

Sexuality After 50: Some Key Facts

Part 1 of 2

Directions: Take an experienced guess! Mark "T" (True) or "F" (False) before each statement. (The answers are at the right of the page)

- ___ 1. In the 19th century, marriage lasted an average of only 20 years before one of the partners died.
- ___ 2. There are approximately two single women for every single man over 65.
- ___ 3. The expectation that older men and women will not be sexual is probably responsible for more sexual problems than physical changes.
- ___ 4. Masturbation is a natural supplementary activity within a relationship.

erection and a longer period of time needed before erection is possible again.

- ___ 8. The most important predictor of sexual motivation and activity in a person's later years are the importance and frequency of activity in earlier life.
- ___ 9. If an older couple ceases sexual activity, the choice usually rests with the female partner.
- ___ 10. Some illnesses and disabilities require that the couple experiment with new positions for intercourse.

(See answers in next column on right)
(From: *New Expectations: Sexuality Education for Mid and Later Life*, by Peggy Brick and Jan Lunquist, 2003)

Dr. Marc Goulet is the founder and Medical Director of The Goulet Anti-Aging Institute and Foundation and the British Diagnostic Institute that specializes in sexual enhancements. They also have an effective treatment for neuropathy, pain and sleep disorders. Call 800-946-2537 or 954-786-5259 to make an appointment.

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___ 5. Sound research data is lacking about the nature and frequency of sexual activity among older people.

___ 6. After 35 or 40, most men need direct penile stimulation to get an erection.

___ 7. Normal physical changes in sexuality as men age include increased ability to delay ejaculation, less forceful orgasms, more rapid loss of

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Answers to Sexuality After 50:

- 1. **False.** In fact the average marriage lasted only 12 years!
- 2. **False.** The social custom of women tending to marry men older than themselves and the fact of shorter male life expectancy results in a ratio of four single women to every single man over 65.
- 3. **True**
- 4. **True**
- 5. **True**
- 6. **True**
- 7. **True**
- 8. **True**
- 9. **False.** Men become sexually inactive because of lack of desire, ill health, or erectile dysfunction. Women report intercourse ceases because of loss of a partner or at the husband's wishes. Many sexual problems could be alleviated if people broadened their idea of "sex" to include "outercourse" or non-penetrative, goal-oriented sex.
- 10. **True.** Or they could experiment with "outercourse."

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Ask Genevieve

Let's take a look at my mail for this month

Dear Genevieve,

I'm a beautiful female Doberman named Daisy, and I completely agree with you that we dogs are the most intelligent creatures on earth. But the other day I heard my humans talking about how intelligent ants are. They were saying that ants send out scouts, and when a scout finds food he runs back and alerts the other ants so they can all help to bring it back to the nest. Is that true?

— Love, Daisy

Dear Daisy,

Yes, it's true. But this just proves how stupid ants are. When any animal with half a brain finds food, he runs off to eat it himself, and if he can't finish it, he hides it for later. How anything as dumb as ants has managed to survive for millions of years is beyond me.

Kibbles and Kisses, Genevieve

Dear Genevieve,

I'm just another dumb human who needs your help. I'm owned by a wonderful King Charles spaniel, named Prince. Like you, Prince has an appetite that just won't quit. I try to

limit the amount of food I give him because overfeeding is not healthy. On the other hand, sometimes when he seems so desperate for more food I wonder if I'm starving him. Can you give me some advice?

— Love, Miriam (a big fan from California)

Dear Miriam,

Okay, get out a piece of paper and pencil. Now, write down Prince's weight and find the square root. Multiply this times his height in inches, measured to the shoulder. Divide this by Prince's age in days. Re-check all your calculations just to be sure. Now, throw the piece of paper out, and kick yourself in the butt for falling for my trick. I just wanted to punish you for asking such a dumb question. Give Prince as much food as he wants and stop worrying about it.

Kibbles and Kisses, Genevieve

Eiffel Press, Publisher of the pet classic "Memoirs of a Papillon: The Canine Guide to Living with Humans without Going Mad"; and "A Tongue in the Sink: The Harrowing Adventures of a Baby Boomer Childhood." To comment, call 941-918-0411 or go to www.dogtellsall.com



Genevieve, our canine columnist

Tying The Knot Again—Tips On Marrying Finances

In the excitement of planning a wedding, choosing the flowers, organizing the reception and sending out invitations, couples don't always schedule time to lay the financial foundation for a successful marriage. Personal finances, after all, are traditionally the number one issue that causes arguments among married couples.

One of the keys to marital bliss is making sure you understand your financial priorities and spending habits. These questions can help you figure out your financial profile as individuals and as a couple.

***What assets do you have? How much debt?

***What are your saving habits and goals?

***Are you comfortable combining your finances?

***What are your spending habits? Do you stick to a monthly budget or are you more spontaneous?

As you start your lives together you should also find out each other's credit, or FICO® scores. These scores help determine how easy, and how costly, it will be for you to get loans to purchase a house together or to obtain credit for buying cars or furniture.

According to a survey conducted by the Consumer Federation of America and credit card issuer Providian Financial, many couples incorrectly believe that their FICO scores will be combined after they get married. "While credit extended in both married partners' names will affect both individual credit scores, it is not unusual for partners to have different credit scores, which is why knowing your FICO score is so important, said Chris Lewis, executive vice president with Providian, which is the only issuer that provides free FICO credit scores monthly for its customers.

Whether you choose to combine your finances or keep them separate, there are simple tips to ensure that your individual credit scores improve and remain strong as you celebrate many anniversaries together. These include:

***Pay bills on time—the most important!

***Maintain only a small number of credit card accounts; consolidate credit lines.

***Select a credit card that provides you with online financial management tools, like free access to your credit score.

—NAPS