

Infographic:

Heart and Circulatory Disease and Sex



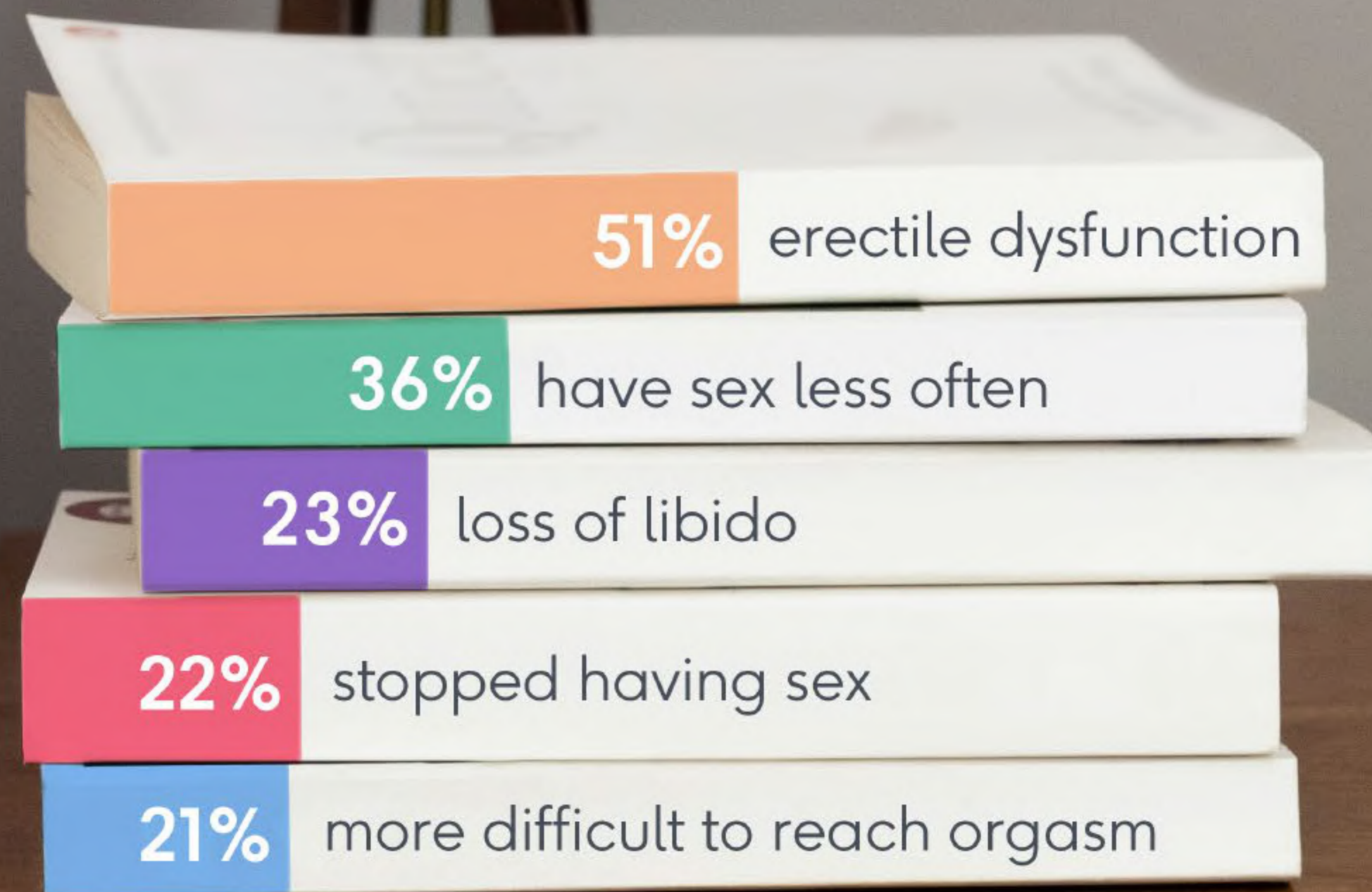
Has your condition affected your sex life?

2122 responded



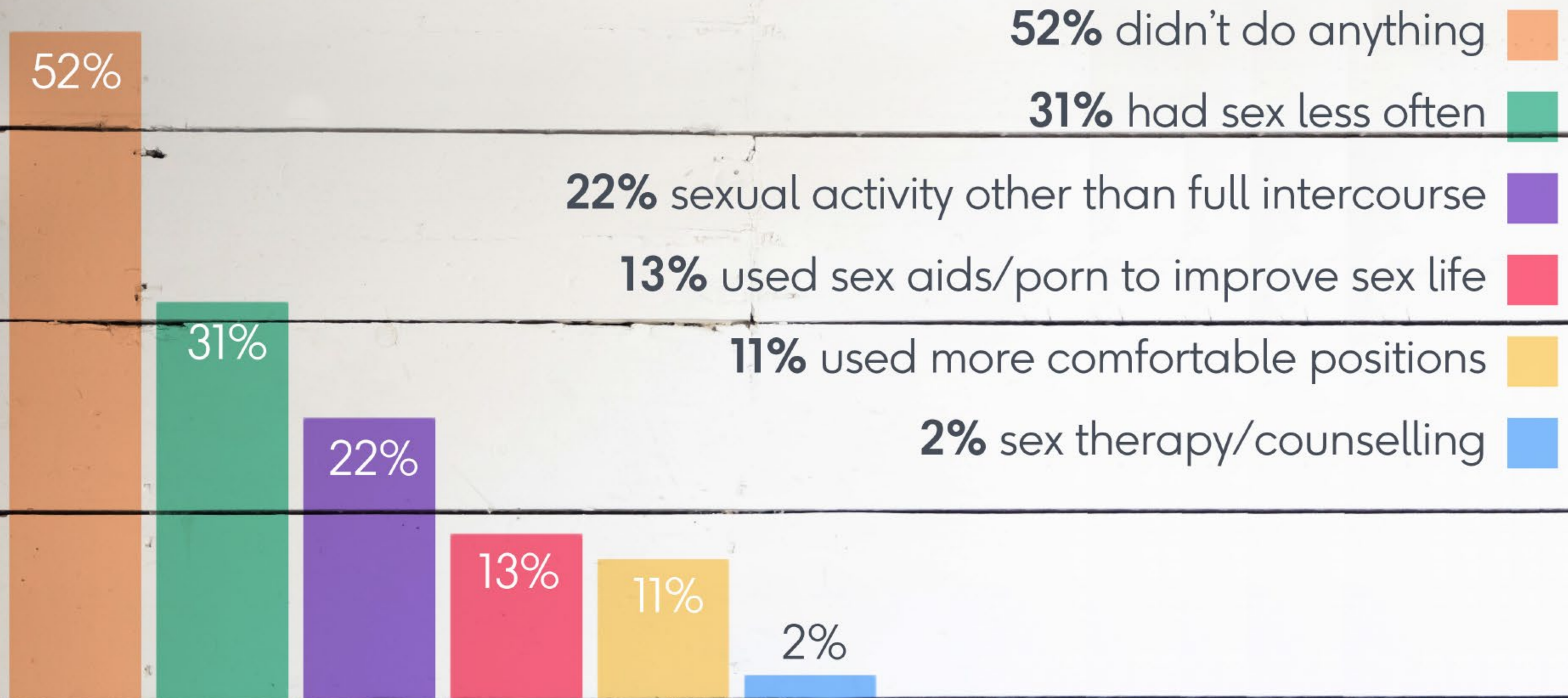
How has your condition affected your sex life?

1141 responded



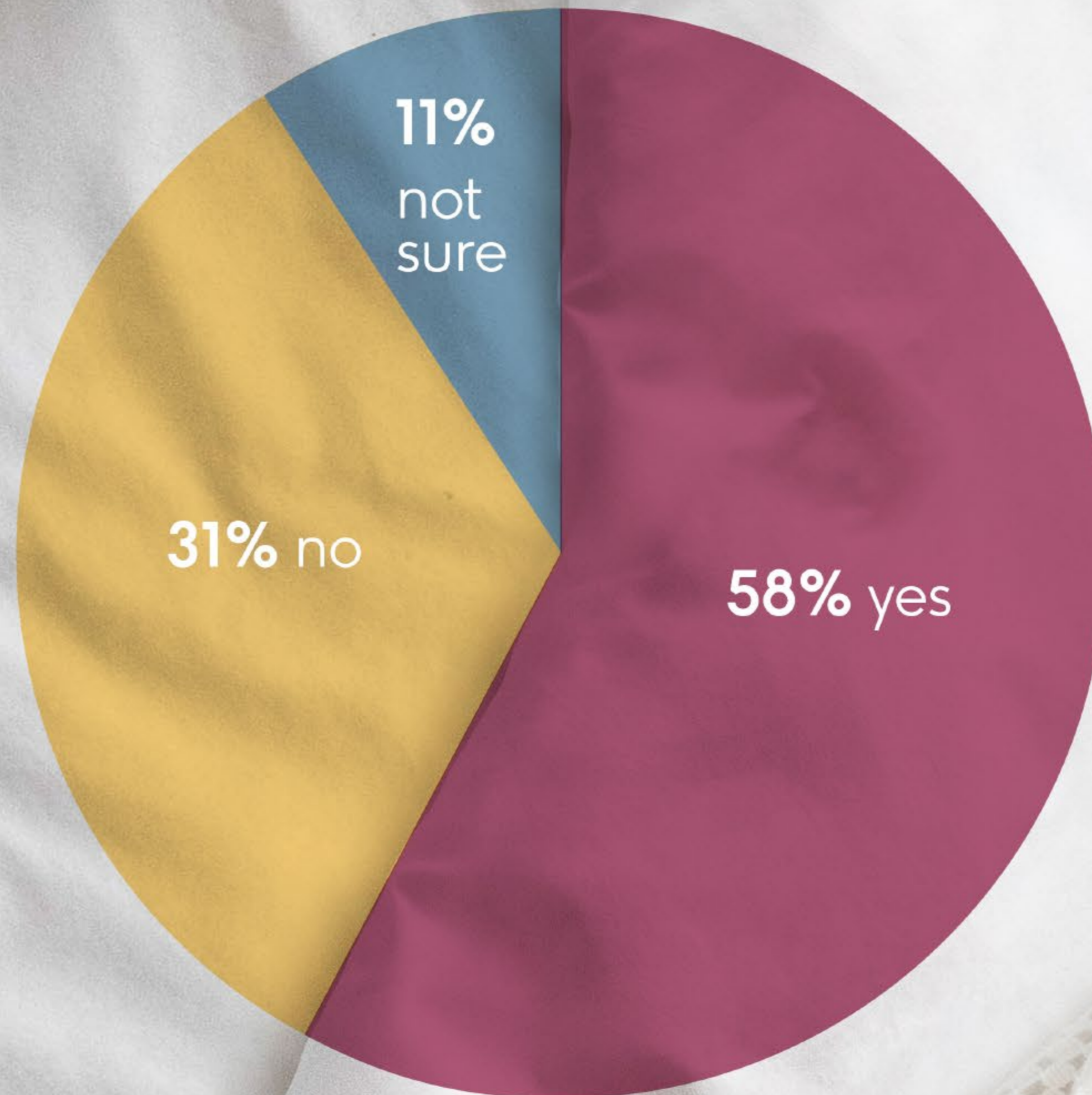
How did you deal with/overcome any issues you had?

789 responded



Has your condition made you anxious about sex?

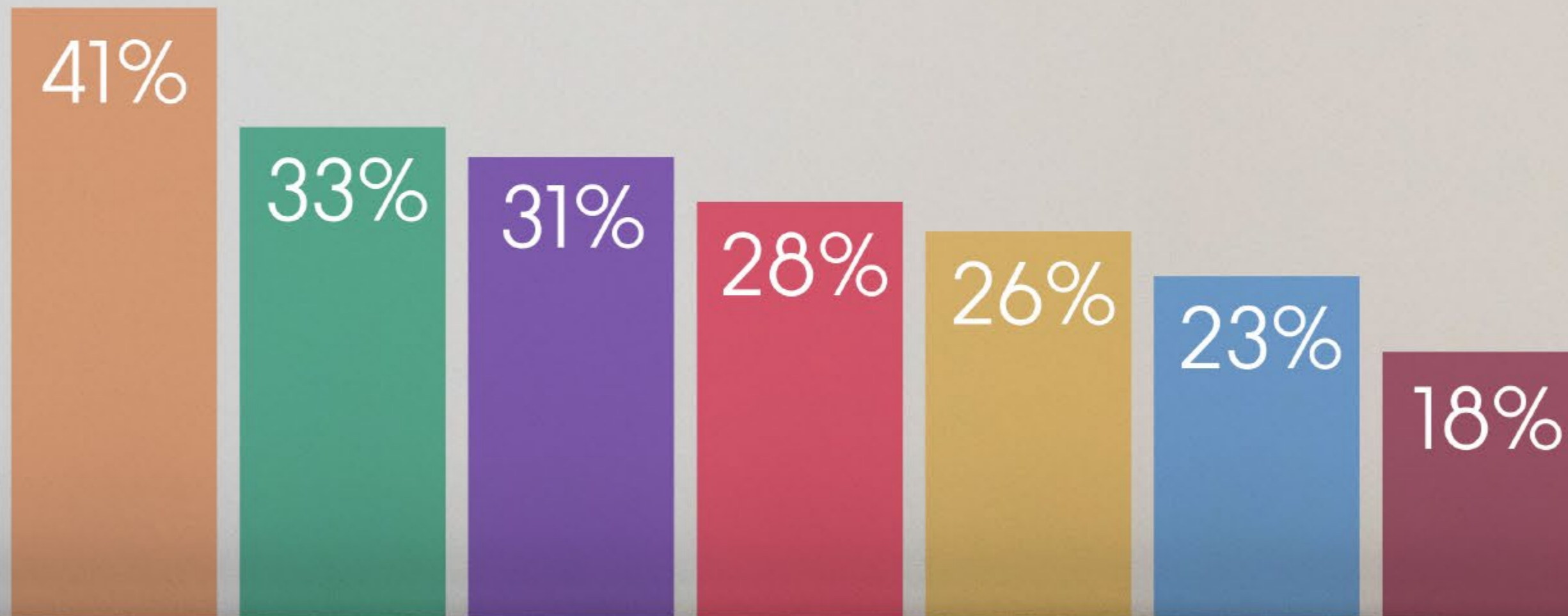
1141 responded



What do you most worry about since your diagnosis?

789 responded

- 41% losing interest in sex or losing libido
- 33% medication side effects on sex drive
- 31% difficulty reaching orgasm
- 28% impact on relationship/never having sex again
- 26% impact of condition on sexual activity (e.g. breathlessness)
- 23% having a heart attack during sex
- 18% declining their partner



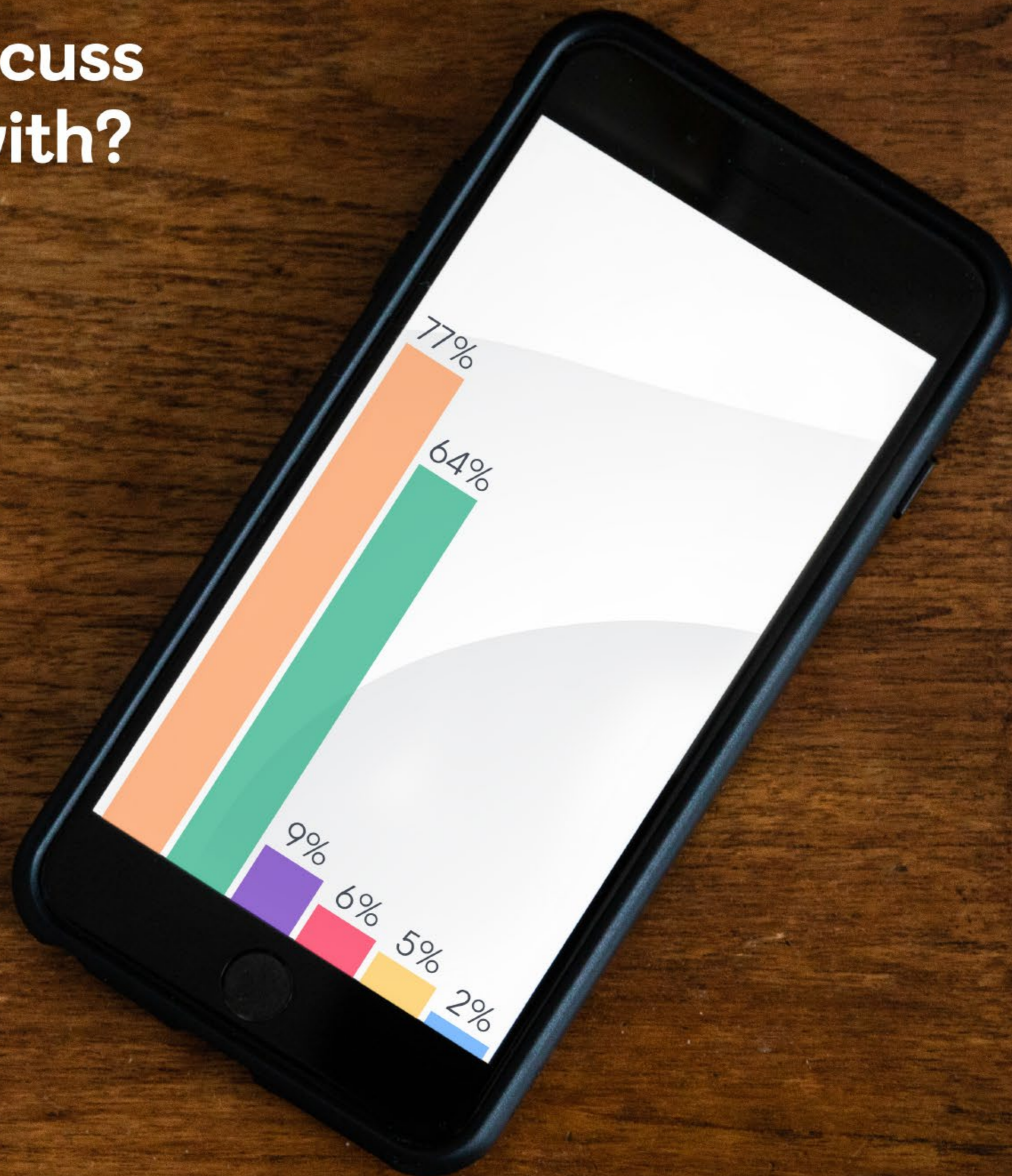
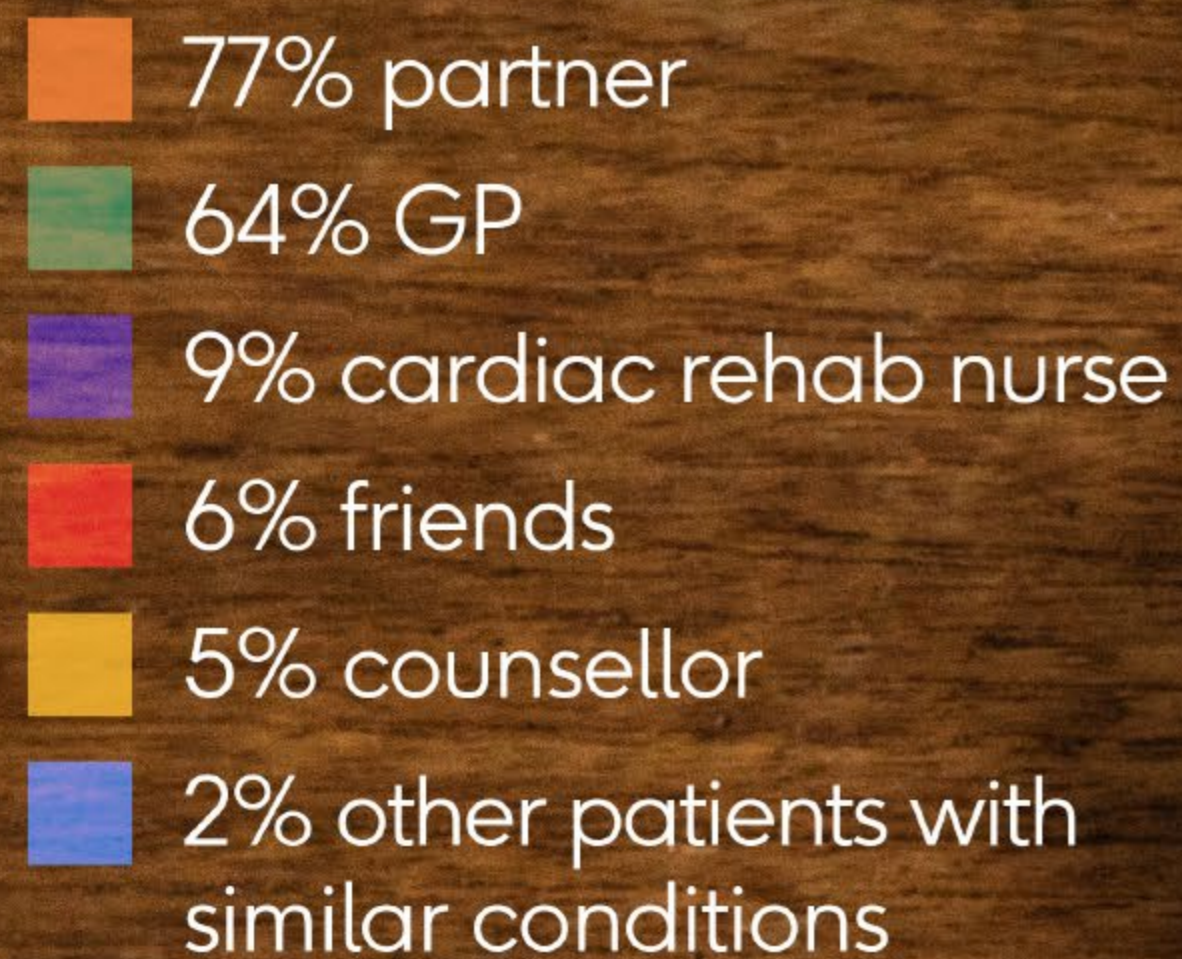
Have you discussed
your concerns
with anyone?

789 responded



Who did you discuss your concerns with?

For those who said yes
292 responded





Why didn't you discuss your concerns?

497 responded

- 57% felt too embarrassed
- 19% had difficulty accessing professional help
- 13% partner didn't want to discuss it

Could you find the information you needed about sex and your condition?

1141 responded

52%

27%

21%

- 52% no
- 27% yes
- 21% didn't need any information

Where have you looked for further information?

899 responded

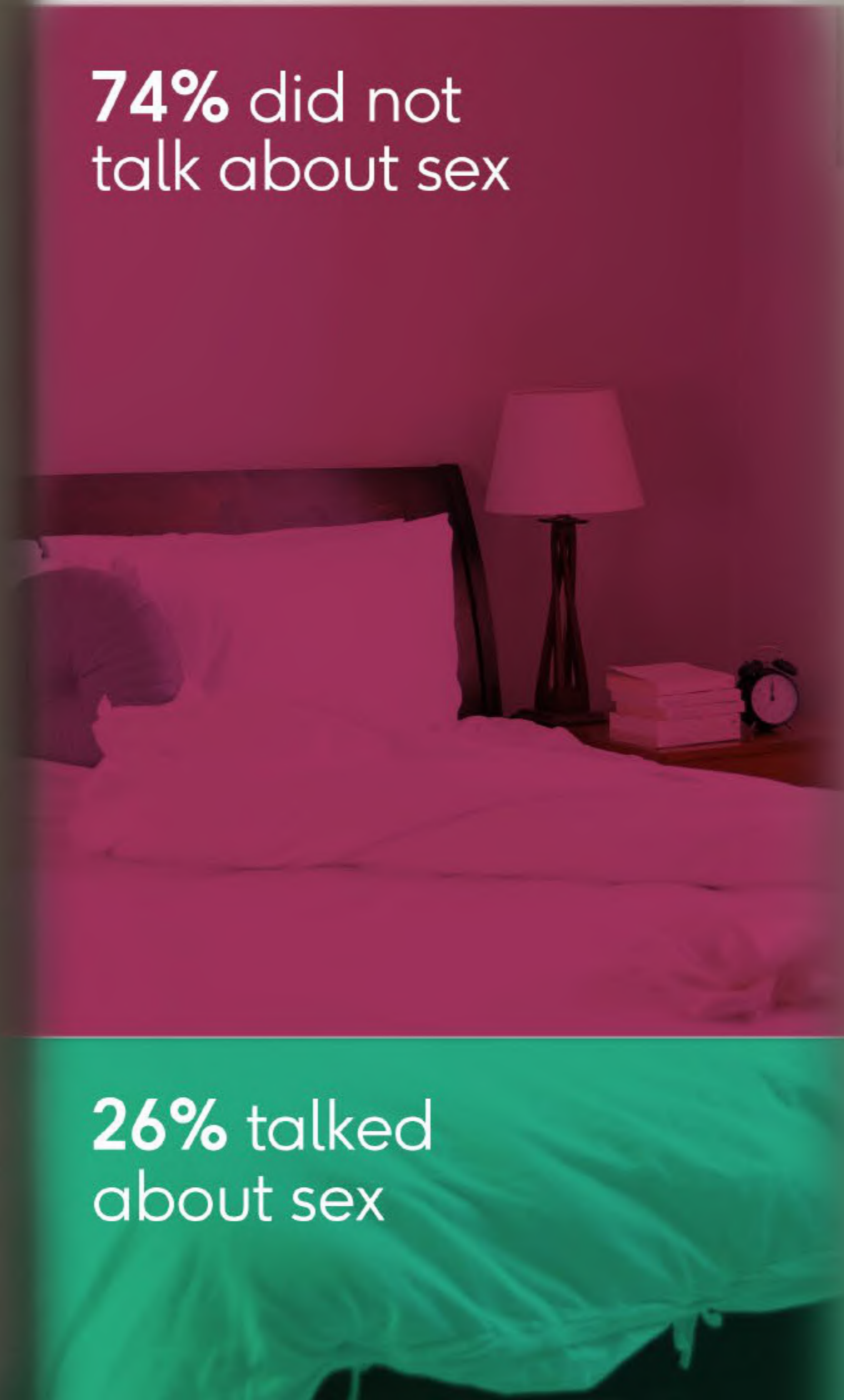


Were you able to discuss issues regarding sex and your condition at cardiac rehabilitation?

570 responded

74% did not talk about sex

26% talked about sex



What were your views on the information provided in cardiac rehab on sex?

158 responded

- 41% received everything needed
- 47% wanted more information on sex and/or to discuss with a cardiac nurse



What would you find useful when talking about issues regarding sex and your condition?

1141 responded

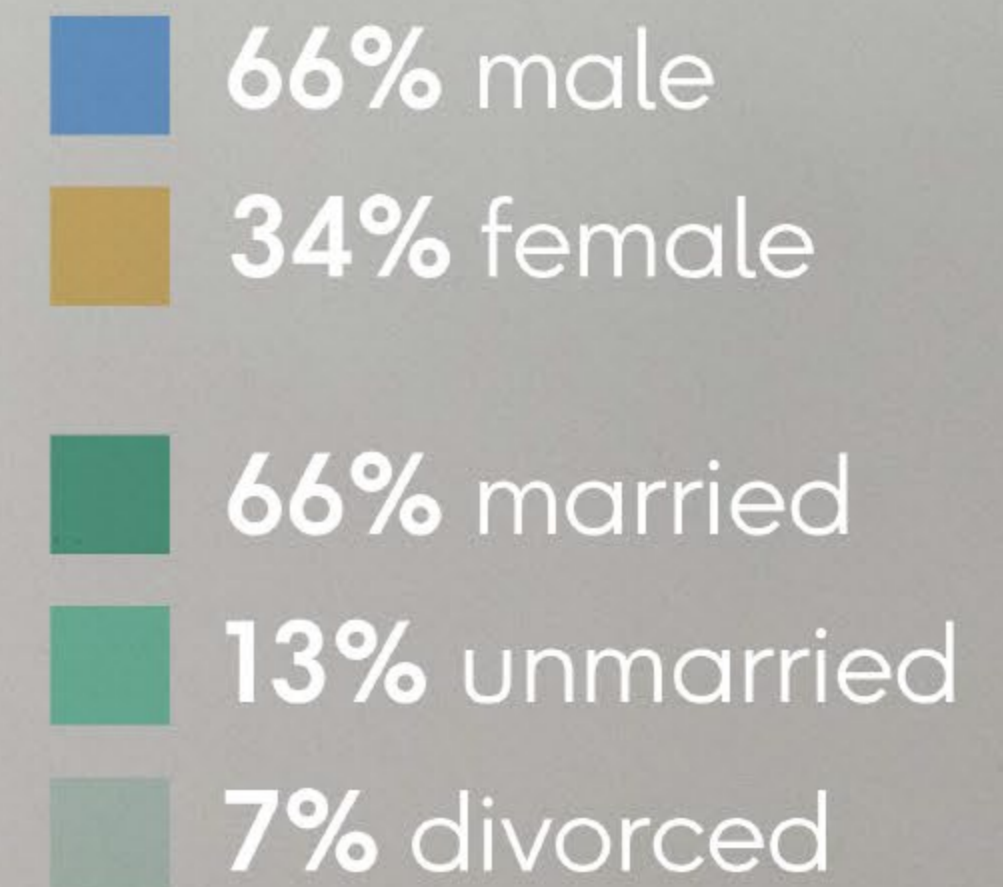
- **52%** more easily accessible information on sex and heart disease
- **35%** the opportunity to talk to someone



Total number of respondents

2463 responded

Aged 25-89



66%

34%

66%

13%

7%

Most common conditions

2463 responded

