



Wendy Trainor  
*communication and healing*

## Sex still a taboo subject

We are surrounded by images of sex every day in the newspapers, movies and on TV. It jumps out at us from giant billboards with scantily clad youth in seductive poses. Yet, how often do we talk about sex?

Unfortunately, we are not as liberated as we appear to be. Sex is still a taboo subject. We often don't even talk about it with our lovers or partners. Good sex is dependent on our ability to communicate effectively about our wants and needs. It doesn't just happen.

Most of us, at some point in our lives, will experience a sexual dysfunction. Unless we are willing to talk about this with someone, we will have difficulty solving our problem. It is particularly important to discuss your sexual concerns with your partner. If you and your partner cannot sort it out, your family doctor is a good person to approach. It is important to determine whether the problem is caused by organic or psychogenic factors, or a combination of the two. You may be referred to a urologist or a gynecologist for further evaluation. There are many effective treatments available. Your symptoms and history will determine the type of treatment that is recommended for you. This may include a referral to a therapist who deals with sexual issues, particularly if organic factors have been ruled out.

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