Infographic: Heart and Circulatory Disease and Sex



13% not sexually active

34% no difference

43% worse as a result



Has your condition affected your sex life?

2122 responded

44 43000

34 66 606 666

How has your condition affected your sex life?

1141 responded



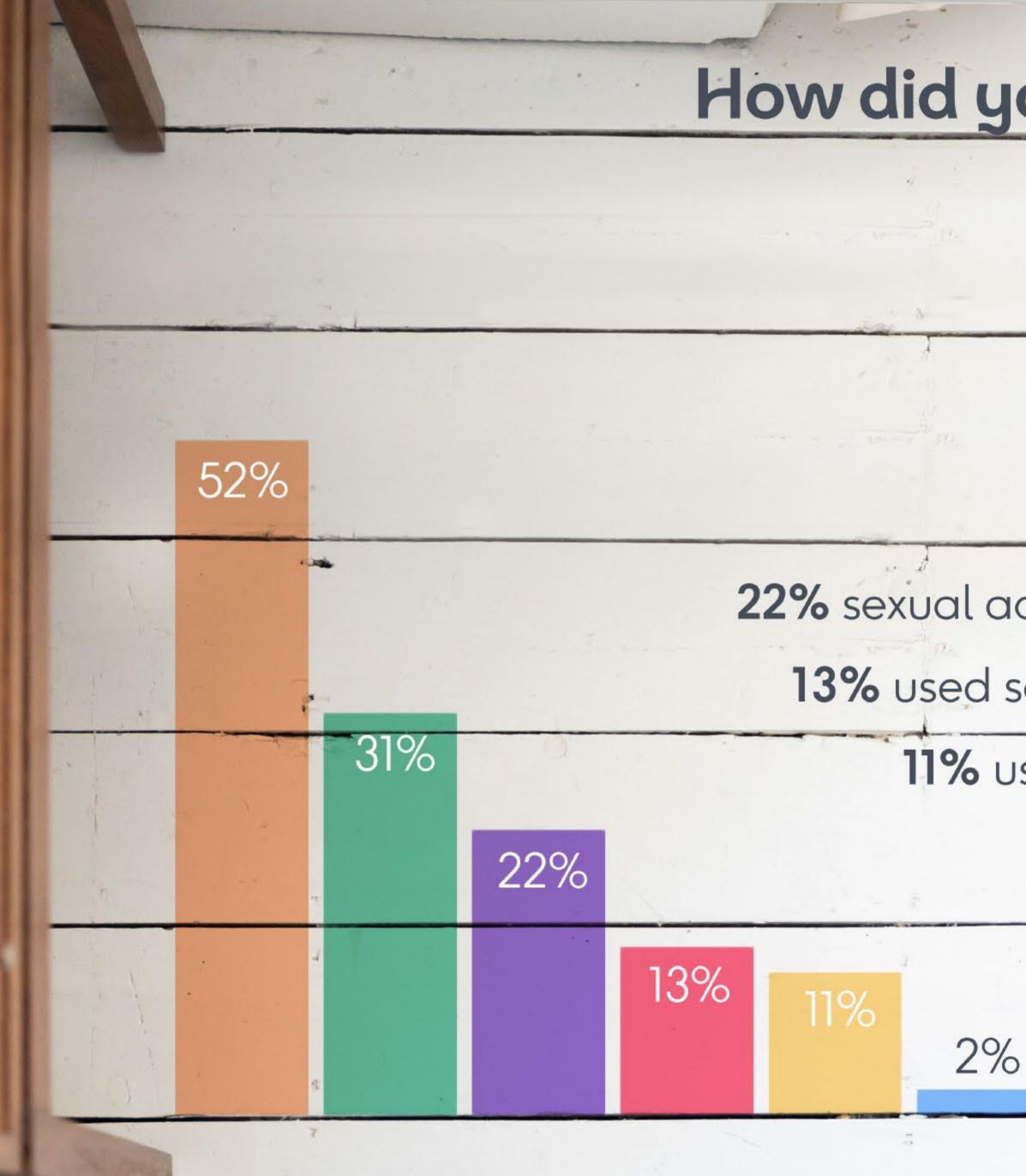
51% erectile dysfunction

36% have sex less often

23% loss of libido

22% stopped having sex

21% more difficult to reach orgasm



How did you deal with/overcome any issues you had? 789 responded

52% didn't do anything 31% had sex less often 22% sexual activity other than full intercourse 13% used sex aids/porn to improve sex life 11% used more comfortable positions 2% sex therapy/counselling

11% not sure

31% no

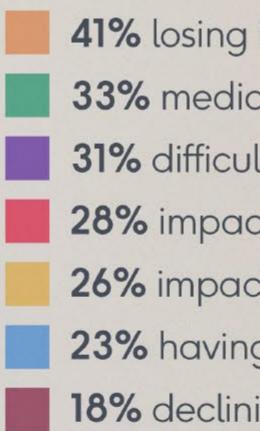
Has your condition made you anxious about sex?

1141 responded

58% yes

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

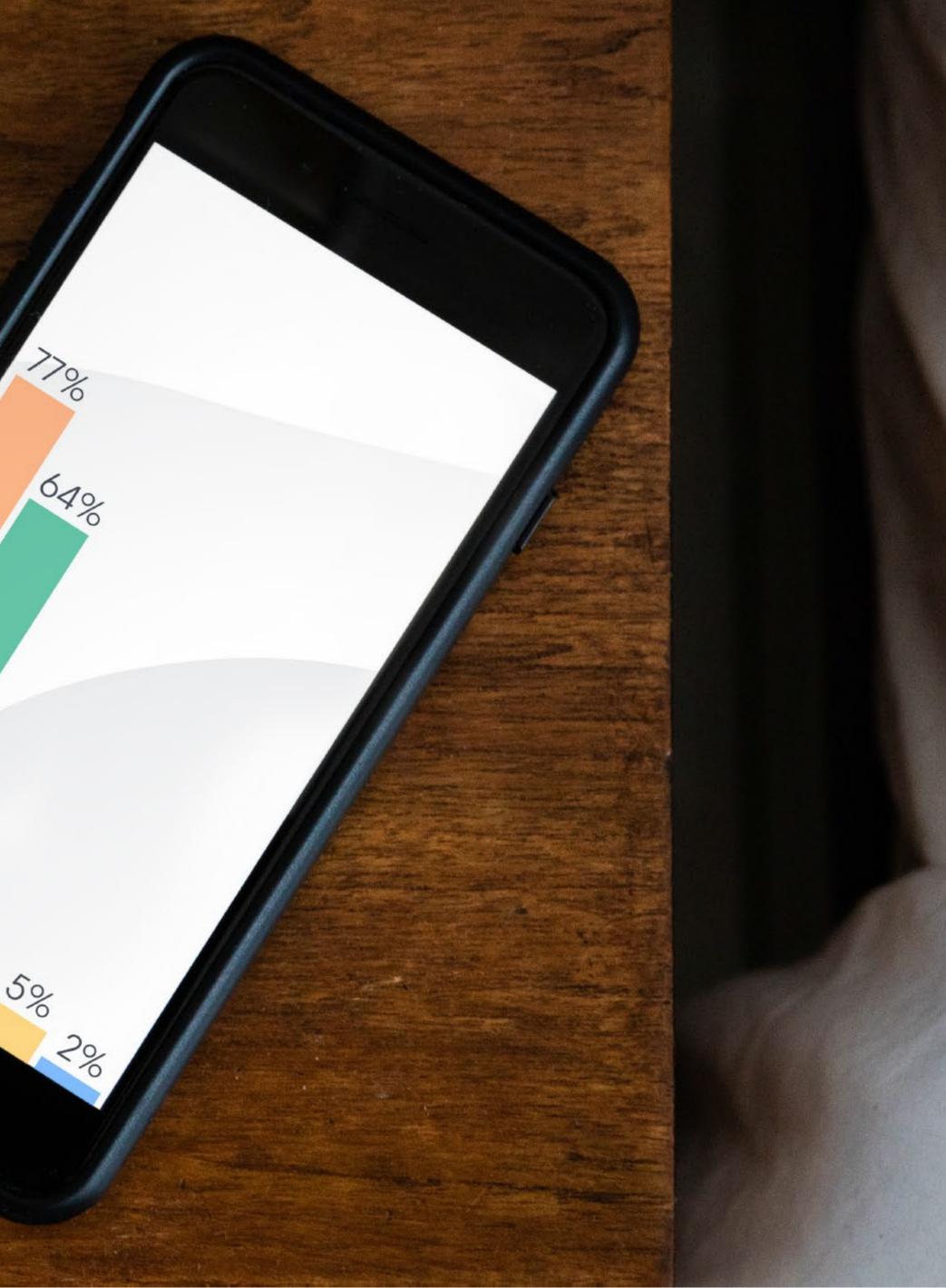
Who did you discuss your concerns with?

For those who said yes 292 responded

77% partner
64% GP
9% cardiac rehab nurse
6% friends
5% counsellor
2% other patients with similar conditions

20%

6%



Why didn't you discuss your concerns?

57%

APPERED PERSON

654801857

131177

119313

373312

The REAL

TERILICE

NELLS SEE ST

1993311241

REAL IFER

Participation

1223 20123

CALL TAK

CTAR STREET

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% no

27% yes

21% didn't need any information

72% online

34% GP surgery

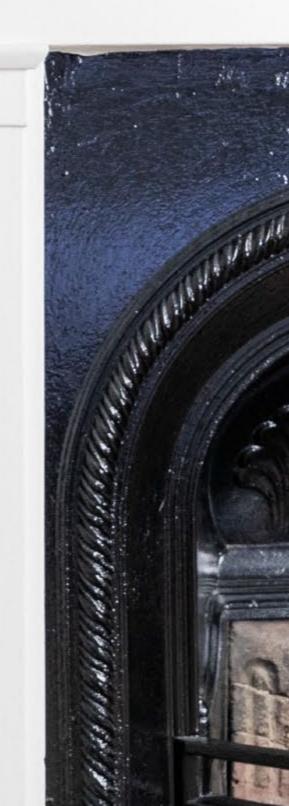
11% NHS

10% hospitals/ cardiac rehab

5% pharmacist

Where have you looked for further information?

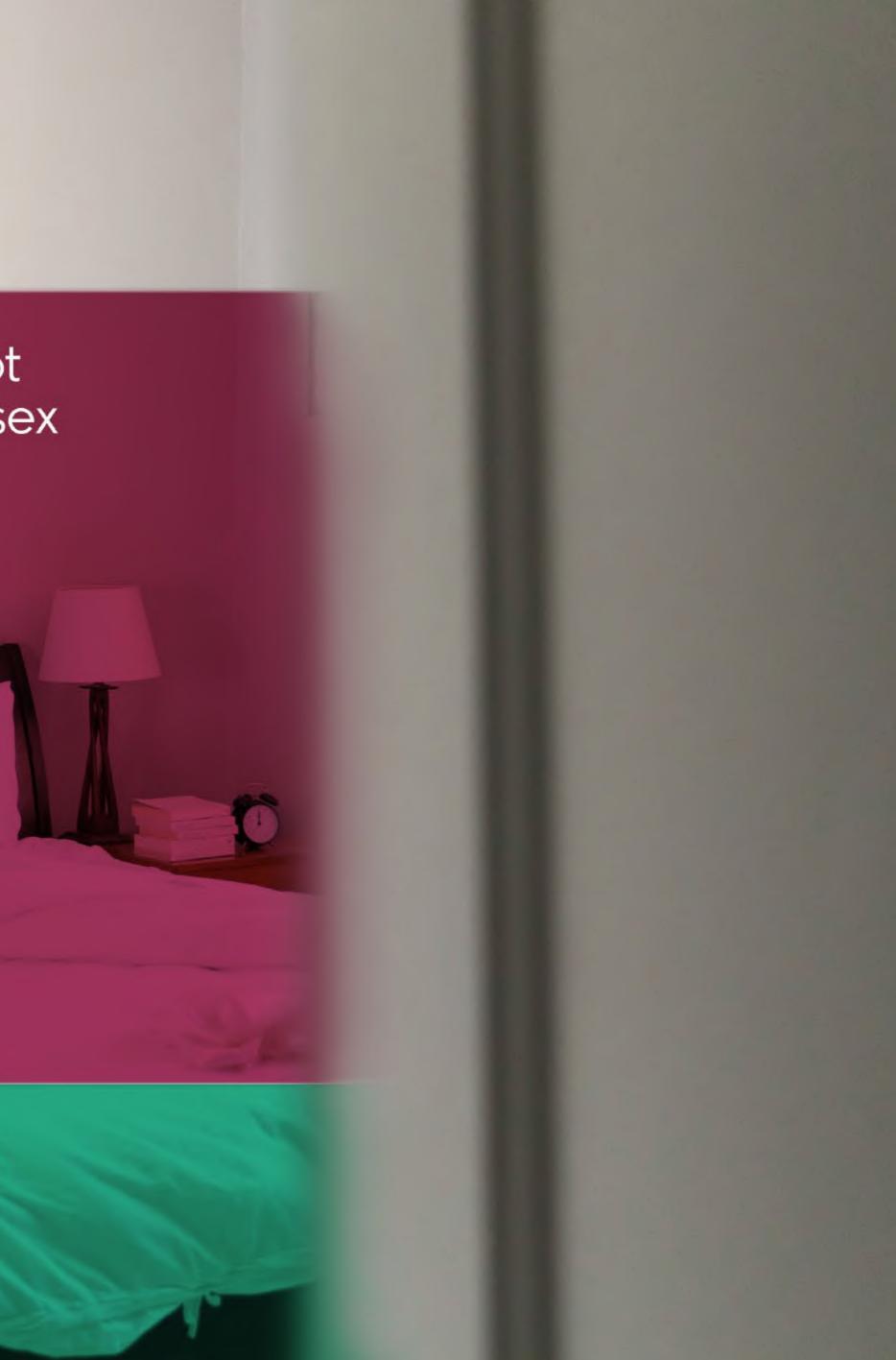
899 responded



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%

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 disease35% the opportunity to talk to someone





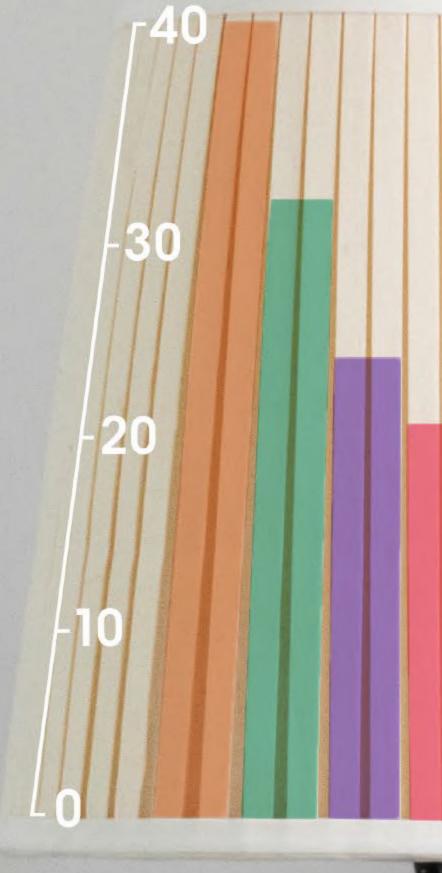
Total number of respondents

2463 responded Aged 25-89

> 66% male 34% female

66% married13% unmarried7% divorced

40% high blood pressure
31% high cholesterol
23% heart attack
20% stent
19% angina
17% diabetes
16% atrial fibrillation



Most common conditions

2463 responded