☑ SEXUAL DYSFUNCTION WORKSHEET

Many people with Parkinson's experience changes in their sexual activity, including low libido, increased sex drive and even hypersexuality, difficulty achieving orgasm or pain during intercourse. Sexual changes and dysfunction can be caused by Parkinson's or side effects of certain Parkinson's medications. This worksheet will provide questions you can ask different members of your wellness team to start a conversation about improving sexual dysfunction as well as adjustments that may help improve your intimacy.

Ask Your Primary Care Physician:

☐ Are there diagnostic tests appropriate for sexual dysfunction?

☐ Do I need a referral to a gynecologist or urologist?

☐ Are my other medications impacting my sexual life? If so, are there treatments for this?

Ask Your Parkinson's Doctor:

☐ Are any of my Parkinson's or Parkinson's-related medications contributing to sexual dysfunction or hypersexuality/impulsivity problems?

☐ Discuss anxiety, depression, insomnia, restless legs, bladder problems, constipation, fatigue, personality changes or movement-related problems that are impacting your relationship. Medications and physical therapy may be helpful to treat symptoms and maximize strength and flexibility.

☐ Ask for a referral to a trained counselor or neuropsychologist.

☐ Ask for a referral to a speech therapist if challenges communicating verbally are affecting your relationship.

Other Tips:

☐ Take your medications on time to feel your best.

☐ Exercise to build up stamina, reduce fatigue and stress.

☐ Eat a balanced diet to maximize your health — body, mind and brain.

☐ Drink appropriate amounts of fluids to reduce fatigue and maintain your blood pressure.

☐ Reserve together time for you and your partner to focus on emotional and physical closeness.

☐ Be as independent as possible. Set guidelines when you want help.

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EVERY VICTORY COUNTS

- [ ] Show gratitude to your care partner, even the smallest of actions can make a huge impact.

- [ ] Set aside time each week to focus on your relationship.