

Dialysis patients may experience sexual difficulties. The reason for this varies. You can discuss this with your doctor or social worker.

## What causes sexual difficulties?

- Relationship difficulties
- Illness, medications or the need for treatment
- Major life stressors
- Hormonal changes
- Anxiety and depression
- Possible body image concerns related to dialysis access
- Possible bad breath or body odor from not having enough dialysis

## What are common sexual concerns?

- Absent or low sexual desire
- Painful sex
- Difficulties with erection or ejaculation
- Inability to have orgasm

## What can I do to improve my sexual health?

- Have an open conversation with your partner about your concerns and desires.
- Modify how you give and receive pleasure if intercourse isn't possible.
- Talk to your doctor or social worker about any concerns you may have.
- Ask your doctor if medications might help with erectile dysfunction or low desire.
- Learn about Sexuality and Kidney Disease: <https://www.kidneyschool.org/m11>
- Seek treatment from an expert at the U-M Center for Sexual Health, phone: 734-763-4963

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