
Suggested

Reading/

Resources

Sexuality at Midlife and Beyond

Books

Many of these books are available through your local public library system.

Beyond Viagra (A commonsense guide to building a healthy sexual relationship for men and women.) Gerald Melchiode, M.D.

Great Sex After 40: Strategies for Lifelong Fulfillment, Marvel L. Williamson, Ph.D., R.N.

Questions and Answer About Sex in Later Life, Margot Tallmer, Ph.D.

Sex and Back Pain, Lauren Andrew Hebert, PT

Sex Over 40, Saul H. Rosenthal.

Sex Over 50, Joel D. Block with Susan Crain Bakos.

Sex May Be Wasted on the Young, Lee Stones and Michael Stones, M.D.

The New Love and Sex After 60 (rev. 2002), Robert N. Butler, M.D. and Myrna I. Lewis, Ph.D.

The New Male Sexuality (rev. 1999), Bernie Zilbergeld. (*Myths re. Sexuality)

The Sexual Male: Problems and Solutions, Richard Milsten, M.D. and Julian Slowinski, Psy.D.

The Time of Our Lives: Women Write on Sex After 40, Dena Taylor and Amber Coverdale Sumrall, eds.

Woman's Experience of Sex, Sheila Kitzinger.

Articles

“*A Guide to Intimacy with Arthritis*” – article reprint from [Arthritis Today](#) (available from The Arthritis Society)

Note: contains list of resources with information on dealing with sexual positions and pain or disabilities.

Websites

Sexuality and U
www.sexualityandu.ca

Mayo Clinic
www.mayoclinic.com

Public Health Agency of Canada - Canadian Health Network
www.canadian-health-network.ca

American Association of Retired Persons
www.aarp.org

New View Campaign: Challenging the Medicalization of Sex
www.fsd-alert.org

HIV Wisdom for Older Women
www.hivwisdom.org

The Arthritis Society
www.arthritis.ca

Betty Dodson Online (Dodson is a Ph.D., sexologist and author)
www.bettydodson.com

American Society on Aging/Lesbian and Gay Aging
www.asaging.org/networks/index.cfm?cg=LGAIN

Women's Health Matters
www.womenshealthmatters.ca (go to A to Z Index – under A: Aging; under S: Sexual Health)