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0521534216 - Sexual Health across the Lifecycle: A Practical Guide for Clinicians

Margaret Nusbaum and Jo Ann Rosenfeld

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Sexual Health across the Lifecycle

A Practical Guide for Clinicians

This is a practical, positive approach to sexual health promotion for clinicians in primary care. It presents sexual concerns across the lifecycle, from childhood to old age, illuminated throughout by scenarios based on real life. It highlights common sexual issues from different age groups. Additionally it has chapters on sexuality and disability, sexual minorities, HIV-positive individuals, and complementary medicine. Each chapter serves as a practical resource to facilitate better care and communication with patients. Common sexual difficulties, approach to evaluation, and interview techniques, as well as management are presented in a practical manner. Numerous illustrations will assist the clinician in advising patients with back pain, who are pregnant, or who have chronic illness on how to make adjustments to their sexual life to maximize their quality of life. It presents an invaluable resource for all health professionals that spans the need of patients from all backgrounds and age groups.

Dr. Margaret Nusbaum D.O., M.P.H., is Associate Professor of Family Medicine at the University of North Carolina, in Chapel Hill, and has more than 10 years of formal teaching in sexual health, including national presentations and publications in the sexual health area. She wrote the monograph on sexual health for the American Academy of Family Physicians home study continuing medical education course. She is currently Chair for the Society of Teachers in Family Medicine Group for sexuality and sexual health. Her Board certification includes American Board of Family Physicians, American College of Osteopathic Physicians, and American Board of Public Health and Preventive Medicine.

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PUBLISHED BY THE PRESS SYNDICATE OF THE UNIVERSITY OF CAMBRIDGE
The Pitt Building, Trumpington Street, Cambridge, United Kingdom

CAMBRIDGE UNIVERSITY PRESS

The Edinburgh Building, Cambridge CB2 2RU, UK

40 West 20th Street, New York, NY 10011-4211, USA

477 Williamstown Road, Port Melbourne, VIC 3207, Australia

Ruiz de Alarcón 13, 28014 Madrid, Spain

Dock House, The Waterfront, Cape Town 8001, South Africa

<http://www.cambridge.org>

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First published 2004

Printed in the United Kingdom at the University Press, Cambridge

Typefaces Minion 10.5/14 pt. and Formata System $\text{\TeX} 2_{\epsilon}$ [TB]

A catalogue record for this book is available from the British Library

Library of Congress Cataloguing in Publication data

Nusbaum, Margaret.

Sexual health promotion across the lifecycle: a practical guide for clinicians/Margaret

Nusbaum & Jo Ann Rosenfeld

p. cm.

Includes bibliographical references and index.

ISBN 0 521 53421 6 (paperback)

1. Sexual disorders. 2. Primary care (medicine) I. Rosenfeld, Jo Ann. II. Title.

RA427.9.N87 2004

616.6'5 - dc22 2004045920

ISBN 0 521 53421 6 hardback

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[More information](#)

**To my lover, my spouse, my best friend,
Mark J. Nusbaum**

Contents

	<i>About the artist</i>	<i>page</i> viii
	<i>Preface</i>	ix
	<i>Acknowledgments</i>	x
1	Introduction	1
2	The sexual response cycle	11
3	Sexual health inquiry	20
4	Psychosexual development of children: birth through preadolescence	31
5	Adolescents	40
6	Early adulthood	61
7	Middle adulthood: ages 40–54	92
8	Older adults: 55–64	114
9	Senior adults: 65 and senior	132
10	Special populations	141
11	Special circumstances	157
12	Alternative therapies	169
	<i>Index</i>	190

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Frontmatter

[More information](#)

About the artist

Beth Bale is a part-time artist and works full time in occupational therapy with psychiatry and burn patients. She studied art and psychiatry at Georgetown College in Kentucky and has also received degrees from Duke Divinity School and Durham Technical Community College. Beth was pleased to combine the self-care component of sexuality with her love of art. She lives in Durham, NC, with her partner, Alli, their two dogs, Summer and Storm, and five cats.

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[More information](#)

Preface

This book is intended to provide primary care clinicians with a practical approach to incorporating sexual health into clinical practice. The book will cover sexuality from lifecycle approach, including psychosexual development, as well as special circumstances such as chronic illness, pregnancy, and sexual minorities, and specific topics such as difficulties with sexual functioning. Each chapter begins with a common clinical case illustrating the key concepts, and then reviews the epidemiologic data, approaches to management, and resources for clinicians and patients. Because of the lifecycle approach, topics in various chapters will cross-refer to other chapters.

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[More information](#)

Acknowledgments

I appreciate administrative assistance from Laura Seufert, Linda Allred, Maria Carrasquillo, and LaKeicha Decker; kind words of wisdom and encouragement from my colleagues Adam Goldstein and Lisa Slatt; and the American Academy of Family Practice for giving me the opportunity to write the sexual health monograph for their home study program.

I have enjoyed collaborating with Jo Ann Rosenfeld and Beth Bale. Jo Ann Rosenfeld essentially took the sexual health book that I wrote, edited it down into monograph, and then helped me resurrect the book for this printing. Her encouragement, enthusiasm, and willingness to collaborate with me have been very instrumental in the final product. Beth Bale worked long hours to illustrate the book, often changing my words into illustrations. Of course, I am grateful to Cambridge University Press for giving us both this opportunity. I appreciate the patience of my husband who played second fiddle not only to the army when I was deployed in 2003 but then also to the development of this book.

I am appreciative of the training I have received in sexual health and marriage and family therapy at Ohio University College of Osteopathic Medicine as well as at Pacific Lutheran University. My most important teachers have been the multitude of patients who have shared this very personal aspect of their lives with me and for whom I have had the privilege of caring over many years and in various health care settings.

The illustrations and copyright permissions were supported by an unrestricted educational grant from Pfizer.