

Sex How Health

Intimacy, Sex and Relationship Challenges Laid Bare Across the Lifespan - Judy Benne 2021

This accessible book uses case studies to explore issues around intimacy, sexual function and sexual development over the lifespan, introducing applied principles and practices when working with sexuality-related issues. Introducing an easy-to-use 'Reflect and Respond' model as a framework for interactions, this book discusses a broad selection of topics and life stages, including hidden loss, gender identity, disability, early years experiences and older age. Exposing anonymized real-life experiences of intimacy, sexual function, and sexual development from birth to end of life, this book develops the reader's insight into sexual wellbeing and confidence in communicating about it. The experiential learning and research-based content in readable style will educate and inspire readers with an interest in sexual wellbeing and how this impacts on physical and mental health. Demonstrating how being open to talk about sex and intimacy can change lives, this guide is suitable for a wide range of health and social care professionals, including nurses, doctors, occupational therapists, social workers, psychologists and counsellors.

Sexual Health: A Public Health Perspective - Wellings, Kaye 2012-10-01

This timely book introduces social aspects of the study of sexual health and their application to public health practice. The book addresses five key themes: Conceptual and theoretical aspects of sexual health, Sexual health outcomes of risk and vulnerability, Improving sexual health status and Measuring and assessing sexual health status. The authors consider each of these themes within their cultural and historical context and illustrate topics with international examples and case studies.

Talking Sexual Health - Judith Jones 1999

It's Perfectly Normal - Robie H. Harris 2021-05-18

Fully and fearlessly updated, this vital new edition of the acclaimed book on sex, sexuality, bodies, and puberty deserves a spot in every family's library. With more than 1.5 million copies in print, It's Perfectly Normal has been a trusted resource on sexuality for more than twenty-five years. Rigorously vetted by experts, this is the most ambitiously updated edition yet, featuring to-the-minute information and language accompanied by new and refreshed art. Updates include: * A shift to gender-neutral vocabulary throughout * An expansion on LGBTQIA topics, gender identity, sex, and sexuality—making this a sexual health book for all readers * Coverage of recent advances in methods of sexual safety and contraception with corresponding illustrations * A revised section on abortion, including developments in the shifting politics and legislation as well as an accurate, honest overview * A sensitive and detailed expansion on the topics of sexual abuse, the importance of consent, and destigmatizing HIV/AIDS * A modern understanding of social media and the internet that tackles rapidly changing technology to highlight its benefits and pitfalls and ways to stay safe online Inclusive and accessible, this newest edition of It's Perfectly Normal provides young people with the knowledge and vocabulary they need to understand their bodies, relationships, and identities in order to make responsible decisions and stay healthy.

Sex Matters for Women - Sallie Foley 2011-12-13

A guide to help women understand how their bodies work and to take charge of their sexuality, discussing anatomy, body image, trauma, overcoming difficulties, and related topics.

It's Perfectly Normal - ROBIE H. HARRIS

The Psychology of Sexual Health - Dr. David Miller 2008-04-15

There have been rapid developments in the psychological management of sexually transmitted diseases, particularly HIV and AIDS. However, a significant proportion of those attending genitourinary clinics do not have a disease or infection, but rather are seeking help with sexual health issues relating to behaviour, prior sexual experiences and relationships. Hence as clinics become more and more generalist there is a need to focus on behavioural aspects of disease. This is the first text to draw together the knowledge base and expertise of clinicians and researchers from all disciplines in the psychological management of sexual health. It presents advances in theory and practice in a practical way that will be accessible for all disciplines.

The Textbook of Clinical Sexual Medicine - Waguih William IsHak 2017-05-30

"The Textbook of Clinical Sexual Medicine utilizes the biopsychosocial approach to inform physicians, practitioners, residents, trainees, and students about the latest science has to offer today for the evaluation and treatment of sexual dysfunctions especially the utilization of the full armamentarium of assessment methods and treatment interventions in order to restore of sexual health and enhance quality of life." Louis Ignarro, Ph.D., Nobel Laureate This textbook is a comprehensive resource covering sexual disorders in depth, from etiology, pathophysiology, phenomenology, treatment, to prognosis. The book highlights aspects the biological and psychosocial factors predisposing, precipitating, and perpetuating sexual dysfunction, and the importance of integrating biological and psychosocial treatments. Specialized chapters cover specific common medical complaints, including erectile, ejaculatory, and orgasmic disorders in the male; desire, arousal and orgasmic disorders in the female; and an integrated approach to the couple. With its focus on educational tools including over 100 figures, easy-to-use DSM-5 criteria table, and quick-guide appendices, this textbook is specially designed to educate readers on the psychiatric evaluation, treatment, and management of a wide range of sexual disorders. The Textbook of Clinical Sexual Medicine is a vital resource for medical students, residents, fellows, graduate students, psychiatrists, psychologists, women's health specialists, urologists, endocrinologists, general practitioners, social workers, and all medical professionals and trainees working with patients suffering from sexual disorders.

ABC of Sexual Health - Kevan R. Wylie 2015-04-27

ABC of Sexual Health ABC of Sexual Health ABC of Sexual Health provides a comprehensive overview of this important, but difficult subject and includes reading resources as well as information on professional societies, patient groups and online resources. Fully revised and expanded to cover a range of new content and topics including psychological, urological, gynaecological, endocrinological and psychiatric aspects of sexual health, the effects of medication, sexual dysfunction, sexual orientation, gender identity, paraphilias, forensic sexology, dermatoses, and psychosexual therapy and education. ABC of Sexual Health is a practical guide for all general practitioners, family physicians, trainees and medical students wanting to improve communicating, examining and managing patients with sexual health problems. About the ABC series The new ABC series has been thoroughly updated, offering a fresh look, layout and features throughout, helping you to access information and deliver the best patient care. The newly designed books remain on essential reference tool for GPs, GP registrars, junior doctors and those in primary care, designed to address the concerns of general practitioners and provide effective study aids for doctors in training. Now offering over 70 titles, this extensive series provides you with a quick and dependable reference on a range of topics in all the major specialities. Each book in the new series now offers links to further information and articles, and a new dedicated website provides you with even more support. The ABC series is the essential and dependable source of up-to-date information for all practitioners and students in general practice. To receive automatic updates on books and journals in your speciality, join our email list. sign up today at WWW.Wiley.com/email

The Men's Health Big Book of Sex - Editors of Men's Health Magazine 2015-01-28

The editors of Men's Health magazine bring you scientifically proven expert tips, intensely researched studies, and doctor-approved advice. Step-by-step details elevate every aspect of your sexual life--from the foods you eat to what you say, from amazing foreplay techniques to some mind-blowing sexual techniques you've probably never tried! The result will be breathtaking sex that lasts longer, happens more frequently, and is more pleasurable and exciting than you ever thought possible. The Men's Health Big Book of Sex contains everything you need to know about great sex, including how to: • Get your body into tip-top sexual condition • Increase the passion in your relationship • Find the perfect sexual position to maximize your pleasure • Enjoy earth-shattering orgasms beyond anything you've ever experienced before This is your blueprint for a hotter sex life--whether you're looking to improve your

performance or increase the passion. That's because The Men's Health Big Book of Sex book is the result of hundreds of interviews with the most notable doctors and researchers in the world. The exercises, techniques, and programs inside span numerous disciplines, including: cardiology, physiology, psychology, psychiatry, urology, nutrition and weight loss, behavioral therapy, sexology, religion, and more.

Culture, Health and Sexuality - Peter Aggleton 2015-04-24

The last twenty years have seen a growth in multi-disciplinary work in the area of sexuality, culture and health. What was once a set of specialist concerns has been steadily mainstreamed. Alongside this, a broader interest has developed in 'social' and 'cultural' factors relating to sexuality and sexual health, from family planning and STI management to gender and intimate partner violence and the technologisation of sex. This book offers a research-based overview of key topics relevant to social and cultural perspectives on sexuality and sexual health.

Beginning with an extended introduction and divided into six sections, it looks at culture, sex and gender, sexual diversity, sex work, migration and sexual violence. Each section opens with an editorial discussion which places the theme, and the chapters that follow, in a contemporary context. Six additional substantive chapters can be accessed online at www.routledge.com/cw/aggleton. Including cutting-edge conceptual and empirical material from around the world, this is a key resource for students in, and across, a variety of academic disciplines in the social and health sciences. It is especially suitable for readers from sexuality studies, gender studies, development studies, anthropology and sociology as well as those with public health and social work backgrounds.

Integrative Sexual Health - Barbara Bartlik 2018

Integrative Sexual Health explores beyond the standard topics in men's and women's health, drawing on a diverse research literature to provide an overview of sexual biology and sexual dysfunction, diverse lifespan, lifestyle and environmental impacts on sexual function, integrative medicine solutions to sexual problems, and traditional eastern and western treatment approaches to healing sexual difficulties. This comprehensive guide written by experts in the field provides clinical vignettes, detailed treatment strategies for mitigating the side effects of both medications and sexual dysfunction associated with medical illness and poor lifestyle habits, and extensive further reading resources.

Integrative treatment modalities not typically consulted in mainstream medicine, such as traditional Chinese medicine, Ayurvedic medicine, aromatherapy, and botanical medicine, are presented with the best evidence, in a clinically relevant manner. Part of the Weil Integrative Medicine Library, this volume is a must read for the specialist and non-specialist alike who wish to address sexual problems using an integrative medicine approach, and acquire tools to maintain lifetime optimal health and vitality that supports healthy sexuality. Integrative medicine is defined as healing-oriented medicine that takes account of the whole person (body, mind, and spirit) as well as all aspects of lifestyle; it emphasizes the therapeutic relationship and makes use of appropriate therapies, both conventional and alternative. Series editor Andrew Weil, MD, is Professor and Director of the Arizona Center for Integrative Medicine at the University of Arizona. Dr. Weil's program was the first such academic program in the U.S., and its stated goal is to combine the best ideas and practices of conventional and alternative medicine into cost effective treatments without embracing alternative practices uncritically.

Routledge Handbook of Sexuality, Health and Rights - Peter Aggleton 2010-01-30

The last two decades have witnessed an explosion of research on sexuality as the social sciences have worked to find new ways of understanding a rapidly changing world. Growing concern for issues such as population, women's and men's reproductive health, and the HIV and AIDS pandemic, has since provided new legitimacy for work on sexuality, health and rights. A detailed and up-to-date reference work, *The Handbook of Sexuality, Health and Rights* provides an authoritative overview of the main issues in the field today. Leading academics and practitioners are brought together to reflect on past, present and future approaches to understanding and promoting sexual health and rights. Divided into nine parts, it covers: Pioneering beginnings Language, discourse and sexual categories From sexuality to health The reproductive imperative How to have sex in an epidemic The choreography of sex The darker side of sex From sexual health to sexual rights Struggles for erotic justice This handbook surveys the state of the discipline and offers an examination and discussion of emerging, controversial and cutting edge areas. It is an essential reference for academics and researchers in the fields of sexuality studies, sexual

health and human rights, and offers key reading for more advanced students.

Men's Sexual Health - Barry W. McCarthy 2017-10-03

Men's Sexual Health is a breakthrough book about vital and satisfying male sexuality. It presents a new model of male and couple sexuality, which establishes positive, realistic expectations of pleasure and satisfaction, as opposed to the self-defeating traditional demand for perfect intercourse performance. Men and couples who adopt this approach will enjoy sexuality throughout the lifespan. The authors introduce the new "smart thinking," focused on an integration of mind and body, which confronts the myths and misunderstandings which limit male sexual growth. The book will help men and women understand how to pursue sexual and relational health, overcome sexual problems, with the goal of greater acceptance and satisfaction. The book advocates for positive, realistic Good-Enough Sex which will significantly enhance male and couple sexual satisfaction.

Exploring the Biological Contributions to Human Health - Institute of Medicine 2001-07-02

It's obvious why only men develop prostate cancer and why only women get ovarian cancer. But it is not obvious why women are more likely to recover language ability after a stroke than men or why women are more apt to develop autoimmune diseases such as lupus. Sex differences in health throughout the lifespan have been documented. *Exploring the Biological Contributions to Human Health* begins to snap the pieces of the puzzle into place so that this knowledge can be used to improve health for both sexes. From behavior and cognition to metabolism and response to chemicals and infectious organisms, this book explores the health impact of sex (being male or female, according to reproductive organs and chromosomes) and gender (one's sense of self as male or female in society). *Exploring the Biological Contributions to Human Health* discusses basic biochemical differences in the cells of males and females and health variability between the sexes from conception throughout life. The book identifies key research needs and opportunities and addresses barriers to research. *Exploring the Biological Contributions to Human Health* will be important to health policy makers, basic, applied, and clinical researchers, educators, providers, and journalists-while being very accessible to interested lay readers.

Let's Talk About Sex - Sarah Ashworth 2020

Women's Sexual Health - Gilly Andrews 2001

The second edition of this successful book draws on a wealth of research and professional experience to provide a fully up-to-date, comprehensive exploration of women's sexual health issues, from adolescence through post-menopause. Holistic, balanced chapters focus on the interconnectedness of women's sexual well-being and their physical, mental, and emotional health. The first section, *Women Today*, investigates sexuality and personal issues of women at different life stages, and how these issues can be influenced by culture, ethnicity, the environment, sexual orientation, and lifestyle. Section two, *Fertility*, discusses sexuality during pregnancy, contraception, unplanned pregnancy, and the management of subfertility. Section three, *Women's Health Issues*, concentrates on specific women's health problems and addresses topics such as breast and cervical screenings. This section also includes chapters on menopause, PMS, sexual health, continence, gynecological problems, and general health care considerations.

Beyond the Basics - Makeda Zook 2017-10-09

Beyond the Basics offers the tools to teach young people about sexuality and sexual health from a sex positive, human rights perspective. Covering topics that range from anatomy to consent and healthy relationships, *Beyond the Basics* approaches sexuality education across all gender identities and sexual orientations with activities that help move students from receiving information to making decisions based on critical thinking skills and empowerment. Recognizing the time pressures educators face, *Beyond the Basics* is written to easily move in and out of chapters, modules, and activities that suit the particular age, maturity, and trust in each classroom. About the Publisher: Action Canada for Sexual Health and Rights is a progressive, pro-choice charitable organization committed to advancing and upholding sexual and reproductive health and rights in Canada and globally. A key part of Action Canada's work is advocating for the highest quality of comprehensive sexuality education, regardless of where you live.

Promoting Young People's Sexual Health - Roger Ingham 2006-09-27

Valuable contributions on different aspects of sexual and reproductive health among young people are presented in this book, with a focus on developing country contexts. Key discussions on issues relating to young

people and their sexual activities are brought together in one volume, exploring how these issues are affected by the wider contexts in which they live. The interdisciplinary team of contributors examine the practical and ideological barriers that inhibit progress in the development of educational and service level improvement of young people's sexual health as well as presenting examples of efforts made to overcome such difficulties. Promoting Young People's Sexual Health looks to the future, proposing ways forward in terms of policy and legislative changes necessary for long term improvements in young people's sexual health.

Teenagers, Sexual Health Information and the Digital Age - Kerry Mckellar 2020-01-07

Teenagers, Sexual Health Information and the Digital Age examines the online resources available on teenagers, including games and digital interventions. In addition, it highlights current issues such as sexting and pornography. Information needs and provisions are examined, and existing sexual health interventions and digital interventions are discussed, gathering both teenagers' and sexual health professionals' views on these services. In addition to a review of the current literature on sexual health and teenagers, the book examines groups of teenagers, particularly those vulnerable to risky sex and asks what are the predictors of these behaviors and what can be done to address the behaviors. Finally, the book will also provide reflections and practical advice on the ethical issues associated with research in this context.

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