrist](#) in West Hollywood, Calif.

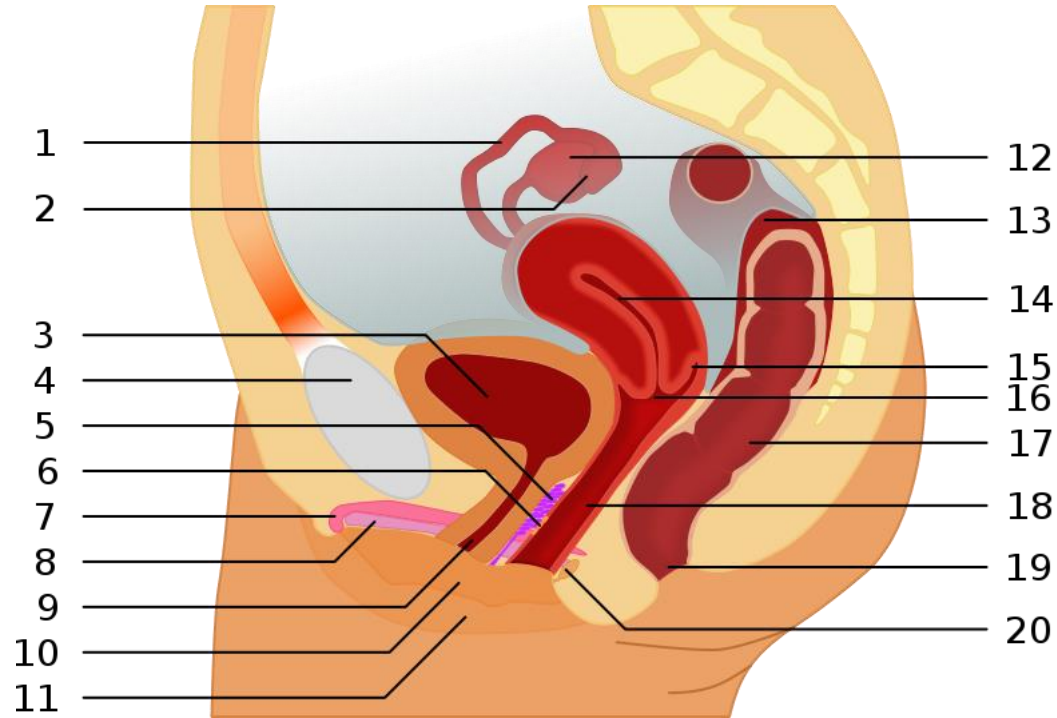
10. Eases Stress

- Being close to your partner can soothe stress and [anxiety](#).
- Ambardar says touching and hugging can release your body’s natural “feel-good hormone.” Sexual arousal releases a [brain](#) chemical that revs up your [brain](#)’s pleasure and reward system.
- Sex and [intimacy](#) can boost your self-esteem and happiness, too, Ambardar says. It’s not only a prescription for a healthy life, but a happy one.
- WebMD Feature Reviewed by [Michael W. Smith, MD](#) on October 24, 2013.

The perks of sex extend well beyond the bedroom. By Kara Mayer Robinson. FROM THE WEBMD ARCHIVES.
Sex not only feels good. It can also be good for you. Here’s what a healthy sex life can do for you.

Intimacy and Chronic Illness

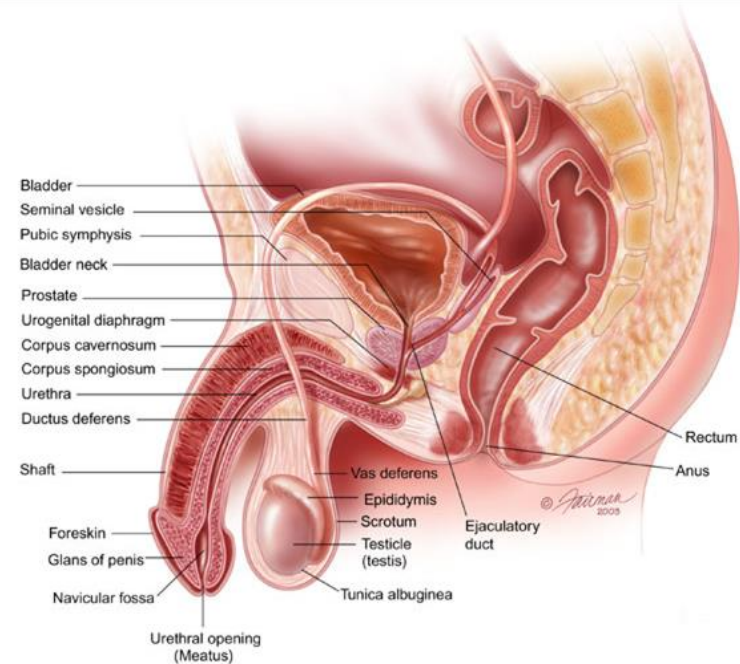
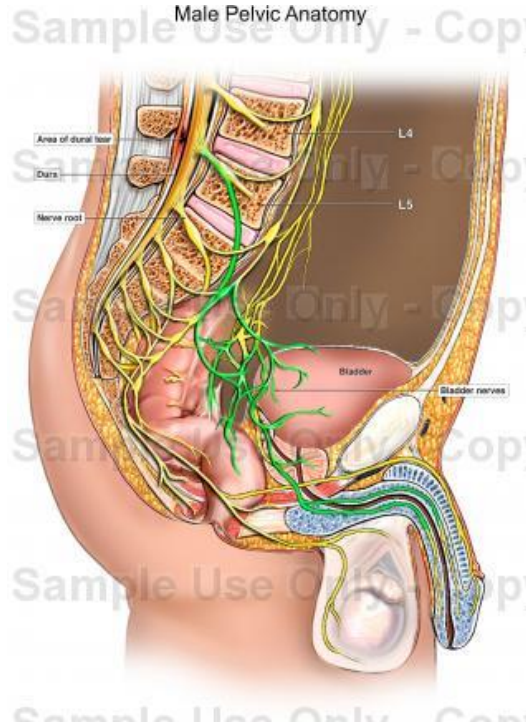
G-SPOT



Gräfenberg spot, named for German gynecologist Ernst Gräfenberg

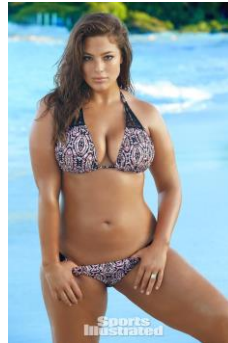
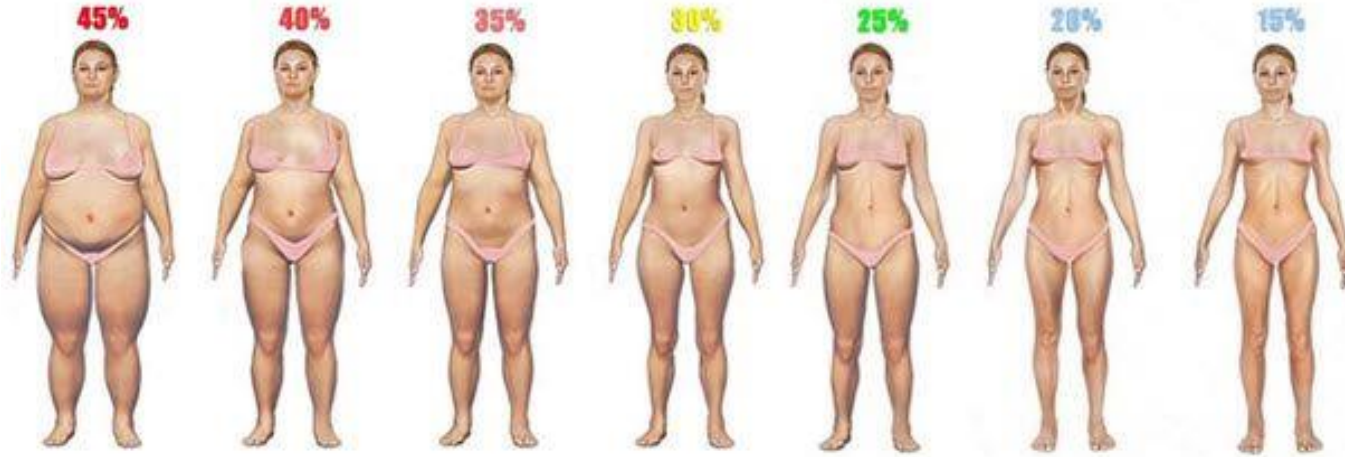
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Anatomy



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Self Acceptance



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What Is Normal?

- Appearance
- Feelings
- Concerns
- Frequency



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Patient Concerns

- Ability to satisfy partner
- Lack of sexual desire
- Change in role status
- Change in partner perception
- Pain during sex
- Death
- Privacy **
- Ejaculatory dysfunction
- Anorgasmia
- Fatigue
- Shortness of breath
- Communication barriers (sex, needs and anxiety)
- Urinary incontinence
- Spasticity



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Tools



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Tools for the Patients

- ♥ **S**elf confidence & sense of self
- ♥ **H**umor
- ♥ **E**nthusiasm, drive and desire
- ♥ **E**ducation
- ♥ **T**ools and support system
- ♥ **S**pirit and keep some patience

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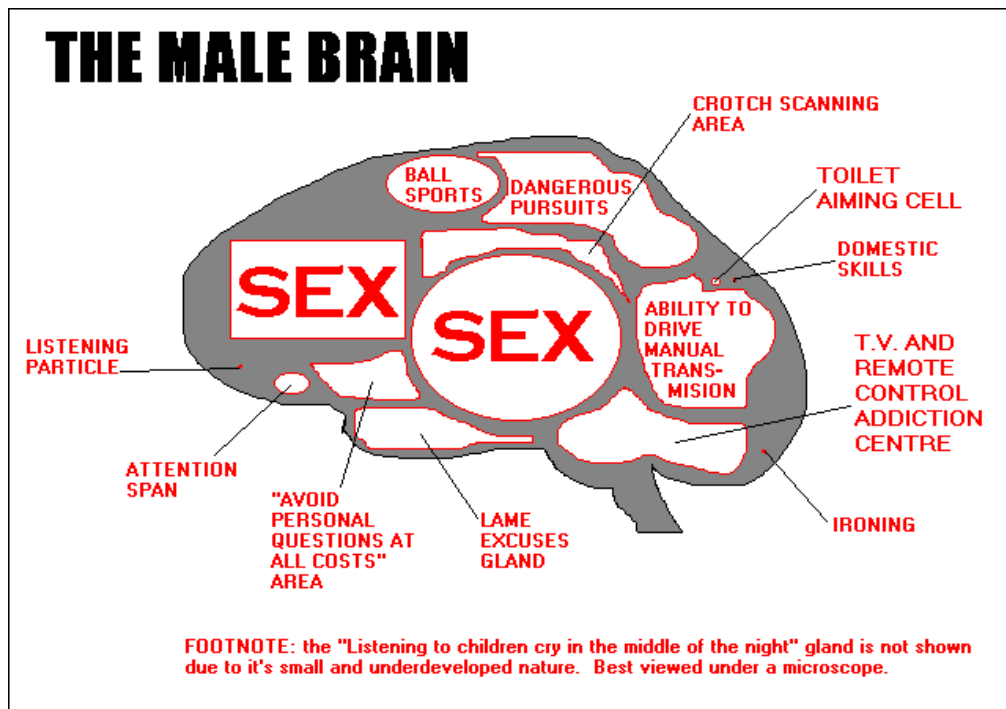
Know Your Target



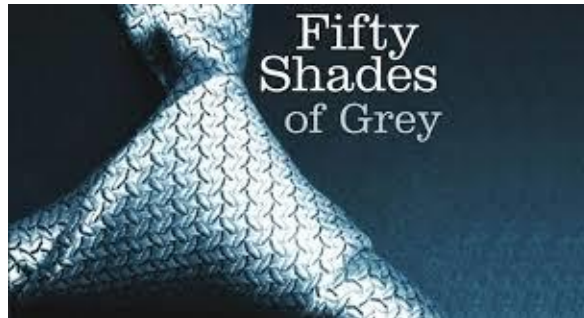
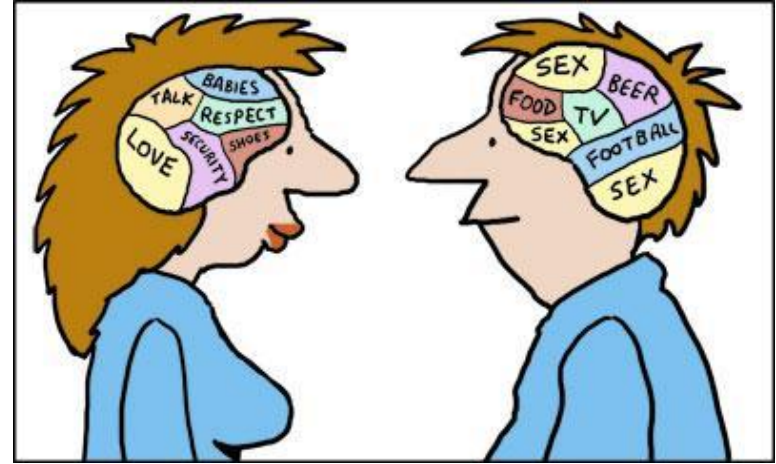
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The Brain What Is Going on up There?

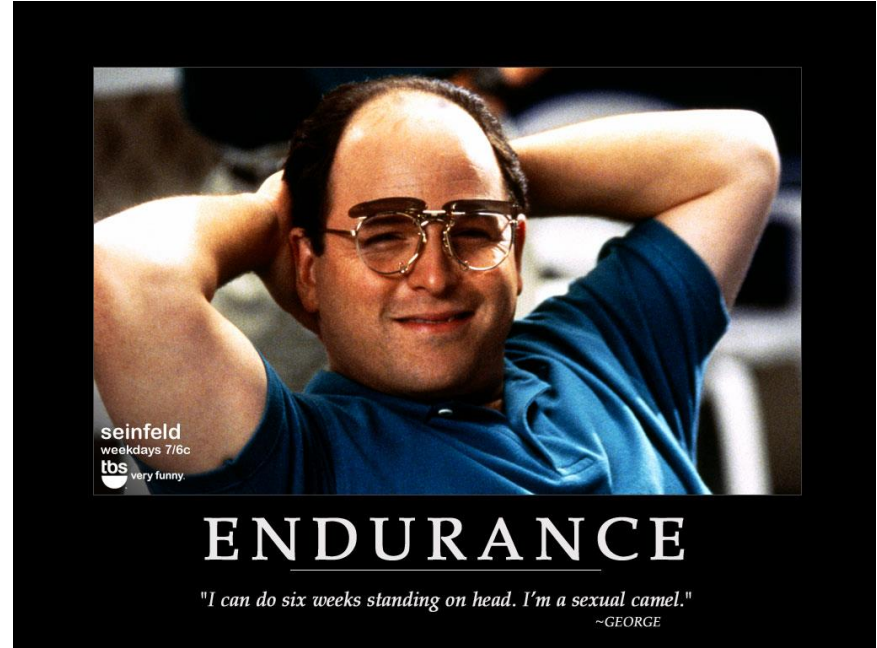
- Oxytocin
- DHEA
- Testosterone
- Progesterone
- Nitric oxide
- Dopamine
- Serotonin
- Norepinephrine



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Anatomy and Physiology

- Sensory vagus nerve
- Midbrain reticular formation
- Basal ganglion
- Anterior insula cortex
- Amygdala
- Cerebellum
- Hypothalamus

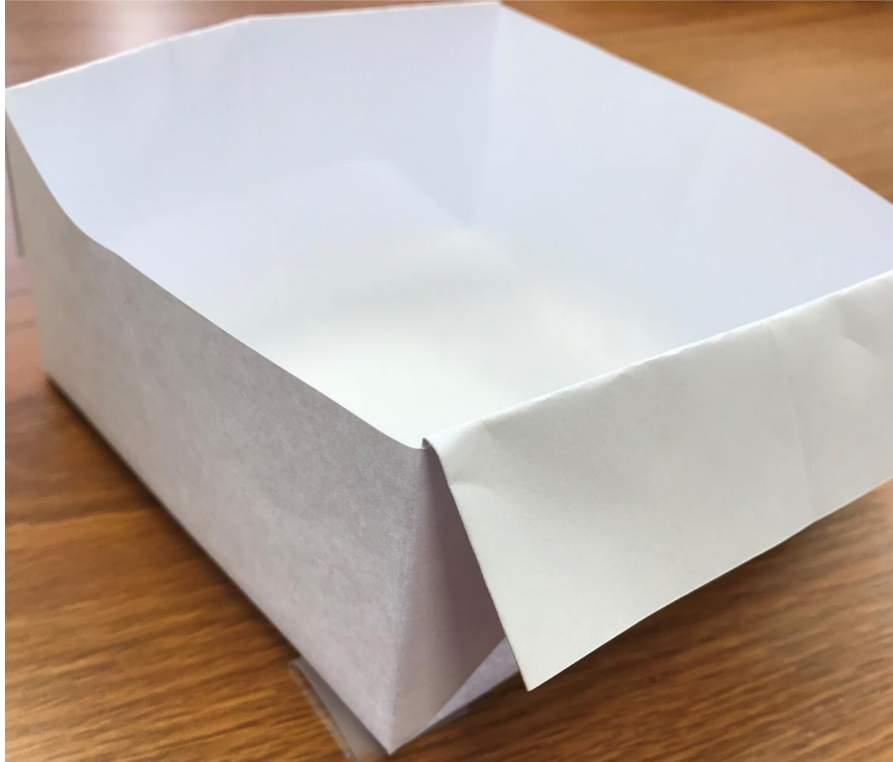


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Timing Is Everything



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The Two Largest Sexual Organs?

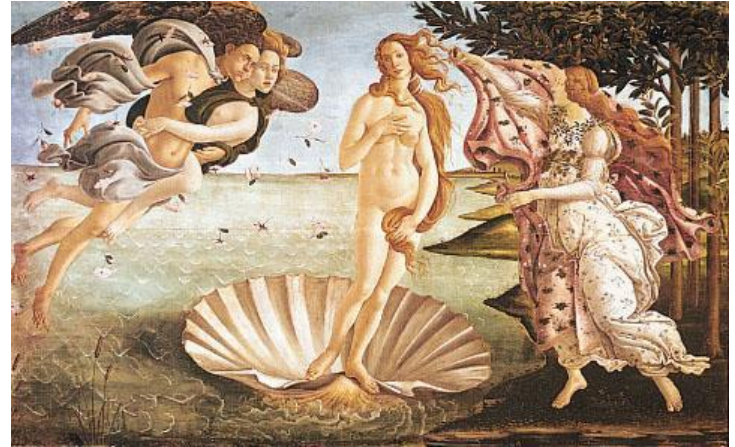
1. Brain (90% OF SEX IS IN THE MIND)
2. Skin stimulation and desire



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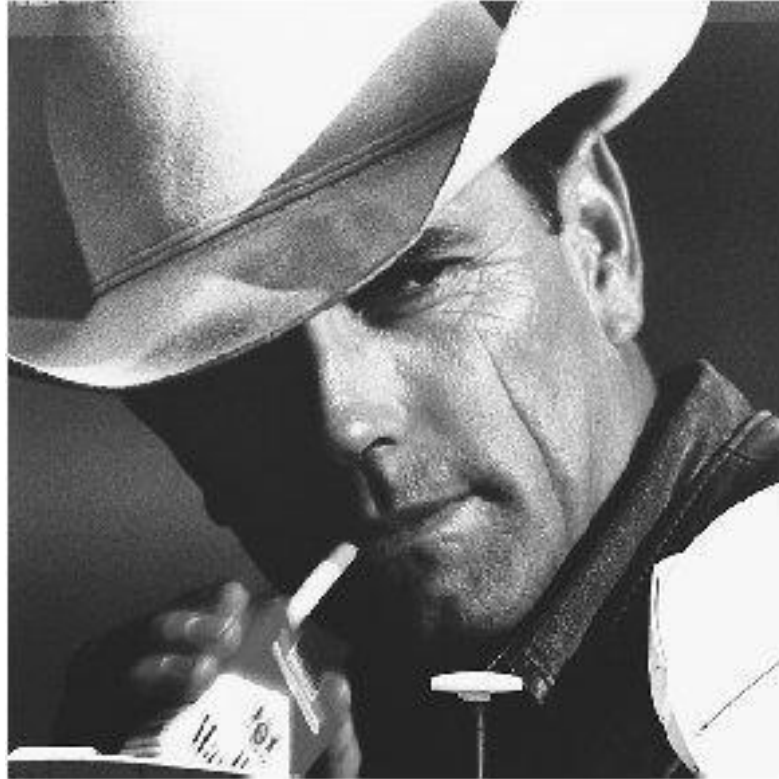
Top 10 Myths of Sex

1. Sex = intercourse
2. Sex goal = orgasm
3. General health does not affect sexual health
4. Use of sexual aids is not sexy
5. Good sex just happens
6. Disabled people are not sexual
7. There comes a time when sex isn't important
8. My health and physical changes no longer make me attractive
9. I am who I am sexually because of my parts
10. There is nothing more I could possibly learn about sex



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Lefty



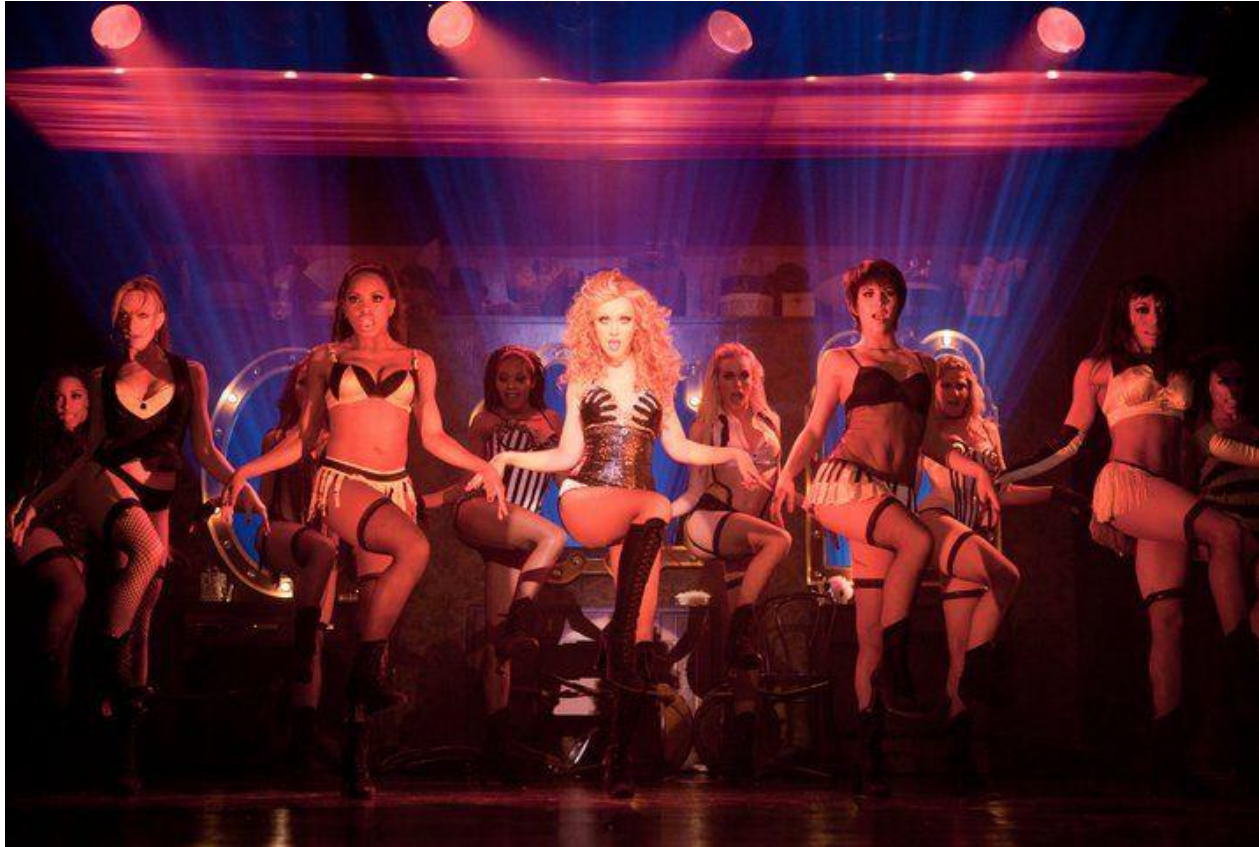
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Linda & Ann



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Why Is Sex Sooo Great?



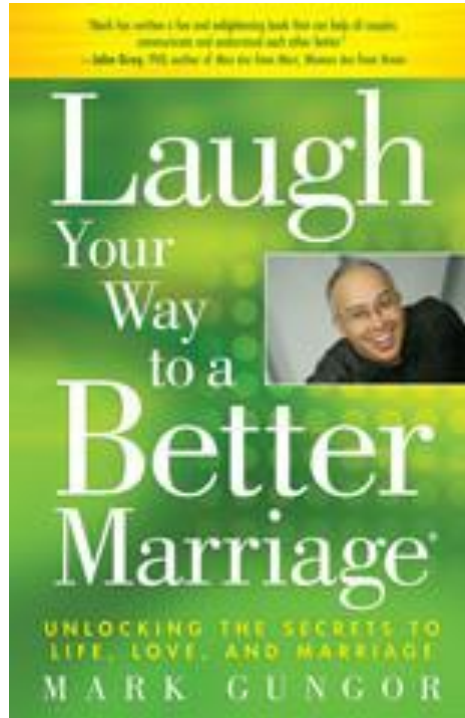
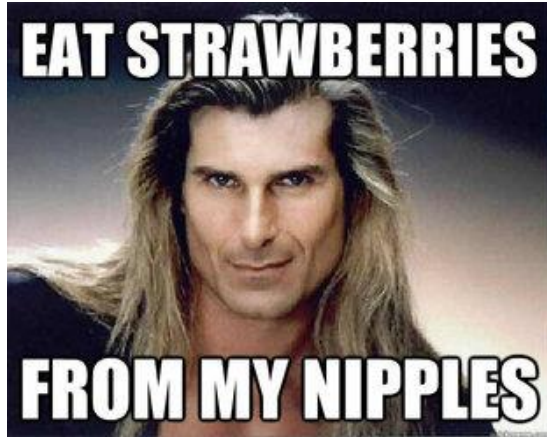
ad 1/2 as many ♥
nth

by 40% during

re sexually active

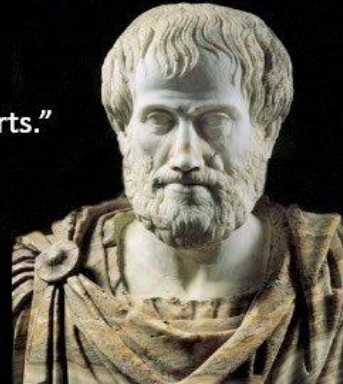
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No Porn Oh!



"The whole is greater
than the sum of its parts."

-Aristotle



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Do NOT Emasculate Your Spouse



**I'm
searching
for a perfect
man like
me.**

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Kissing

- According to German psychologist Dr. Arthur Sazbo, a study found that those who kiss their spouse each morning miss less work because of illness than those who do not. They also have fewer auto accidents on the way to work. They earn 20 to 30 percent more monthly and they live about five years more than those who don't even give each other a peck on the cheek.



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Never Underestimate the Power of a Squeeze

Dr. Arnold Kegel 1952 study on pelvic floor hypotonus.



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Chronic Sex is a safe place to discuss how chronic illnesses and disability affect Quality of Life issues such as self-love, relationships, and sexuality.

[/ kirsten@chronicsex.org](mailto:kirsten@chronicsex.org)

Make sure to check out the Chronic Sex podcast on [iTunes](#),
[SoundCloud](#), or your favorite podcast listening place.



1. **Transgender**: Someone who was assigned a certain gender at birth but is not that gender. Does not require surgery or other physical transition steps (surgery, hormones, etc.).
2. **Non-binary**: Someone who does not fit into the gender binary of male versus female.
3. **Genderqueer**: Someone who is GNC and defies gender norms by identifying as no gender, bigender, or some combination or a variety of genders.
4. **Agender or gender neutrois**: Does not have a gender.
5. **Pansexual**: Sexual and/or romantic attraction to people regardless of their gender. This can also be seen as an attraction to all genders.
6. **Polyamorous**: This term refers to a relationship that involves multiple people with the knowledge and consent of all involved. You may hear this called ethical non-monogamy as well. This could mean being in an open relationship/marriage, swinging, and more. An important term for providers to know is fluid-bonded, a term for partners who do not use protection with each other but do with others.
7. **Queer**: This is often used to describe a person who falls under the LGBTQ+ umbrella, regardless of their gender or orientation. It used to be a slur, but has been reclaimed by people within the community. Still, that slur status stands, so please don't use this to describe a patient unless they've signaled that they're okay with it. Many LGBTQ+ people identify as queer which is partially a sociopolitical identification. A good example of this would be those who participated in the Stonewall Riots or other LGBTQ+ activist events.
8. **Asexual**: Someone who doesn't experience sexual attraction or desire.

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Neuropathy and Sjogren Syndrome

- 10-38% have peripheral neuropathy
- 35-40% have Raynauds



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Communication, Communication, Communication



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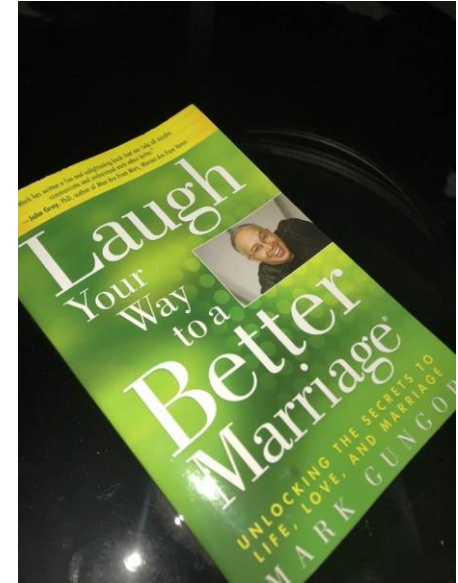
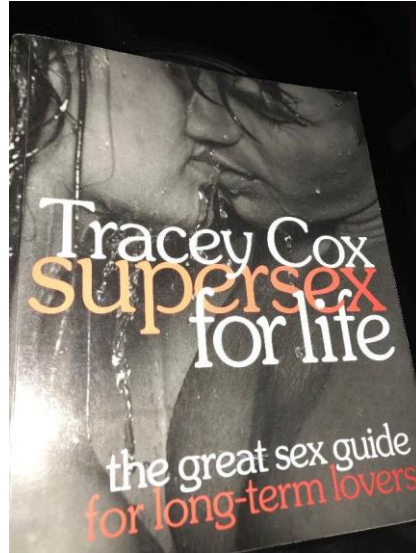
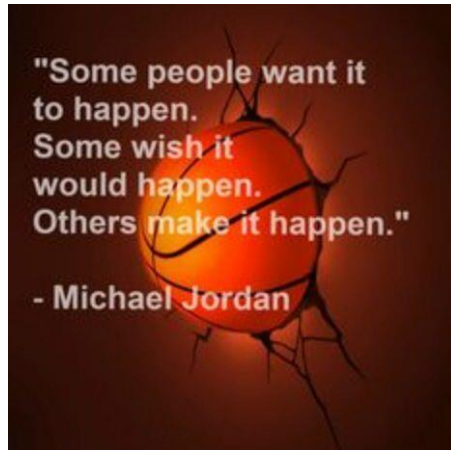
Communication Tips: Let's Talk About Sex Baby

- Start with the word “I”
- I have noticed...
- I like it when we...
- I like it when you touch me...
- I would really like to try _____
- I heard a study where people _____.
- Talk with your clothes on first.



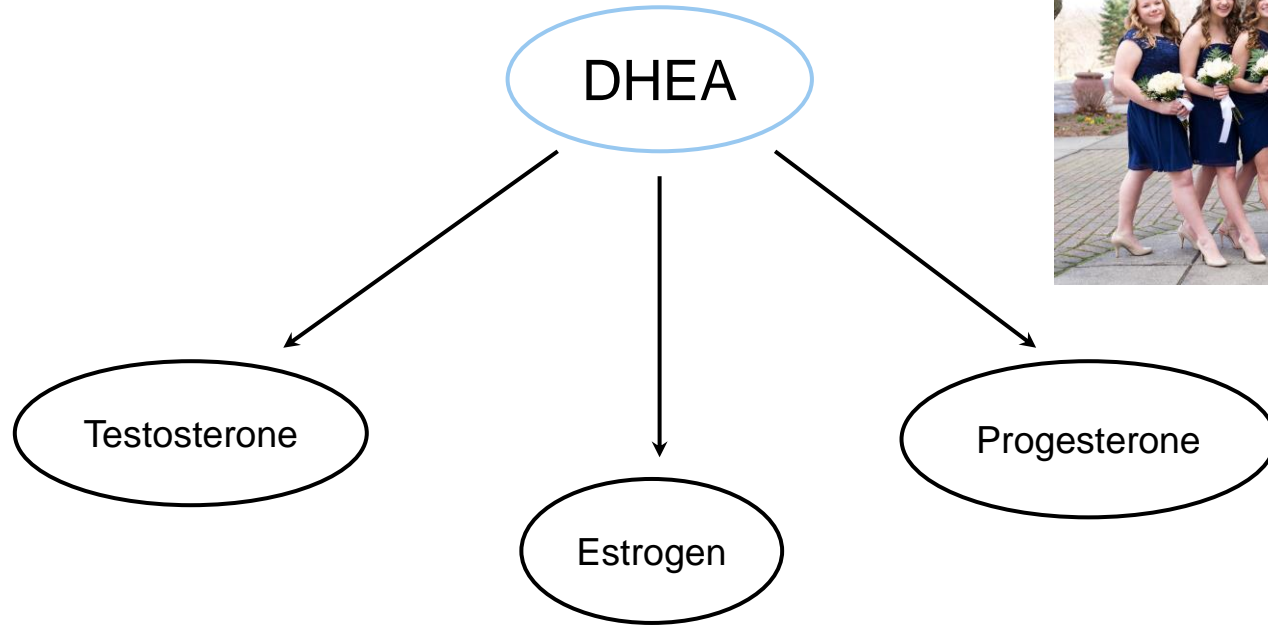
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Just Do It!!



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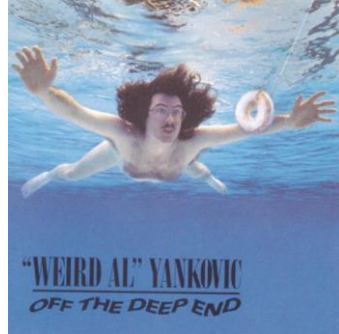
Horror Moans



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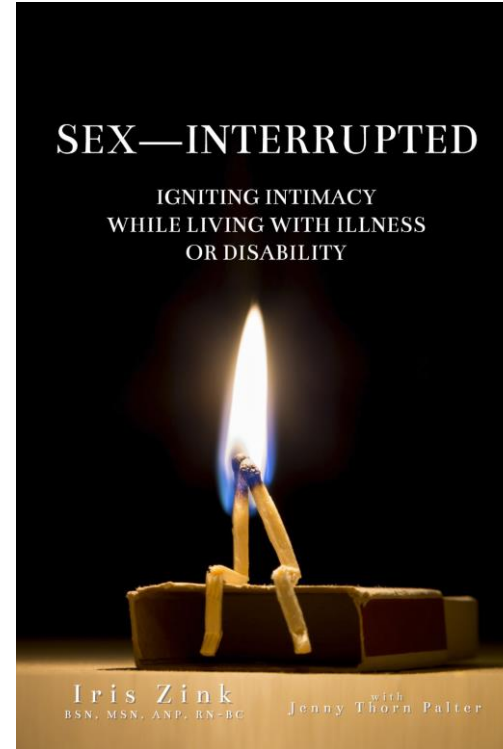
Lubes and Meds

- 🔸 KY jelly or beads
- 🔸 Vagifem tabs
- 🔸 Estrogen cream or rings
- 🔸 Replens
- 🔸 Astroglide
- 🔸 Just like Me (Pure Romance)
- 🔸 Vitamin E
- 🔸 Coconut oil
- 💧 Viagra
- 💧 Levitra
- 💧 Cialis
- 💧 Caverject
- 💧 Vacuum pumps
- 💧 Addyi?



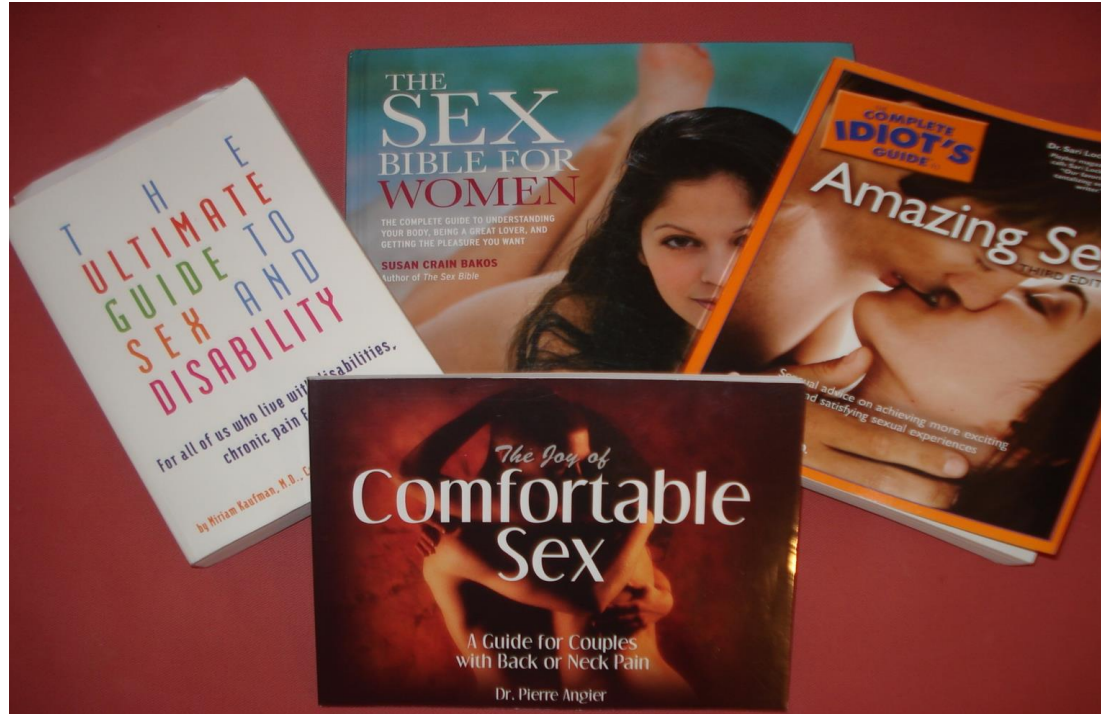
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- Where to find:
 - Amazon
 - Barnes & Noble
 - Atmosphere Press



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Resources

- American Association of sex educators, counselors, and therapists. (www.aasect.org)
- <http://www.chronicsex.org/>
- <http://www.fromthispointforward.com/>
- The American board of Sexology. (www.sexologist.org)
- International Society of the study of Women's Sexual Health. (<http://www.isswsh.org>)
- Gungor, Mark, Laugh your way to a better marriage.
- The Society of Sex therapy and research. (<http://www.sstarnet.org>)
- National Association of Nurse Practitioners in Women's Health (NPWH.org)
- Menopause.com