

# Sexual Health Educator Dr. Brenda Dressler to be Featured on CUTV News Radio

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/EINPresswire.com/ -- Sexual health is the ability to embrace and enjoy our sexuality. It is an important part of our physical and emotional health.

Society's belief that older adults lack interest in sexual activity is a myth. Men and women are sexual beings, quite capable of sexual response throughout their lives.

Though it is clear that sex is important for many older adults, it is not often discussed, but there is reason to believe attitudes towards senior sex are changing. With Viagra and Cialis and other pharmaceuticals, sex for people over 60 is becoming a "cultural happening."

Dr. Brenda Dressler is an expert and educator on human sexuality and currently writing a book *Sex beyond 60: Myths and Facts* is a self-help book offering a vast amount of easily accessible information on sexual activity and sexual health that can help resolve problems that men and women have as they age.



"Seniors who are in fairly good health and who have an available and interested sex partner have the potential to experience excitement and orgasm in their 70s and 80s," says Dr. Dressler. "As people age, desire for sex may diminish, however, the need for caring and intimate touch remains strong. Touch provides magnificent physical and emotional benefits."

A sex and health educator for fifty years, Dr. Dressler began her career as a New York City public school teacher in upper Manhattan, where she initiated the first sex education program in the late 1960s that continued through 1984. As a leading sex educator, she was profiled in *Newsday* in 1989 for her work in developing a sex education program in the high schools.

Topics discussed in *Sex beyond 60: Myths and Facts* include benefits of sexual activity for seniors, sexual dysfunctions and Food and Drug Administration (FDA)-approved treatment options, experimental and promising new treatments, the new sexual revolution in erectile technology, health conditions, disability and sexuality, seniors' sexual attitudes, sexual activities and satisfaction, sexually transmitted infections, taking and sharing sexual health history, negotiating safer sex and sex in long-term care.

CUTV News Radio will feature Dr. Brenda Dressler in an interview with Doug Llewelyn on January 8th at 1pm EST.

Listen to the show on [BlogTalkRadio](#).

If you have a question for our guest, call (347) 996-3389.

For more information on Dr. Brenda Dressler, visit [www.brendadressler.com](http://www.brendadressler.com)

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