

# SEXUALITY POST STROKE

Up to 75% of stroke survivors will experience a change in their ability and/or desire to return to sexual activity.

After your stroke, you **may experience a decrease in sexual activity** related to:

- **Certain medications**, such as antidepressants, antihypertensives, or sedatives
- **Fear** of having another stroke
- **Physical changes** in strength and coordination
- **Incontinence**, that is, losing control of your bladder and/or bowels
- **Difficulty with communication and/or thinking**
- **Changes in mood and emotions**
- **Fatigue**

THERE IS **NO EVIDENCE** THAT HAVING SEX WILL CAUSE ANOTHER STROKE.

## WHAT YOU CAN DO

There are ways to address changes after your stroke that can allow you to return to meaningful sexual activity.



Talk with your partner about about feelings and fears of resuming sex.



Ask your doctor or nurse about incontinence or side effects of your medication.



Explore new ways to show love and affection.



Learn ways to manage your fatigue: recognize when your energy levels are adequate and plan accordingly.



Discover different positions and/or assistive devices that can help to address physical changes.

FOR MORE INFORMATION, TALK TO YOUR HEALTH CARE PROVIDERS.