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Myth-Busting: The Truth About Sex and Aging

Myth: Old people don't have sex.

Fact: Many seniors maintain active sex lives into their 80s, 90s, and beyond. Sexuality remains important for health and quality of life. Solutions can address issues like erectile dysfunction or vaginal dryness.

Myth: After menopause, women lose interest in sex.

Fact: Research shows women's libido has more to do with relationship satisfaction than hormones. Investing in intimacy and romance sustains couples' sex lives.

Myth: You won't have same-sex attractions if you haven't yet.

Fact: Sexual fluidity is common as people age. Some who identified as straight come out later feeling liberated. Love takes many forms.

Myth: Older adults shouldn't watch pornography or engage in kinky sex.

Fact: Seniors enjoy erotic media and adventurous activities. Prioritizing consent and safety matters most.

Myth: By midlife your gender identity and orientation are fixed.

Fact: Exploring diverse gender expressions and orientations happens at all life stages. Fulfilling authenticity matters more than norms.

The bottom line: Seniors want pleasure, intimacy, and sexual well-being like everyone else. At any age, consent, safety, and authenticity count most for human sexuality.