

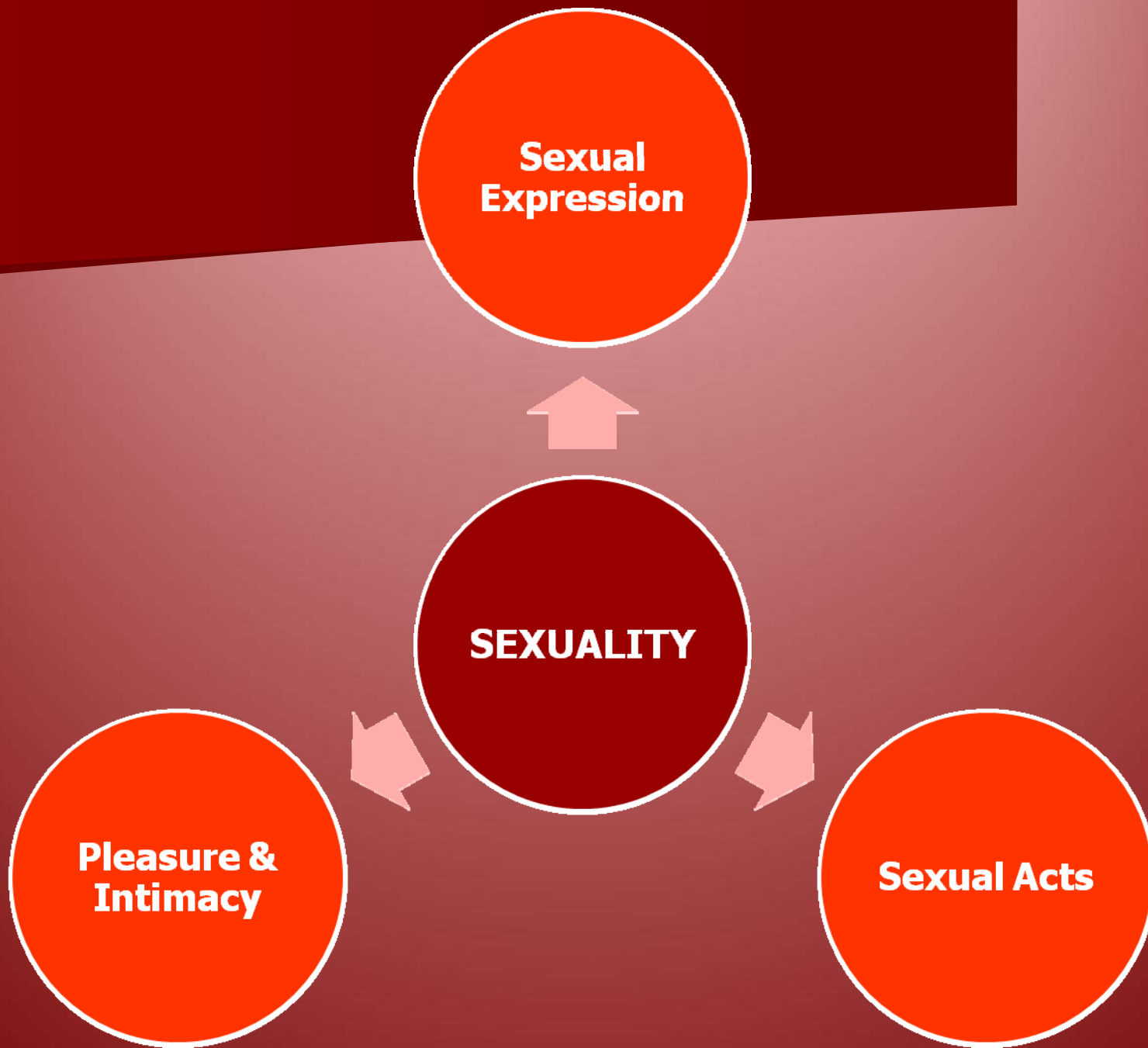
**The Birds**



**&**

**The Bees**

Rich Vander Wal, B.R.L.S., TR



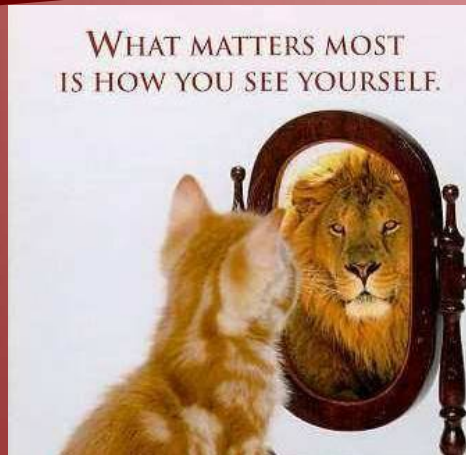
A

ttraction



Body Image

# The 411...



- Confidence is everything
- Love yourself first
- Recognize your assets
- Emphasize the positives
- Scars – the natural tattoo
- Appearance – make an effort!
- Clothing
- Diet and exercise



etting Intimate

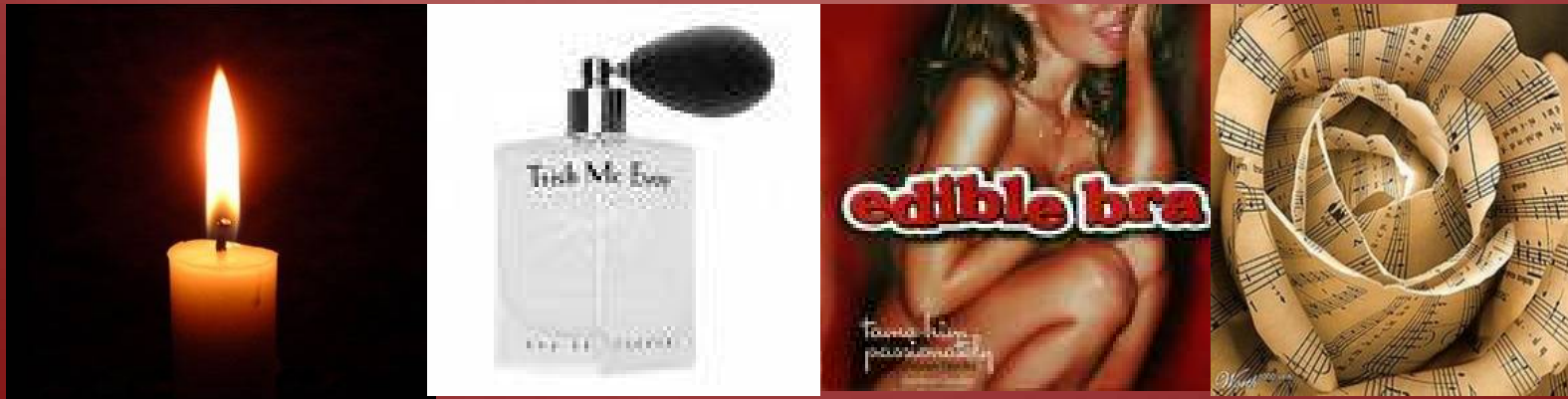


Hear On!

# The 411...



Draw from all the senses





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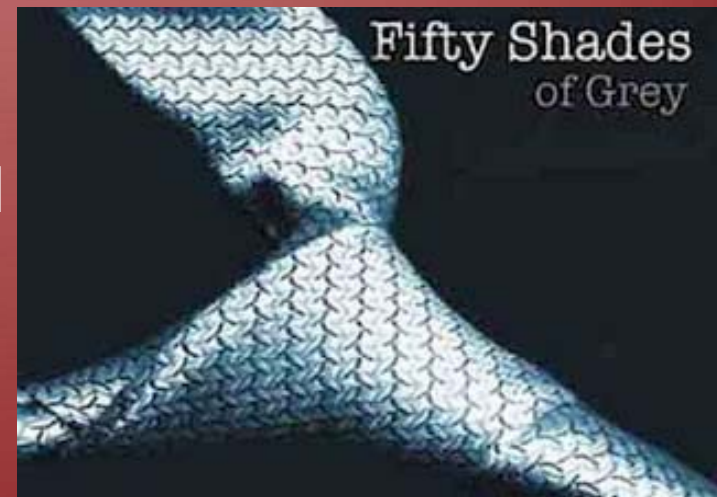
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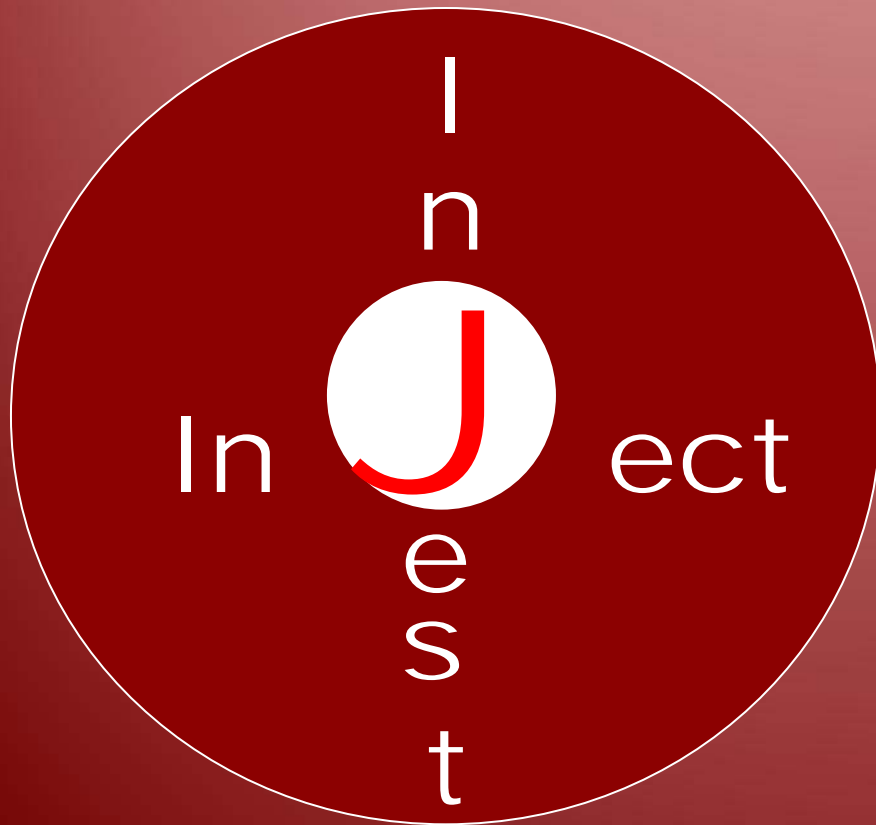
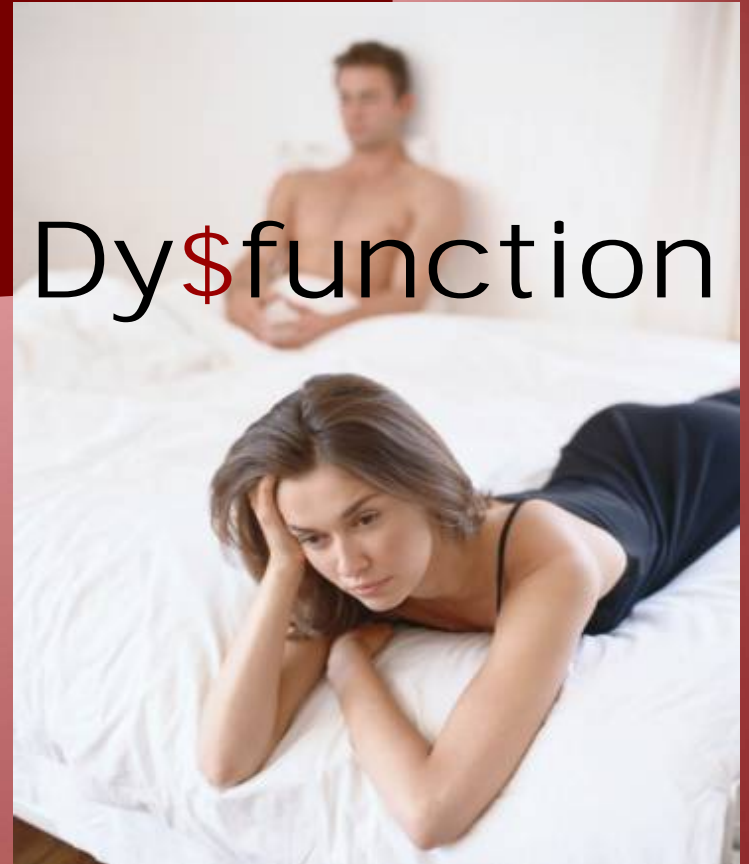
# The 411...

- Psychogenic genital arousal - thoughts, fantasies, sight, sound, smell
- Reflex genital arousal - direct physical stimulation of the genitals
- lubrication may be affected
- Orgasm - different
  - Tied to all senses
  - may take longer and require stronger stimulation





# Erectile Dysfunction



# The 411...



- Prepare ahead of time when possibility of sex is present
- ↑ Strength – half the dose
- Diet, medications, circulation, stress all play a role in success
- Explore other types of “sharing”

O **K**, Let's do it!



# The 411...



E

# Eliminating Barriers to a Healthy Sex Life



# The 411...

“I used to be a Human doing –  
Now I’m a Human Being”



- Bladder
- Bowel
- Reduced strength, mobility, stamina
- Pressure sores
- Spasticity
- Pain
- Be prepared!
- Talk to partner

B

irth

control

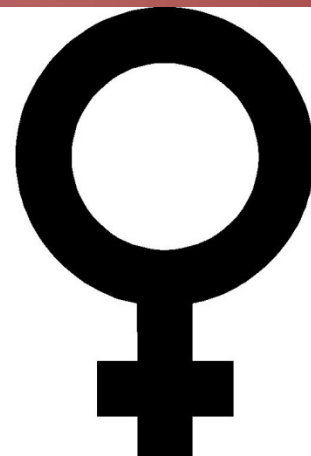
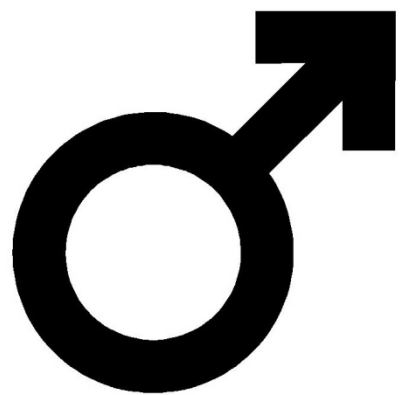


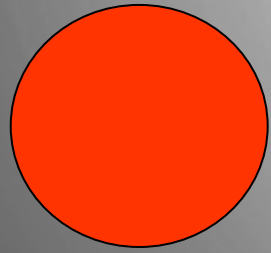
# The 411...



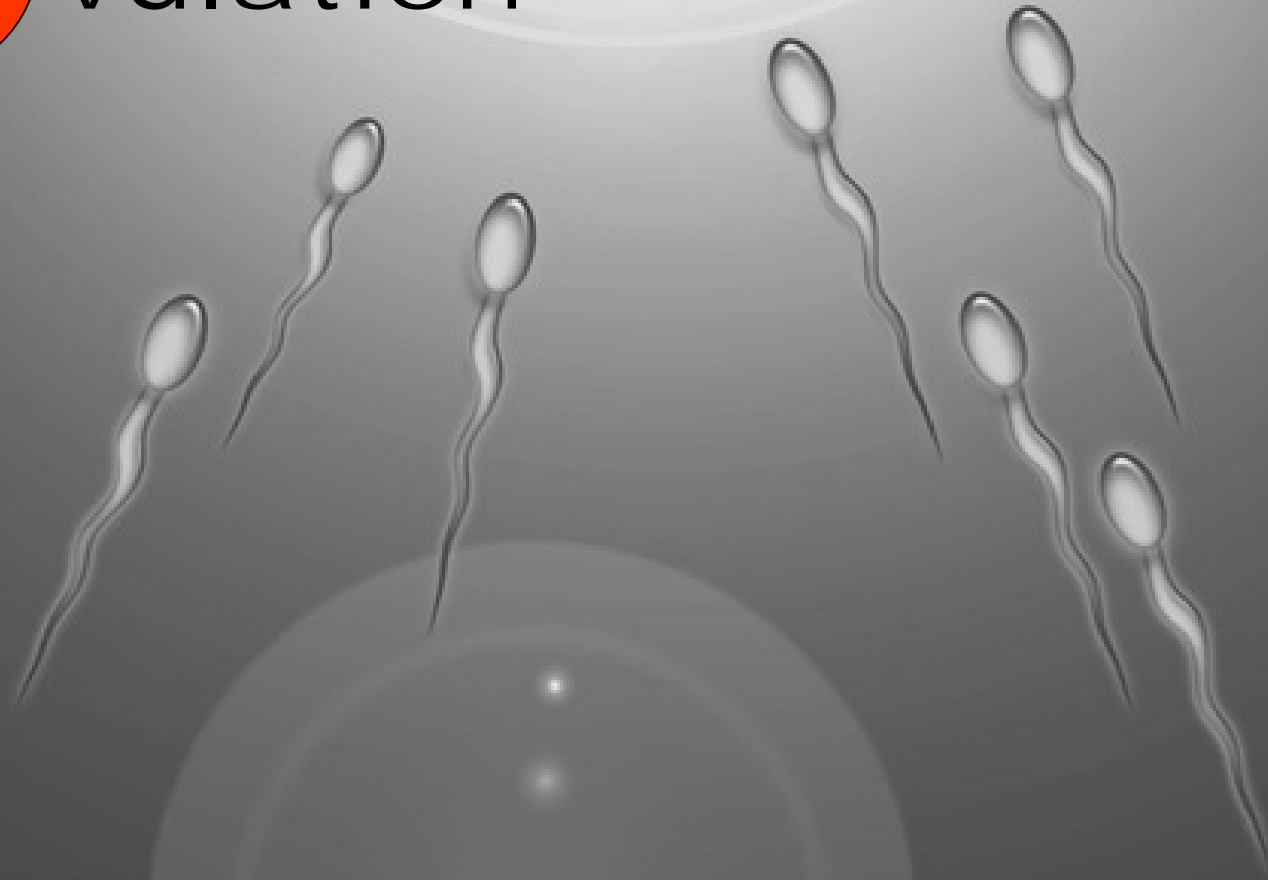


# FERTILITY





ovulation



# The 411...



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# The 411...

HEALTH



TALK TO  
YOUR  
DOCTOR



SPERM  
INJECTION



MEDICATION



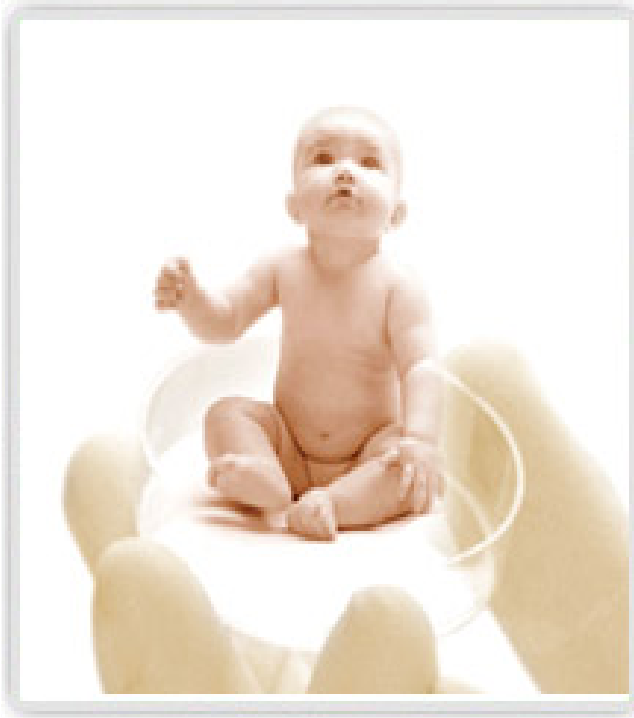
**M**

ale Fertility

**"N**on swimmers"



# The 411...



Y

# our Information Needs



Creating a Bu**Z**zzzz



# The 411...

- Chedoke and CPA
- Information important at all stages
- Practical resource guides needed
- Peer Support crucial
- Assistive Devices needed
- Knowledgeable experts
- Interconnect services



# THANK YOU

