



Marc Goulet, M.D.

Rate Your Sexual Health

By Anita Finley, Gerontologist

You may wonder if erectile dysfunction (ED) is affecting your sexual performance. If so, take this short quiz. The results will tell you if you have signs of ED. Remember, the right answers are the ones that best describe you.

The Sexual Health Quiz

- How do you rate your confidence that you could get and keep an erection?
 - Very low
 - Low
 - Moderate
 - High
 - Very high
- When you had erections with sexual stimulation, how often were your erections hard enough for penetration (entering your partner)?
 - No sexual activity
 - Almost never or never
 - A few times (much less than half the time)
 - Sometimes (about half the time)
 - Most times (much more than half the time)
 - Almost always or always
- During sexual intercourse, how often were you able to maintain your erection after you had penetrated (entered) your partner?
 - Did not attempt intercourse
 - Almost never or never
 - A few times (much less than half the time)
 - Sometimes (about half the time)
 - Most times (much more than half the time)
 - Almost always or always
- During sexual intercourse, how

difficult was it to maintain your erection to completion of intercourse?

- Did not attempt intercourse
- Extremely difficult
- Very difficult
- Difficult
- Slightly difficult
- Not difficult

5. When you attempted sexual intercourse, how often was it satisfactory for you?

- Did not attempt intercourse
- Almost never or never
- A few times (much less than half the time)
- Sometimes (about half the time)
- Most times (much more than half the time)
- Almost always or always

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Listen to "The Dr. Goulet Show" airing Saturdays at 7PM and Sundays at 9PM on WSBR 740 AM and WWNN 1470 AM; Wednesdays and Fridays from 1-2PM on WWNN 1470 AM. Anita Finley, radio talk show host, joins Dr. Goulet every week with an explosive format exploring sexuality in boomers and seniors. Now live audio streamed on the Internet: www.wnnradio.com; www.wsbradio.com

The answers to those questions may make you either smile, frown or be distraught. There is really no need to be without satisfactory intercourse, if you so desire it. At British Diagnostic Institute, we have a push button injection therapy that has proven to be successful in over 95% of cases of ED.

Save this test and after you have been given the erection therapy, take it again. You will be pleasantly surprised at how many answers will be positive.

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. Go to their website: www.drgoulet.com

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Rescue Dogs—Worth Their Weight In Gold!

By Tom Blair

Chance is the type of dog that is referred to as "high maintenance." She is easily bored and needs plenty of exercise. Digging in the garden and her constant motion are not the signs of a bad dog but a dog that needs a job.

A rescue dog, Chance is a mix of northern breeds. Her genetic heritage has bred her to pull a sled or lead a hunting party. Neither activity is readily available in our metropolitan area.

By directing her behavior into healthy channels, Chance has discovered alternate ways to burn her excess energy. She enjoys fetching a ball, playing catch with stuffed animals and chewing on rawhide that avoids



destructive behavior.

When selecting a new pet for your family, keep in mind that most dogs have been bred for a specific job. Prospective owners will be expected to fulfill the individual dogs specific needs.

That cute little poodle is really a hunting dog and will need a lot of exercise. That funny dachshund is bred to hunt badgers and may be a more aggressive dog.

Time spent researching the breed you are considering will result in many happy years in the future for you and your pet.

Tom is a nationally syndicated columnist specializing in antiques, cuisine and pets. He can be reached at TomBlairScribe@aol.com

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For a happier, more intimate relationship.



Jacqui

"Sex and Weight—What's The Connection?"

"I don't know what came first, my gaining weight or my loss of interest in sex? It was like a vicious cycle. The heavier I got, the more I kept turning my husband down with all kinds of excuses. We argued constantly about sex. Recently he admitted he got involved with another woman and wants a divorce." *Joan R.*

"Fat men instantly kill any sexual desire in me. It's impossible for me to get involved with a fat person no matter how many qualities the man has." *Jennifer B.*

"Each day as I look at myself in the mirror, I hate what I see. Fat, fat, fat! My belly is flabby, my hips are huge. I can't imagine that anybody would want to go to bed with me. So what's the point of even trying to meet someone?" *Frances G.*

"Every time an overweight woman goes out to buy clothes, she is faced with the fact that she is too heavy and nothing looks feminine and attractive on her. When she gets undressed, doing her personal grooming, she sees a fat person she didn't see ten years ago. Then she starts to rationalize that she is not having sex because she is getting older and her libido is going down. The reality is that she no longer sees herself as a sexual object. She feels undesirable and frankly, her partner too finds her less desirable. This obviously undermines the relationship. A loving man will be pleased to help his woman lose weight but the decision to do it and regain her attractiveness must come from her." *Max W.*

"Being overweight or obese significantly impairs a person's sex life," says Duke University Medical Center's research study. "Overweight or obese people report sexual problems such as lack of desire, lack of enjoyment, avoiding sex and performance difficulty at a much higher rate than people of normal weight. This group is up to 25 times more likely to report problems. The study shows a striking difference in sexual quality of life between overweight and normal weight people, an

important issue for every human being. Obviously, the overall quality of life is affected as well, especially the fabric of a relationship." As one reader wrote, "after gaining 28 pounds, my self-esteem and self-confidence turned into self loathing."


Weight gain often is based on a deeper psychological need. It is also true that it is more difficult to keep our weight in check as we age. But armies of fit boomers doing all kinds of energetic activities prove that it is possible. Today, there are many really good weight loss programs available, including nutritional advice and counseling. Medical institutions or specialized doctors in most communities as well as health clubs and popular weight control clinics offer individual or reinforcing group programs. Health websites have signed up millions of people to help them manage weight loss. **Help sources are plentiful; the decision to seek help and actualize your weight objective is not so easy to attain.** Many people have struggled with multiple diets and never reached success keeping the weight off. Understanding why they fail is the beginning of the solution. Counseling can help identify the underlying issues. Is there a lack of self-esteem, fear of intimacy? What is the real emotional hurdle that drives us to food for solace? Help is available to untie these emotional knots. Many have successfully managed to lose the weight, regaining their health and the body they love and are enjoying a joyful sexual life they deserve. The permission to say "yes" to improving our lives is within ourselves.— *Jacqui*

E-mail Jacqui your question: info@veryprivate.com or by regular mail to: PO Box 491341, Los Angeles, CA 90049. Visit: www.veryprivate.com. We never reveal or give out names or addresses. ©2005 Brandwynne Corp. All rights reserved.

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