

Sex and heart disease

Sex can be an important part of a loving relationship. Living with a chronic condition such as heart disease may affect your sex life. You may be wondering if it is ok for you to have sex. You may feel uncomfortable talking to your spouse or partner about it. Start by talking to your healthcare provider. Your provider can help you better understand your situation and give you guidance. So speak openly about your questions and concerns.

Heart disease

If you have recently become sick from complications of heart disease, the American Heart Association recommends getting a medical evaluation from your provider before you become sexually active again. Your evaluation might include an exercise stress test. Talk to your provider about any medicines you take and how they may affect your sexual health and your heart health.

If having sex is difficult for you, ask your provider how it may be related to your heart disease. Here are some questions to consider when talking to your provider:

- Are you worried about having a heart attack during sex?
- Are you less interested in having sex?
- Are you less interested in being close with your partner?
- Does sex feel less enjoyable?
- Do you feel sad or depressed?
- Are you worried or stressed?
- Does your heart disease make you see yourself differently?

Your provider can help you address these concerns.

My Goal Date to Talk to My Healthcare Provider _____

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