

# *Intimacy in a Healthy Relationship*

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Organised by



KK Women's and  
Children's Hospital  
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Majlis Ugama Islam Singapura  
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19 November 2022,

Saturday 4.30pm to 6pm

Anjung @ Wisma Geylang Serai

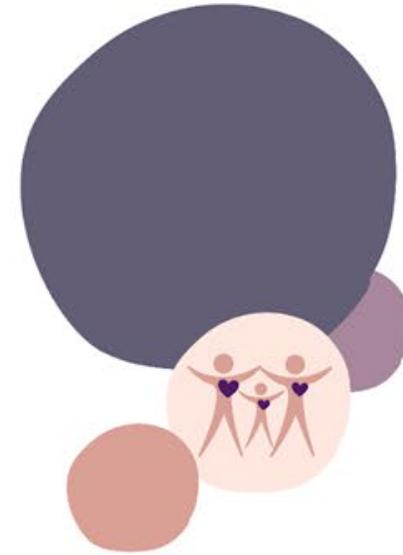




*Intimacy does not depend  
on age*

# Objective

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



# 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?



# *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



# *Change when we get married*

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



# *Change when we get pregnant*

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



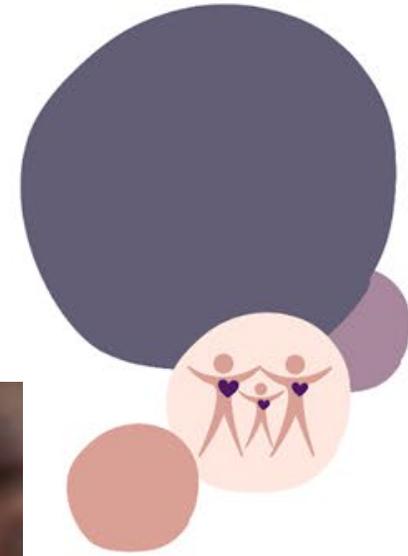
# *Change after we deliver*

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



# *Change when we reach our Golden Years*

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

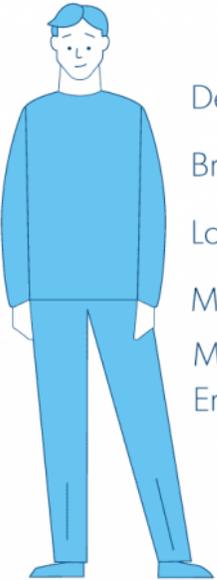


# Hormonal Changes as we age into our Golden Years

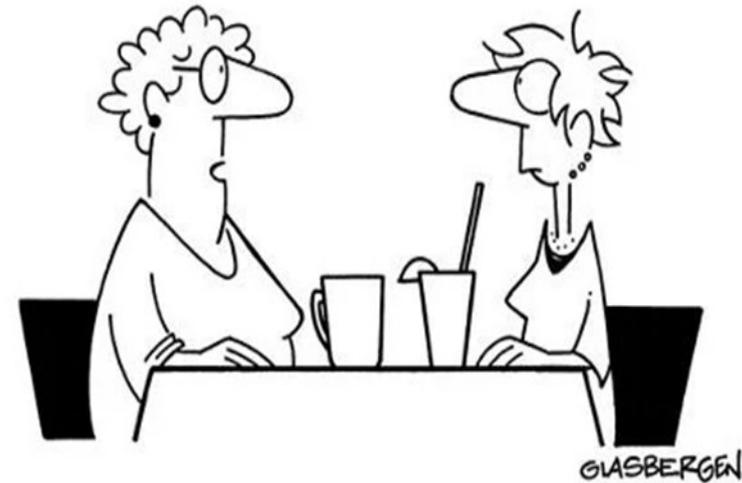


## Symptoms of Male and Female Menopause

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



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

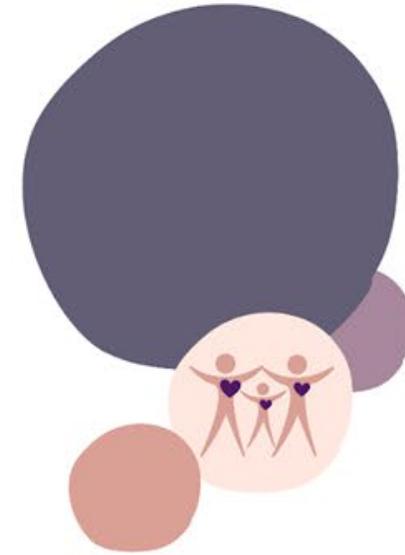


**"I'm a victim of identity theft. Menopause took a happy, slim, sexy woman and turned her into me!"**

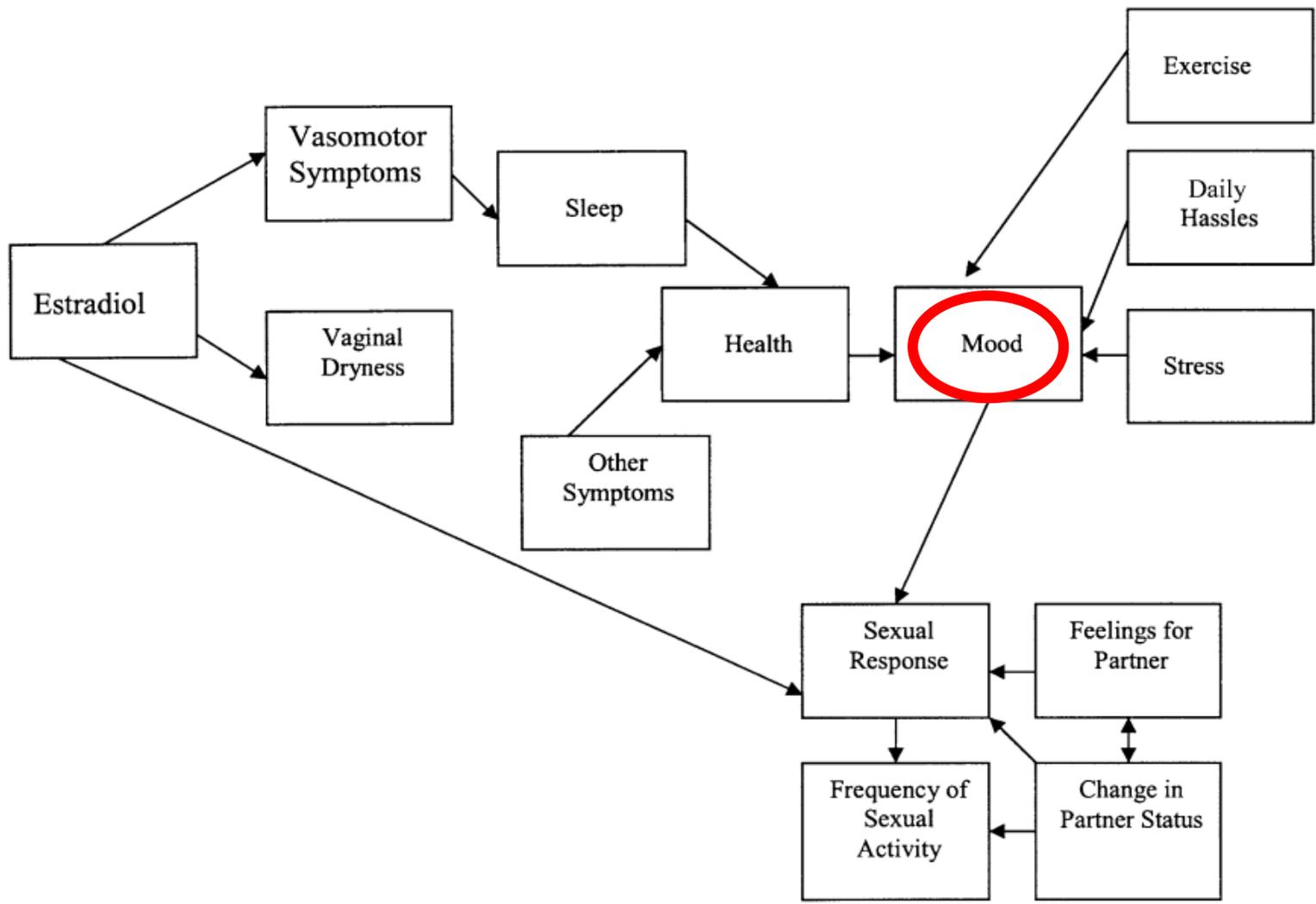


# *Unmet Intimacy?*

- 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

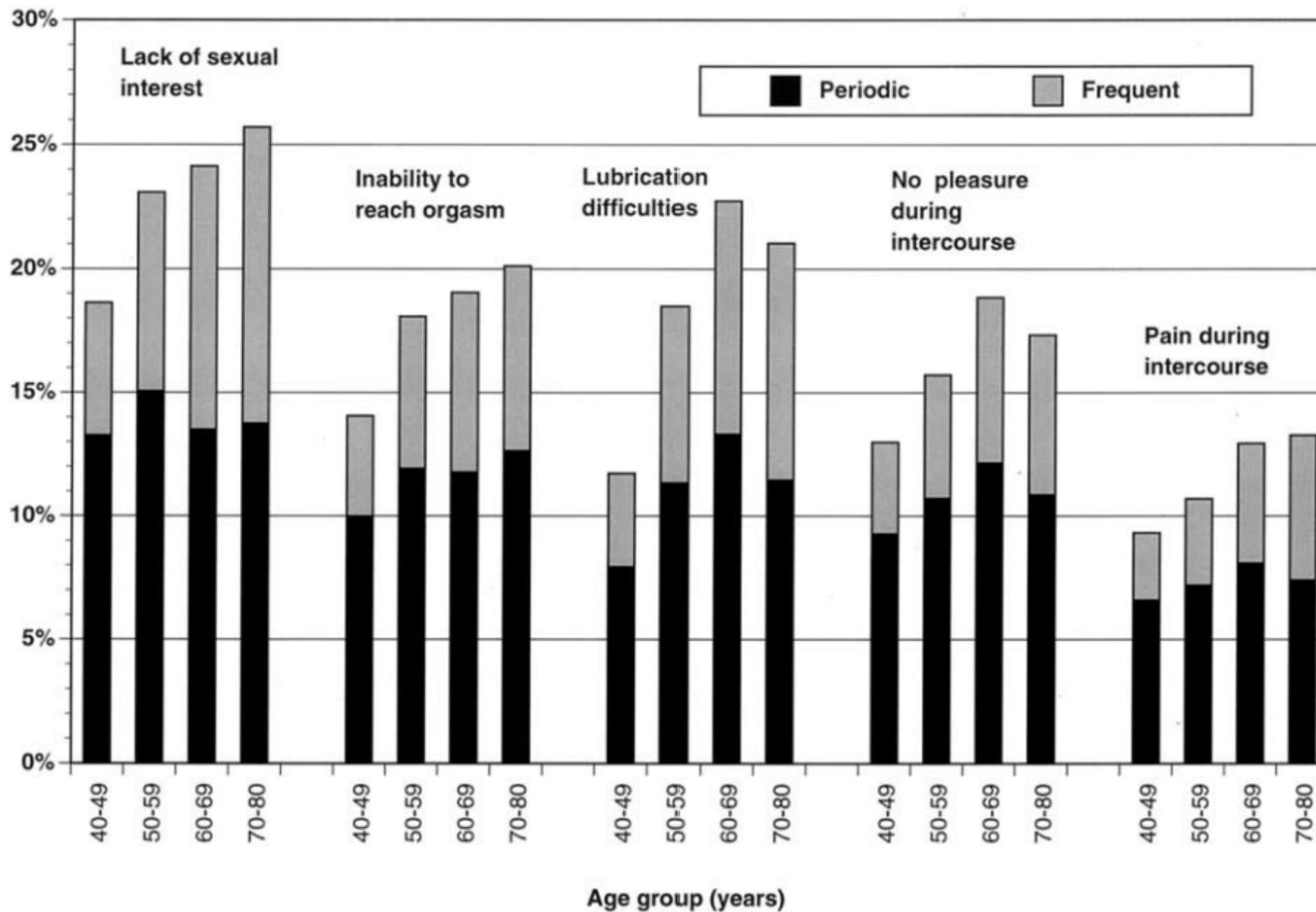


Jennifer S.Kirby, Donald H. Baucom, Michael A. Peterman. An Investigation of Unmet Intimacy needs in marital relationship. Journal of Marital and Family Therapy. 2005. Oct 05, Vol 31:3;313-325.



# Menopausal Women & Sex

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

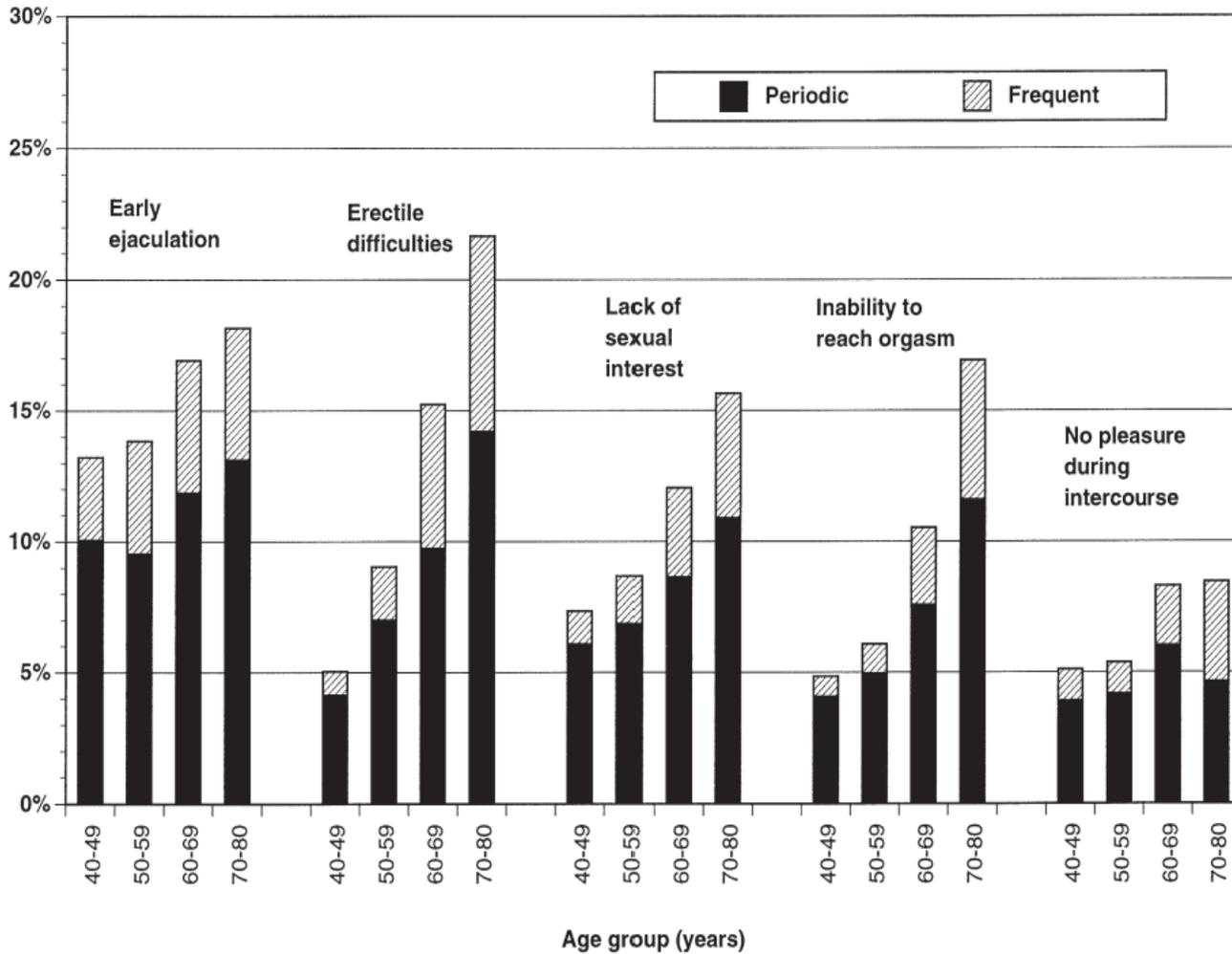


# Problems women can face

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



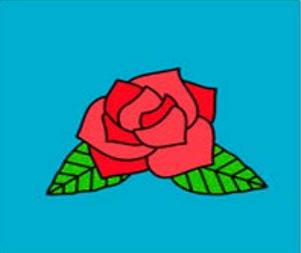
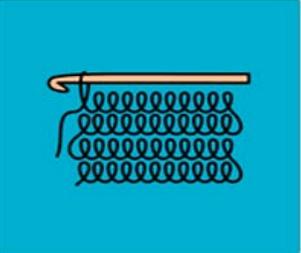
# *How to overcome*

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



# When 2 hearts become one



				
TASTE	HEARING	SIGHT	SMELL	TOUCH
				

# *Intimacy rekindled*



# *How to maintain that intimacy*

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



*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”



# 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?



# Stay Healthy

Physical Health  
Mental Health

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# Physical Health



# Physical Health

- Diet
- Exercise
- Lifestyle
- Attending follow up appointments



# 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?

# 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?



# Exercise

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



# Lifestyle

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



# 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



**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.



# Mental Health



# 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!



# 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





Thank you! 😊

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