

Getting Frisky: Maintaining an Active Sex Life

It's perfectly normal for your sexual desire to fall as your hormone levels go down due to menopause. Symptoms of menopause, such as vaginal dryness, can also make sex uncomfortable or painful. This doesn't mean you can't have a fulfilling sex life, however.

In fact, staying sexually active can actually prevent some of the physical and emotional complications of menopause that lead to reduced sexual activity. Regular sexual activity can help the vagina stay healthy, particularly after menopause. Sex gets blood flowing to the vagina and helps it maintain its elasticity, depth and shape.

Tips for Keeping Your Sex Life Active

- Ask your doctor about lubricants and other ways to reduce vaginal dryness.
- Exercise, eat a nutritious diet and practice relaxation techniques to keep your body healthy and fit.
- Spend intimate time together in non-sexual ways, like a hobby or regular date night.
- Explore new ways of arousal and foreplay with your partner.
- Talk openly with your partner about any sexual issue, uncertainty and desires.
- Have meaningful conversations that delve deeper than just superficial small talk. Make eye contact.
- Flirt and make time for to be romantic.
- When you part in the morning, do so with a hug or kiss. Send a text during the day to say, "I'm thinking of you."
- Express your appreciation for your partner – both for who they are and for the love they show you.
- Go to bed at the same time as your partner. Treat bedtime as couple time.
- Keep TV and other electronics out of the bedroom. They are distractions that can create distance. Save the bedroom for sleep and sex only.
- If single, find ways to meet potential partners, such local clubs, dating sites or singles trips.

Reducing Sexual Complications

- Apply a vaginal lubricant before sex.
- Use a vaginal moisturizer regularly and before sex can reduce sexual complications.
- Avoid detergents, soaps, oils and washes that can cause vaginal dryness.
- When washing, use lukewarm rather than hot water.
- Talk to a therapist or counselor.
- Treat any vaginal irritation, infections and inflammation.
- Stay hydrated.
- Avoid materials that irritate the skin.