



Menopause: Sexuality During and After Menopause

How does sexuality change during menopause?

Sexuality continues throughout our lifetime. While it is necessary to adapt to body changes as you age, sexual feelings often depend more on how a person feels about their body and their relationships as they age.

Due to the decrease in estrogen, some women may experience vaginal dryness, a decrease in natural lubrication, and thinning of their vaginal tissue, which can make sexual activity uncomfortable or painful. Women can also experience a decrease in sexual interest or desire, although this does not happen to every woman.

After menopause, some women feel they have more freedom to express their sexuality because they are no longer worried about becoming pregnant. Some women notice that their arousal and desire has changed completely, has decreased, or for some women has increased. Changes are different for each woman, and can vary over time and through the different stages of menopause.

How can I improve my sexuality during and after menopause?

It is important to understand that what you are experiencing is normal, and many other women are probably experiencing the same things you are coping with every day. It is also important to realize that what was pleasurable for you years ago may not provide the same type of pleasure. Therefore, we encourage you to experiment with new forms of arousal and stimulation to learn how your body has changed and what might be enjoyable for you at this point in your life.

There are many things that women can do to improve their sexuality during and after menopause. Self-exploration can help you learn how your body is changing and what is now pleasurable for you. Use a mirror, your fingers, or a small vibrator to explore your genitals and discover what stimulations you respond to most. Kegel exercises can strengthen vaginal muscles, helping to make sexual activity more enjoyable for both partners. Taking care of your body with regular visits to your health care provider, exercise, a well-balanced diet, and proper hygiene techniques are all ways to help improve your sexuality.

Many women find that it is helpful to discuss the changes they are experiencing with their partners. Some partners do not realize what occurs to women during and after menopause and how it may impact their health and well-being. Involving your partner regarding your changing body may help strengthen your relationship, as well as help them to better understand the changes taking place. Sharing in the experience together can help both partners better overcome any sexual obstacles that the two of you may face.





What products does Pure Romance offer to help improve my sexuality?

If you find that you have a decreased libido or have a more difficult time reaching orgasm than before menopause, you may want to try an arousal cream, such as Ex-T-Cee, Nympho Niagra, or X-Scream. It is also important to use a water-based vaginal lubricant each time you engage in sexual activity. Try Just Like Me or Sweet Seduction, which are both gentle and non-irritating. Some women may benefit from a vaginal moisturizer if they are experiencing vaginal dryness. Pure Romance's Fresh Start is an estrogen-free vaginal moisturizer and can be used two to three times a week to help women replenish the moisture to their vaginal tissues. A vaginal moisturizer does not replace the need for a vaginal lubricant during sexual activity.

Discuss the options with your health care provider to determine the best products for your sexual health and sexuality needs.

