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AMAZING SEX AFTER 60

THE RECIPE FOR LASTING  
SATISFACTION

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## **Retire From Your Day Job, Not Your Sex Life**

Well, the secret is out. The New England Journal of Medicine recently published a report breaking the news: A healthy sex life is not only possible, but quite commonplace, well into the golden years. Retiring from your job doesn't necessarily mean retiring from an active love life. The survey, performed in 2007, revealed that, of those ages fifty seven to seventy five, well over half had had sex at least once within the previous year. Older people tend to enjoy and desire sex just as much as younger people, and it's time to put the zany old preconceptions claiming otherwise to rest.

The hindrances towards maintaining a rewarding sex life past a certain age are generally social and medical ones, though even these statistics defy the age old myths and misconceptions about impotence and dysfunction in the elderly. The New England Journal of Medicine's report showed that only one in two people over the age of fifty seven admit to suffering from a sex related health problem. The most common of these are erectile dysfunction, dryness and an inability to achieve an orgasm. Recent developments in medicine and therapy have more than made up for these problems, for the most part, so there's no reason that they should be a stumbling block.

The social setbacks to people over sixty having a rewarding sex life generally come, regrettably, from such trusted sources as family, doctors and caretakers, who can often buy into the myth of the asexual old geezer

and be unsupportive of the social and personal needs of people past a certain age who have found themselves in the unfortunate condition of having to grow dependent on those around them perhaps more than they'd like to. Many doctors tend to jump to the conclusion that their older patients are electively sexually inactive.

Sometimes these professionals are just misinformed, other times, they might be trying to save themselves from a potentially embarrassing conversation. Either way, this tends to put it into the hands of the patient to bring the subject up at the next check up. Talking with those that help you in your daily life is also imperative, and you shouldn't be shy to ask family members to introduce you into their own social circles or help you get around to social gatherings.

Sadly, a major setback in maintaining a healthy sex life is the lack of a partner. Many people over sixty find themselves widowed with, personal health allowing, half a century of healthy, active life ahead of them. In this day and age, very few widows and widowers are willingly abstaining from sex to preserve the memory of their wife or husband. That practice probably stopped being commonplace sometime in the old west. However, to the one or two readers out there who are just that old fashioned; The last thing someone wants is for their untimely passing to leave their loved one forever unhappy and unfulfilled, and the only way to truly honor the memory of our dearly departed is to make the most out of the years we have left in our own lifetimes.

Perhaps to blame for the misconception that senior citizens aren't interested in sex is simply the unfair portrayal of what is attractive and what isn't attractive in the media. In general, the celebrities wearing skimpy bathing

suits on the cover of popular magazines are thin, white and in their twenties, and those over sixty are just one of the many groups of people completely ignored by this kind of attitude in the media. However, there are still a number of older sex symbols who counter this, including Clint Eastwood, who manages to fit a love scene in most of his movies even into his early eighties, and Jamie Lee Curtis, who recently went topless for an issue of AARP magazine. Still, the deck is heavily stacked in favor of making older people, racial minorities, women and men of various shapes and sizes, and basically everyone but the pampered members of a very small minority feel as if they can never be as attractive as the ridiculous young bulimia victims gracing the covers of popular magazines.

Most people over the age of sixty don't need to be told that it's still possible to be attractive, to feel sexy and to desire a healthy and active sex life, but the association nonetheless perpetuates the stereotypes in the minds of an overwhelming majority of uninformed people. The important thing is to not let it get to you. Many seniors report that the tendency for society to remain ignorant and inattentive to the sexual needs of those over sixty rubs off on them, and some, in response to the endless discouragement provided by popular culture and those who don't have the facts, simply give up on maintaining a healthy sex life.

The first step to a rewarding sex life is to acknowledge yourself as an attractive, desirable individual, and an important part of that is disregarding any discouragement that comes your way. If those gossip rags and celebrity magazines make you feel uncomfortable with your own image, just stop reading them. If the people around you find it ridiculous that you would still consider looking for a sex partner at your age, just tell them, quite frankly, that it doesn't matter what they think.

A healthy sex life is an important part of just about any rewarding lifestyle. Maintaining a healthy sex life past the age of sixty may seem like an uphill battle, and certainly, society unfairly places some stumbling blocks in the way, but to give up on such an important part of what it means to be human is, to be quite frank, just plain silly. If nothing else, a healthy sex life is a declaration that you're not nearly finished yet, that some of your best years are still ahead of you, and that you won't be content to simply sit around for the rest of your life waiting to kick the bucket.

## **SEX IN MODERN SOCIETY**

It's hard to make all-encompassing statements as to how society views this or that at any given point in history, as different sub-cultures, regions and demographics may have held views that were in contrast to what the majority of a population felt at the time, and there are a lot of misconceptions the young people of today still believe about what life was like fifty or so years ago. In particular, the idea that, before Elvis Presley was on television, nobody ever, ever, ever talked about sex with anyone at all is a myth.

Certainly a lot of people in the western world were reluctant or even adverse to the idea of openly discussing sex with just about anyone, but all these age old dirty jokes and black and white pornography had to come from somewhere. Of course, even if the alleged prudishness of the first half of the twentieth century is largely exaggerated and embellished, it's hard to argue that the cultural changes that took place in the United States and