

# DR. **STEPHEN dE WIT**

sexologist · speaker · coach

## **For Men: A Healthy and Vibrant Sex Life at Any Age!**

The need for intimacy is ageless. Studies confirm that no matter your gender, you can enjoy sex for as long as you wish. Naturally, sex at 70 or 80 may not be like it is at 20 or 30 – in some ways it can be better! Let's celebrate and who you are, deal with natural changes as you age, and walk out with powerful ways to improve or even restart your sex life at any age. I hope the information below helps you remember some of the highlights. Please feel free to make notes on here and reference this handout often.

### **Myths vs. Truths**

Myth: Men always want sex.

Truth: \_\_\_\_\_  
\_\_\_\_\_

Myth: Bigger is better.

Truth: \_\_\_\_\_  
\_\_\_\_\_

Myth: I always please my partner/s.

Truth: \_\_\_\_\_  
\_\_\_\_\_

Myth: Men always should be ready for sex.

Truth: \_\_\_\_\_  
\_\_\_\_\_

Other Myths: \_\_\_\_\_  
\_\_\_\_\_

**COMMON CHALLENGES**

---

---

---

---

---

---

---

---

---

---

---

---

---

**ERECTILE ISSUES**

What is it?

---

---

---

---

What can I do?

---

---

---

---

Can I prevent it?

---

---

---

---

**BENEFITS TO SEX AS AN OLDER MAN**

---

---

---

---

---

---

---

---

---

---

**STAYING SEXUALLY FIT**

Expand what sex looks like: \_\_\_\_\_

---

---

---

This is not football: \_\_\_\_\_

---

---

---

Communication: \_\_\_\_\_

---

---

---

Different types of Intimacy: \_\_\_\_\_

---

---

---

If you have any questions or would like to speak to directly please get in contact with me at [stephen@drdewit.com](mailto:stephen@drdewit.com).