



Intimacy and Illness: Lung Disease

What is lung disease?

Lung disease is a general term for a grouping of diseases that affect the lungs. Many people with lung disease have difficulty breathing. Because of this, the body may not get enough oxygen, which can create issues for other parts of the body. For example, if the body is not getting enough oxygen, it could increase a person's risk for infections.

What are different types of lung disease?

- LAM, or lymphangiomyomatosis (a rare lung disease)
- Asthma, emphysema, and other chronic obstructive lung diseases
- Infections like influenza, pneumonia, and tuberculosis (TB)
- Chronic Obstructive Pulmonary Disease (COPD)
- Lung cancer

Who gets lung disease?

The most common lung diseases in women are asthma, COPD, and lung cancer. Anyone can be afflicted with lung disease, but there are some factors that can increase a person's risk:

- Smoking
- Environmental or occupational hazards
- Genetics
- Certain allergens

How does lung disease affect my sexuality?

Lung disorders may contribute to fatigue, stress, or anxiety, possibly lowering a woman's sexual desire. They may also make breathing difficult, creating issues during sexual activity. Often, a person's medications interfere with their sexuality, as well, possibly causing a decrease in sexual arousal and drive. Lung disease can also affect the way a woman feels about herself, which could decrease her sexual arousal and drive.

How can I improve my sexuality?

It may be necessary to re-evaluate how you define sexuality and intimacy. It is possible to be intimate without being sexual. This can take the form of holding hands, cuddling, or a relaxing massage. Types of stimulation or activities that were pleasurable before may no longer be pleasurable. Communicate with your partner about how you are feeling and what you would like to do (or not do). Experiment with new forms of sexuality and intimacy to discover what works for you now.

If you are experiencing shortness of breath and find that it is difficult to be sexually active, you may find it helpful to take things slow and pace yourself. Plan sexual activity for when you feel best. You may want to remove heavy blankets from the bed, keep the room cool, or add a fan to the room for added air circulation.

Talk to your health care provider about other ways to improve your sexuality with a lung disorder.





What products does Pure Romance offer to help improve my sexuality?

If you find that you have a decreased libido or have a more difficult time reaching orgasm than before, you may want to try an arousal cream, such as Ex-T-Cee, Nympho Niagra, or X-Scream (X-Scream can be used by both men and women). It is also important to use a water-based vaginal lubricant each time you engage in sexual activity, which can help with vaginal dryness. You can also get other product recommendations from your Pure Romance Consultant or by visiting our Web site.

