

# *Intimacy in a Healthy Relationship*

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*Intimacy does not depend  
on age*

# *Objective*

- Definition
- Impact on men and women
- Various age groups and intimacy
- How to keep it alive



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# Definition

- Greek word : “closest to; inner lining of blood vessels”
- Oxford Eng Dictionary : "inmost thoughts or feelings; proceeding from, concerning, or affecting one's inmost self: closely personal."
- Physical, emotional, mental, spiritual
- What comes to mind?
  - Love?
  - Sex?



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# *Intimacy*

- Emotions
  - Develop trust
  - Need to have a relationship with someone
    - Wanting to be close
    - Comfortable to have conversation
    - Feeling of lacking when not together
    - Need for touch



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# *Change when we get married*

- Honeymoon period over?
- Priorities change
- Routine – comfortable and safe
- Easy way road



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# *Change when we get pregnant*

- Hormones
- Physical
- Emotions
- Can we have sex during pregnancy
- Priorities



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# *Change after we deliver*

- Physical
- Emotions
- When can we start to have sex again
- Priorities



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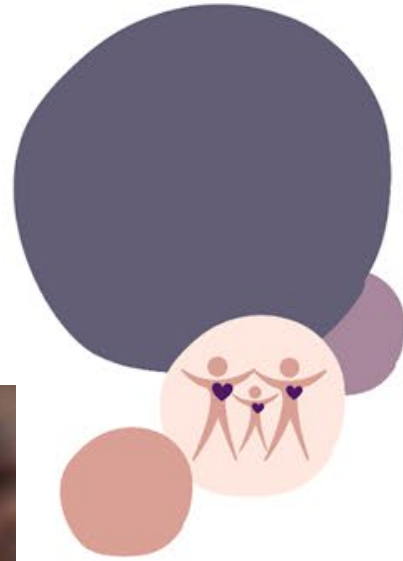
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# *Change when we reach our Golden Years*

- Physical
- Emotions
- Can we continue to have sex
- Priorities



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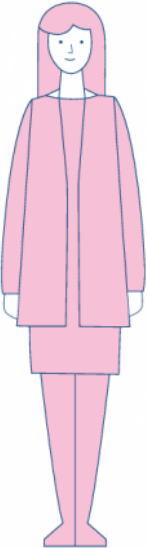
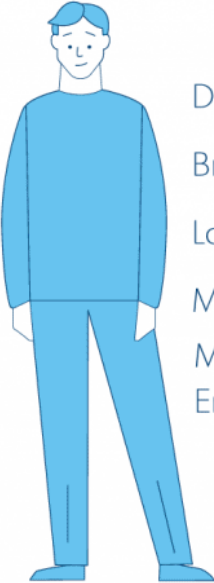
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# *Hormonal Changes as we age into our Golden Years*



## Symptoms of Male and Female Menopause

Female		Male	
			
Forgetfulness	Low Sex Drive	Decreased Motivation	
Hot Flashes	Mood Swings	Brain Fog	
Nausea	Depression	Low Energy	
Heart Palpitations	Headaches	Muscle Loss	
Irregular Periods	Night Sweats	Mild to Moderate Erectile Dysfunction	
Vaginal Dryness	Insomnia		
Joint Aches & Pain	Weight Gain		
	Bone Loss		

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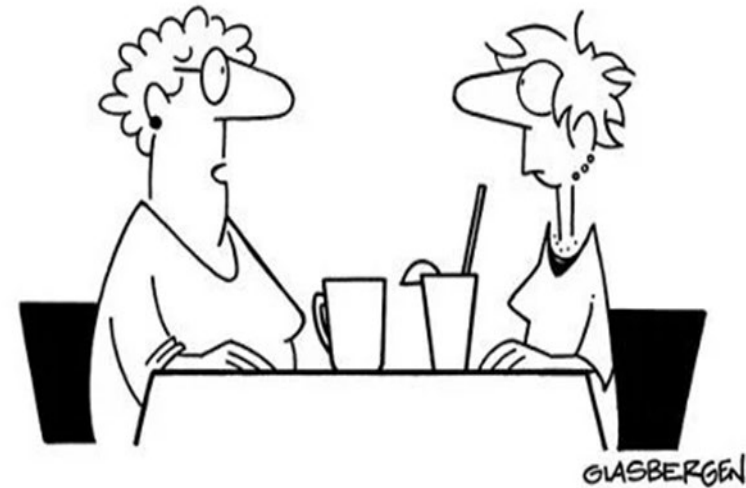


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# *What is in the mind? What is in the heart?*



**"I'm a victim of identity theft. Menopause took a happy, slim, sexy woman and turned her into me!"**



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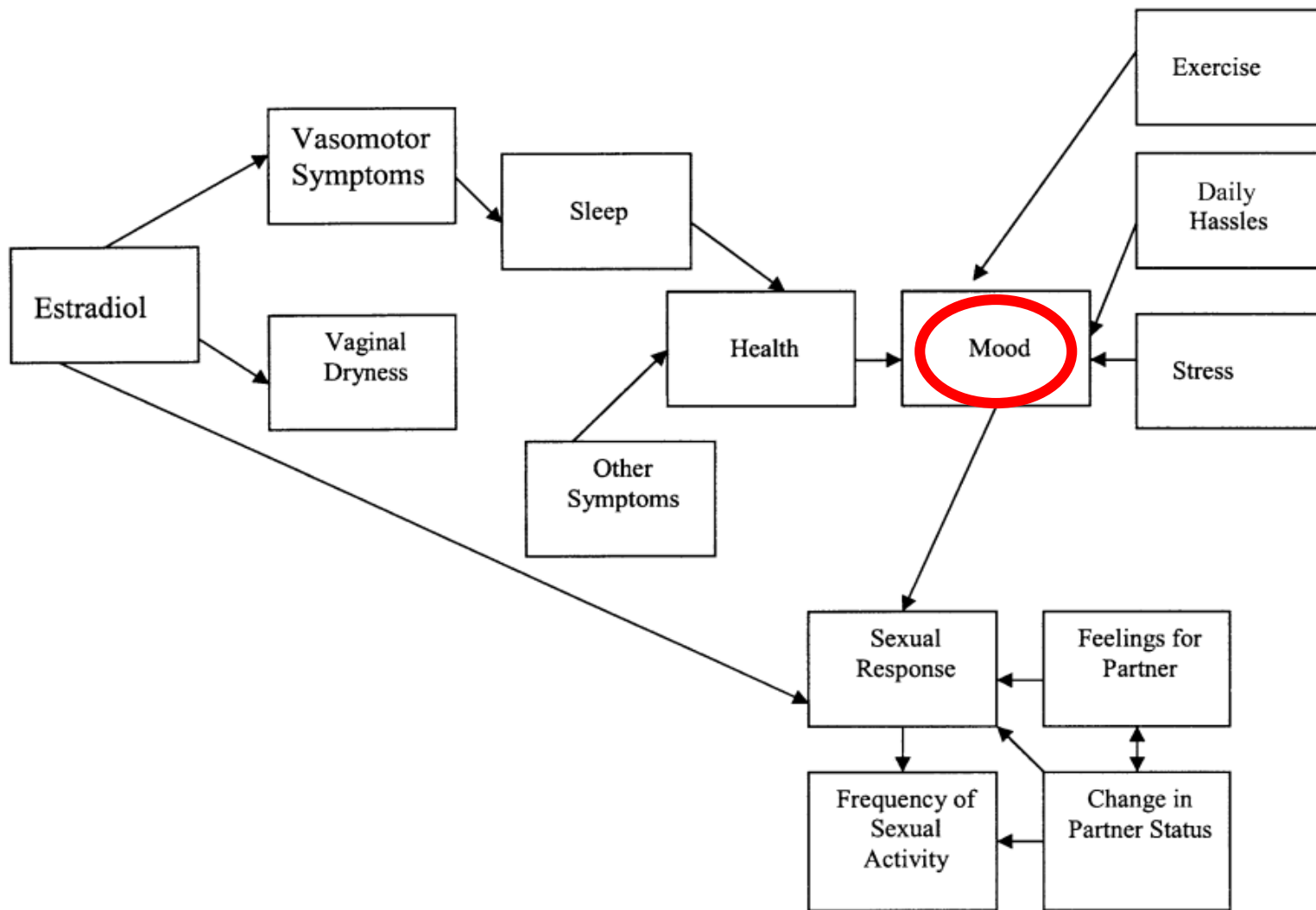
# *Unmet Intimacy?*

- Change in self affects emotion
- Couple may have different level of intimacy
- Different ways to meet the needs, even if they are the same levels
- Time intimacy needed
- Sexual intimacy
- More needing – love, intimacy, friendship



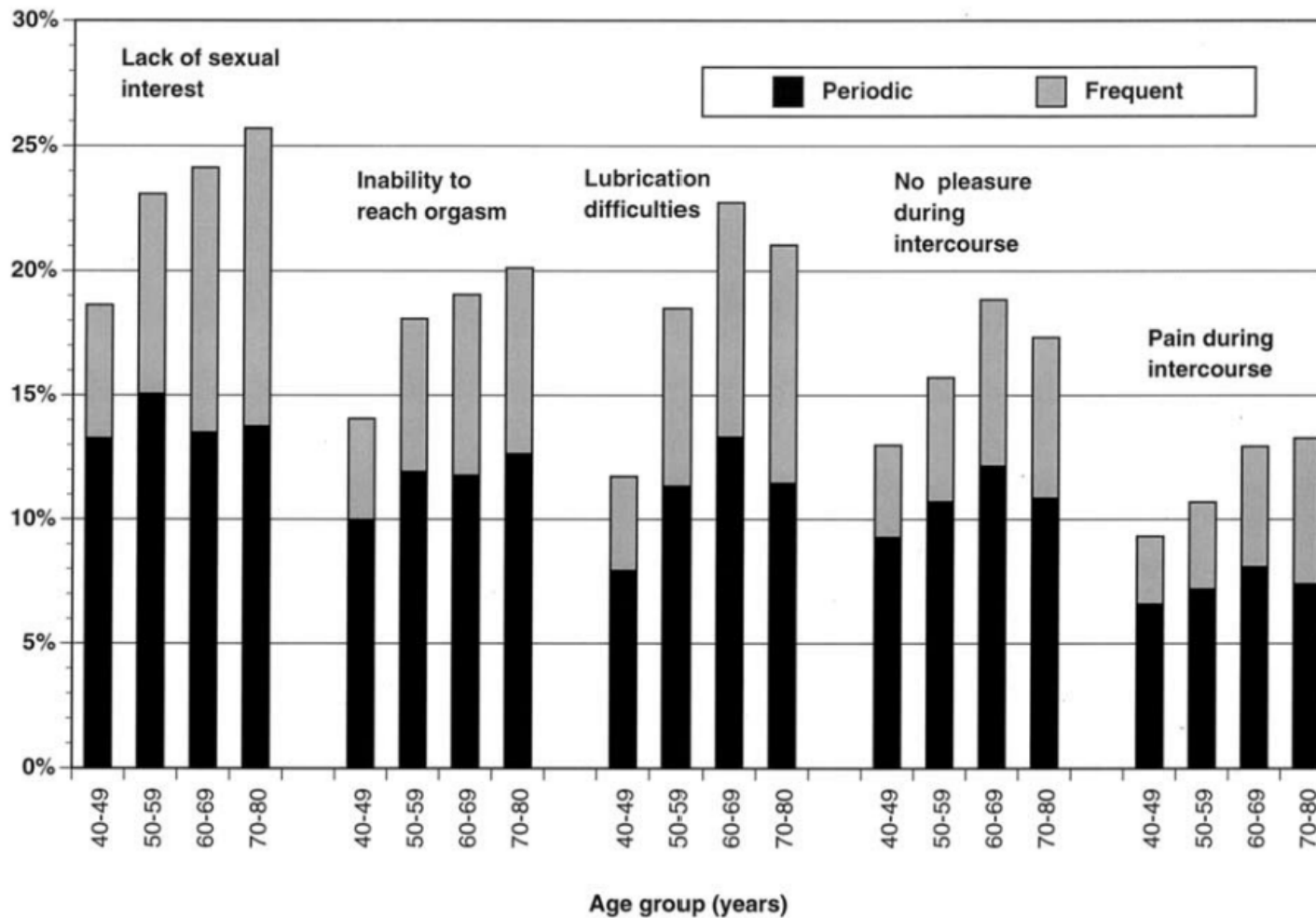
Jennifer S.Kirby, Donald H. Baucom, Michael A. Peterman. An Investigation of Unmet Intimacy needs in marital relationship. Journal of Marital and Family Therapy. 2005. Oct 05, Vol 31:3;313-325.





# Menopausal Women & Sex

The American Journal of Medicine  
(2005) Vol 118 (12B), 59S– 63S

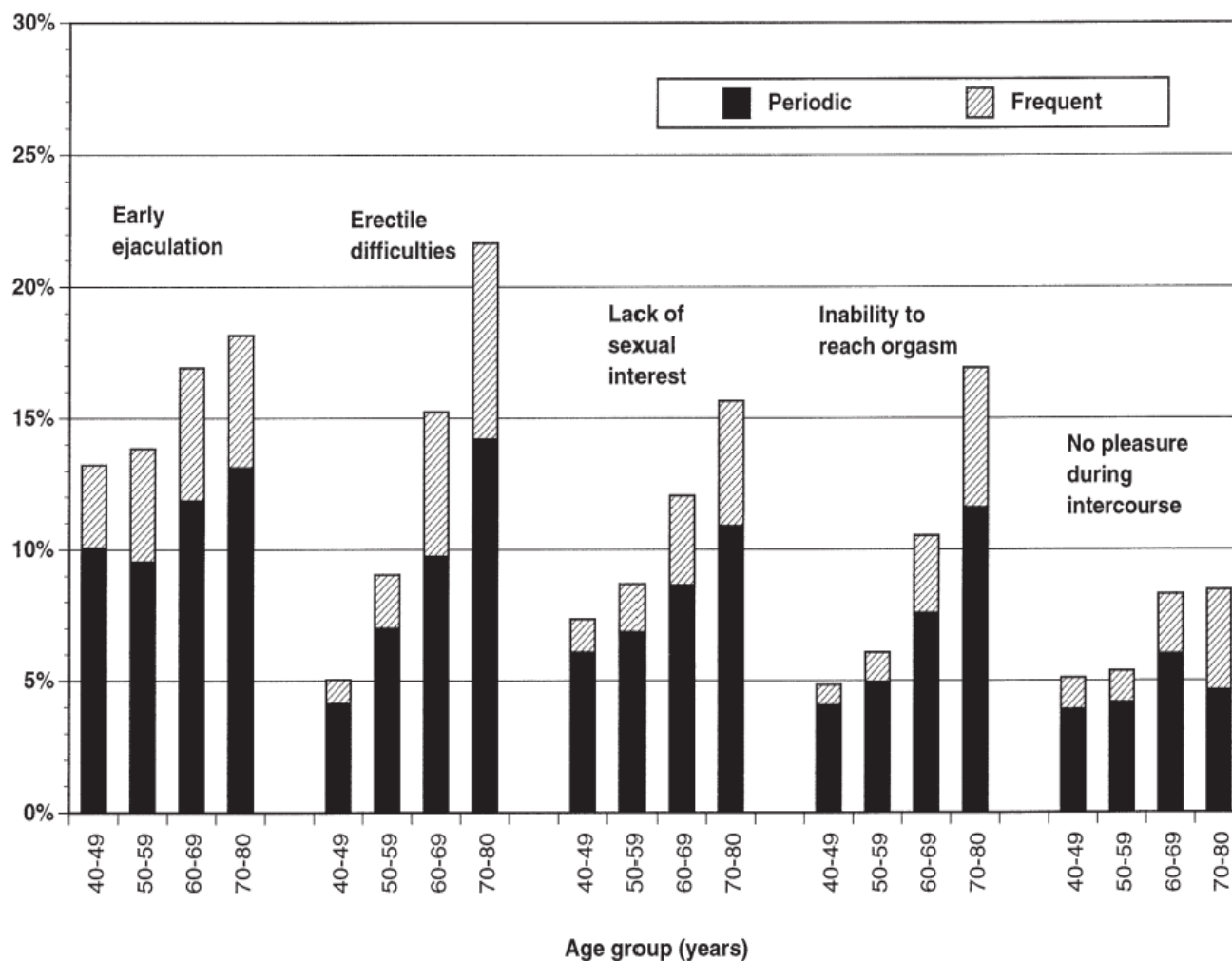


# Problems women can face

Seek Help –  
Menopause  
Clinic  
Sexual Health  
Clinic



Nicolosi A, Laumann EO, Glasser DB, Moreira ED Jr, Paik A, Gingell C; Global Study of Sexual Attitudes and Behaviours Investigators' Group. Sexual behaviour and sexual dysfunctions after age 40: the global study of sexual attitudes and behaviours. Urology. 2004 Nov;64(5):991-7



# Problems men can face

Seek Help –  
Andrology Clinic  
Sexual Health  
Clinic





# *How to overcome*

- A healthy relationship can start from any age
- Starts from self



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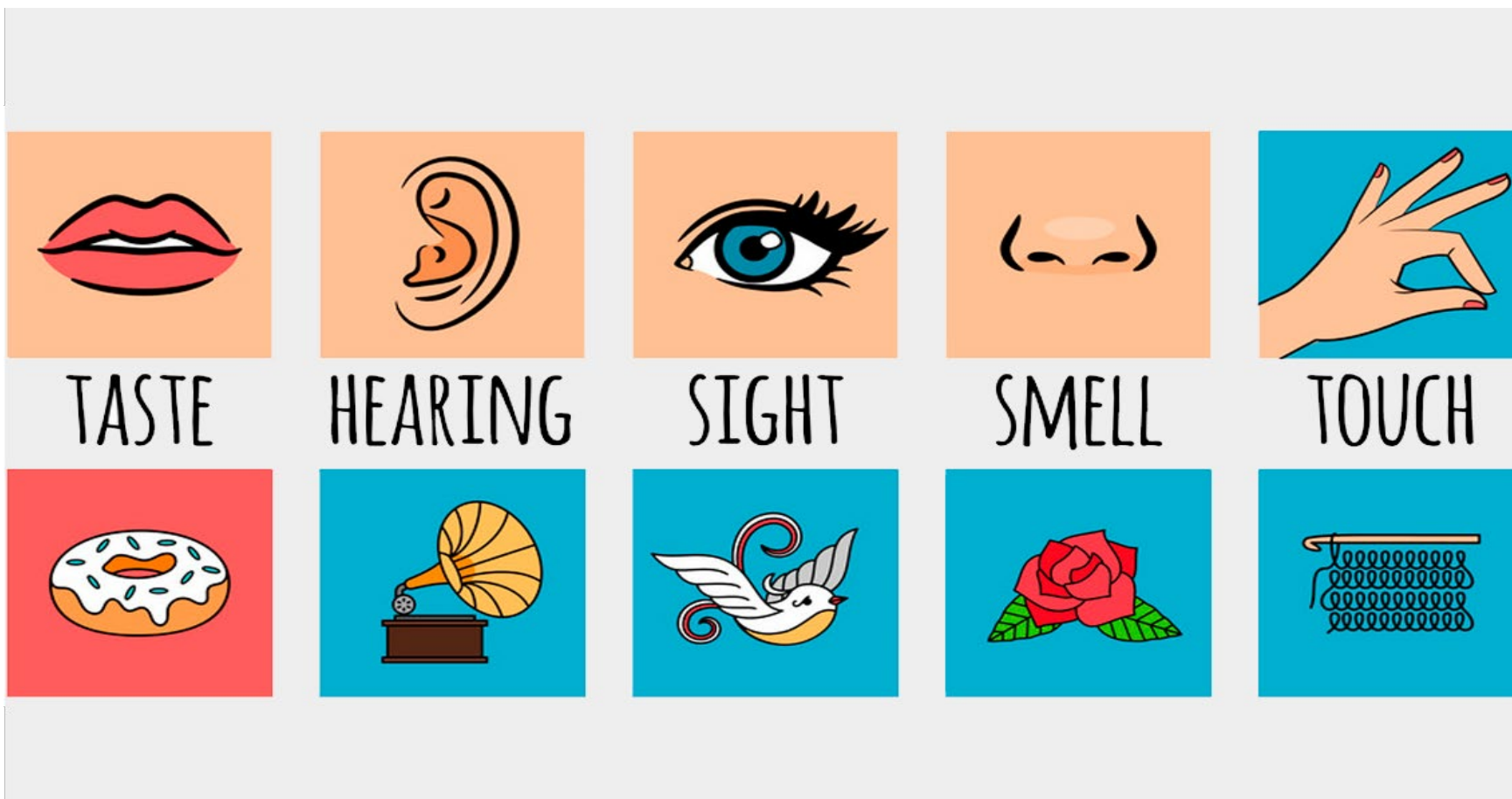
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# *When 2 hearts become one*



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# *Intimacy rekindled*



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# *How to maintain that intimacy*

- Communication - needs
- Communication - problems
- Communication – what can be done



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*And in reality...*





# *Lifelong Intimacy*

- Honeymoon as and when – “Effort”
- Date Nights – “Tackle”
- Visit places that bring sweet memories
- Be together at heart, in person - “Ikhlas”
- Expand the interpretation of sex and intimacy – 5 senses
- Time
- Meals / Exercise together
- Family – “Lead by example”



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# Thank you



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# Staying Healthy During Pregnancy

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# And so it begins...

I'm pregnant!

Now what?

What can I do to help my pregnancy?



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# Stay Healthy

Physical Health  
Mental Health

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# Physical Health



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# Physical Health

- Diet
- Exercise
- Lifestyle
- Attending follow up appointments



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# Diet

- Well-balanced, healthy
- Tasty, make you happy
- Foods to avoid





# Common questions



- I am very nauseated. How long will it last?  
Is it alright that I am losing weight?  
I have no appetite, will this harm the pregnancy?
- I am vegetarian/vegan, is this safe for pregnancy?
- Are supplements really necessary?
- Should I stop drinking coffee?
- Is fasting during Ramadhan safe for my baby?



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# Exercise

- Get moving!
- Recommendation: 30mins moderate intensity, 3 times a week
- Limits: listen to your body, do not overdo it
- Have fun 😊
- Couple activity



# Common questions



- May I exercise in the first trimester?
- Will exercise harm the pregnancy?
- I am worried about weight gain- can I lose weight in pregnancy?
- What exercises are recommended?



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# Exercise

- Suggestions: Swimming, brisk walking / hiking, yoga
- Resources: free online YouTube videos eg Root Yoga Therapy with Jasmine



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# Lifestyle

- Stop smoking/alcohol
- Stop smoking as a couple 😊
- Can I remain intimate with my husband during pregnancy?
- Why am I sleeping more?



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# Medical appointments

- Regular doctor's appointments
- Down Syndrome screening
- Detailed ultrasound scan at 20 weeks
- Diabetes screening, blood pressure
- Follow up on baby's growth
- Plan for delivery



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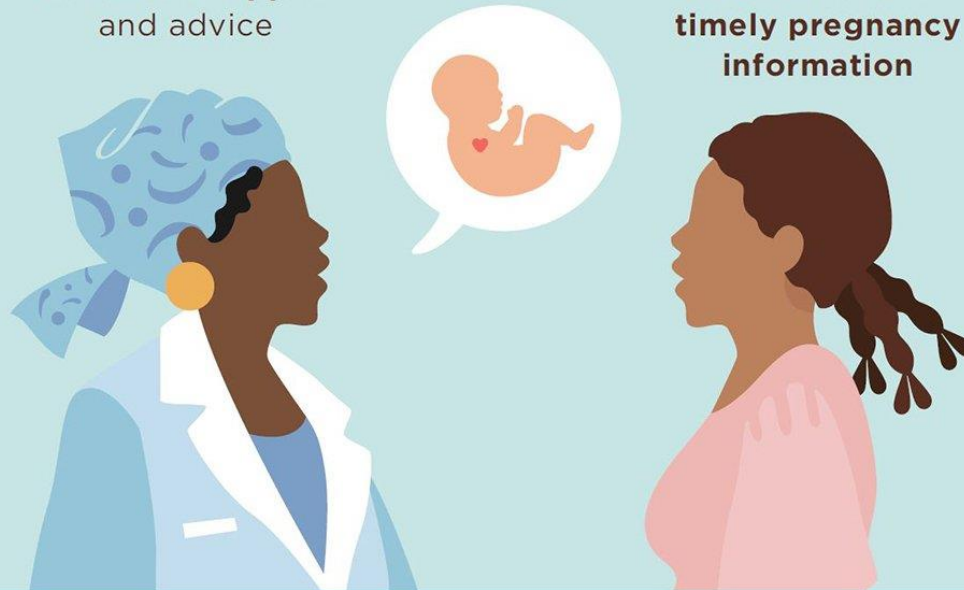
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**As soon as you know you  
are pregnant, seek antenatal care for:**

**Emotional support  
and advice**

**Medical care**

**Relevant and  
timely pregnancy  
information**



Respectful care throughout pregnancy  
will help protect you and your baby's health.



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# Mental Health



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# Mental Health

- A marathon, not a sprint
- Stay positive
- Remember to breathe, take it slow
- Emotions during pregnancy
- It is OK to seek help
- You are NOT alone!



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# Mental Health



- Treat yourself! You deserve it
- Do something nice every day / week
- Prenatal massage? Calming walk? Write a journal? Read?
- Share your experience with partner / friend / family
- Every pregnancy is unique!
- Enjoy the pregnancy journey 😊

# Mental Health



- Worries, uncertainties, fear...
- Communicate – share emotions, fear, expectations, learn about experience of labour, tips to get into labour
- Read up – on labour, pain relief, confinement, breastfeeding
- Prepare yourself – breastfeeding class, virtual tour round hospital labouring rooms and postnatal wards, baby prep classes

# Mental Health

- Reduce stress
- Start early –  
Prep for birth, settle work commitments,  
make care arrangements, pack hospital bag,  
plan your finances



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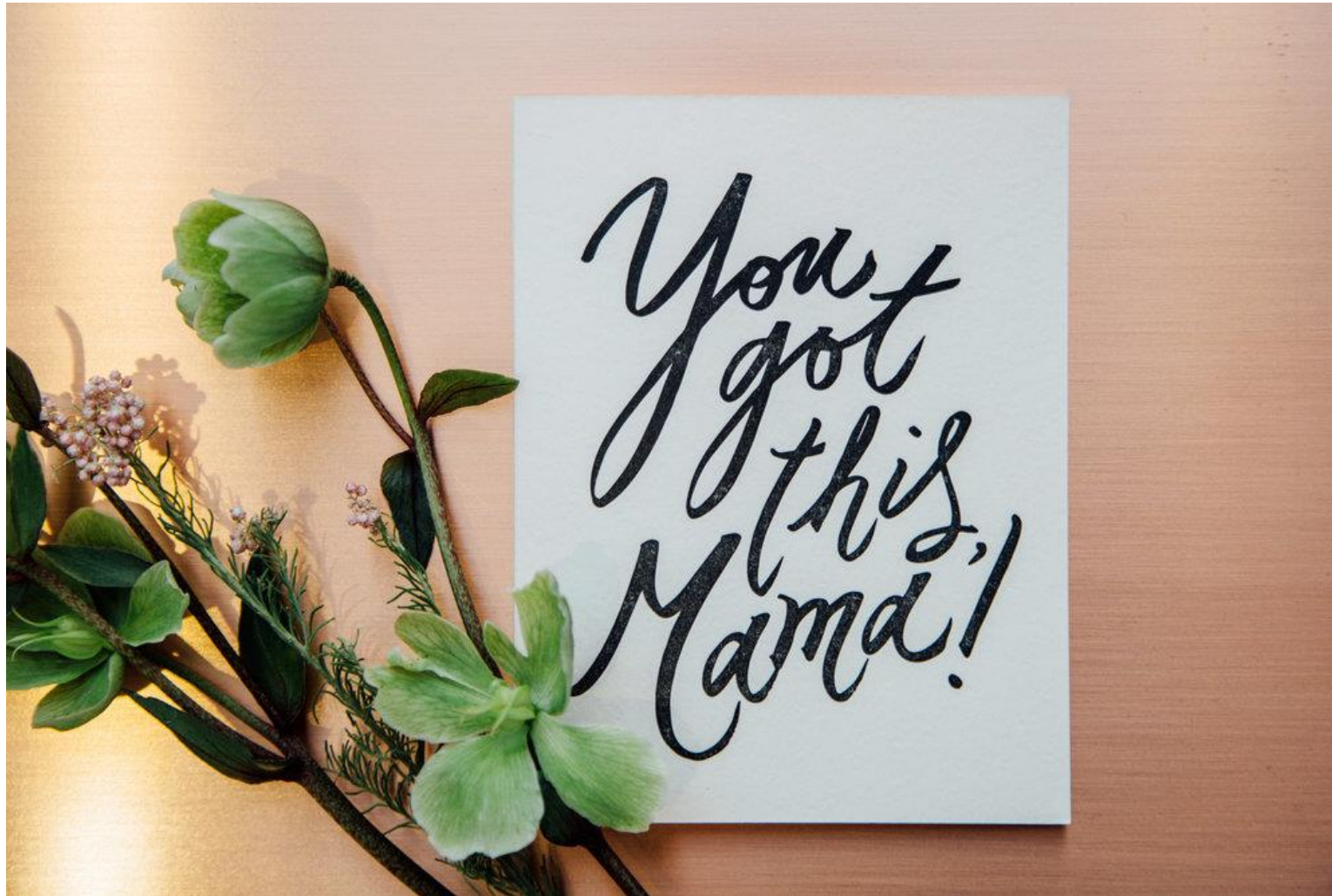


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