

# In Sickness and In Health

When you took your wedding vows, somewhere in there was a statement about loving each other in sickness and in health. We always expect to be healthy and sometimes it can be a big challenge to couples when health problems arise, especially chronic or long term health conditions. The other side of this is the fact that we are ALL aging. Your sexual intimacy greatly changes from your 20s to your 40s to your 60s and beyond. Unfortunately, our society has not made it very easy to talk about the impact of illness OR aging on our sexual intimacy. It can be a very hard conversation between a husband and wife and yet, one that needs to be had.

Being truthful about the challenges your body is facing, both physically and mentally, is critical to your marriage. As we have mentioned before, your spouse does NOT have ESP. They do not know when you are feeling poorly, when you are concerned about your health, when things just “don’t feel right”. It’s up to you to tell them, than up to the two of you to seek whatever treatments or therapies necessary.

1. I consider myself to be in excellent/good/fair/poor health (circle one).

2. I’ve noticed the following changes in my health:

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3. I’m worried about aging because:

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4. If I needed long term care, I would want:

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5. If I was chronically ill, I would want to do the following (bucket list):

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6. My fears on dying first:

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7. My fears on my spouse dying first:

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*Know that you are the perfect age. Each year is special and precious for you shall only live it once. Be comfortable with growing older.*

*~Louise Hay*

## Men:

1. When was the last time that you had a physical and talked to your doctor about any health concerns? \_\_\_\_\_

2. Have you had your testosterone levels tested? \_\_\_\_\_  
Testosterone levels can affect everything from your libido to your ability to handle stress.

3. What changes have you noticed in your sexual appetite?

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4. What changes have you noticed in your sexual performance? This can be things like erectile dysfunction, premature or delayed ejaculation, impotence.

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## Women:

1. When was the last time that you had a physical and talked to your doctor about any health concerns? \_\_\_\_\_

2. Have you had your hormone levels tested? \_\_\_\_\_  
Hormones regulate everything in your body and if they are not working properly your body could be working harder than necessary.

3. What physical/emotional changes do you notice over the course of your cycle each month? (emotions, sexual appetite, self lubrication, periods, etc.)

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4. Have you had a mammogram or thermographic reading of your breasts? \_\_\_\_\_

5. What changes have you noticed in your sexual appetite?

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6. What changes have you noticed in your sexual performance? This can be things like vaginal dryness, inability to orgasm, painful sex, or vaginismus, etc.

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7. If you have not started menopause, do you know what age your mother did? \_\_\_\_\_

8. If you have started menopause, how are you keeping the conversation open with your husband about the changes you are experiencing?

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*I believe that the greatest gift you can give your family and the world is a healthy you.*

*~Joyce Meyer*