

Managing medication effects and intimacy

Intimacy is an important part of any relationship. Mood changes, changes in your libido, and your medications can all play a role in your desire and how you feel about your body. If you've noticed changes, your care team can help.

Improving intimacy

Try this three-step approach to get to the bottom of any changes you may be having:

- ✓ Talk to your doctor to see if something other than your medications could be impacting intimacy.
- ✓ Talk to your local pharmacist to see if any of your medications could have an effect on intimacy.
- ✓ Talk to your social worker about any mood changes or feelings you may be having about your body.

Blood pressure medication and intimacy

Around 25% of the causes of erectile dysfunction (ED) are due to medication side effects (including blood pressure medications). However, if left untreated, other diseases like high blood pressure, heart disease, high cholesterol, and diabetes can cause or make ED worse. Make sure to let your doctor know if you have any side effects when your medicines are changed as they may suggest different medicines or dosage levels.

It's important to talk to your care team if you have concerns about your blood pressure medications and ED.



We are here to help

Your care team can help answer your questions about intimacy and medication effects. Reach out for any support you need.