

Sexual health

Sexual health refers to a state of physical, emotional, mental, and social well-being in relation to sexuality. It encompasses a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination, and violence.

Key aspects of sexual health include:

Physical Well-being: This includes understanding and taking care of one's reproductive and sexual organs, as well as preventing sexually transmitted infections (STIs) and unintended pregnancies through safe sex practices and access to contraception.

Emotional and Mental Well-being: Healthy sexual relationships involve mutual respect, trust, communication, and consent. Emotional intimacy and connection are essential components of sexual health, contributing to overall well-being.

Social Well-being: This encompasses the cultural, societal, and familial factors that influence individual sexual health. It involves addressing issues such as gender equality, sexual orientation, and societal attitudes towards sex and sexuality.

Prevention and Management of Sexual Issues: Sexual health also involves addressing and managing sexual dysfunctions, disorders, and concerns such as erectile dysfunction, low libido, and infertility.

Education and Awareness: Comprehensive sexual education plays a crucial role in promoting sexual health. This includes providing accurate information about sexual anatomy and physiology, contraception, STI prevention, consent, and healthy relationships.

Access to Healthcare: Access to sexual and reproductive healthcare services, including counseling, testing, and treatment for STIs, contraception, and reproductive health services, is essential for maintaining sexual health.

Overall, sexual health is a fundamental aspect of overall well-being and quality of life. It is influenced by a complex interplay of biological, psychological, social, and cultural factors and requires a holistic approach that addresses all aspects of an individual's sexuality.

Sexual health in neurosurgery

- [Evidence of Sex-Related Pharmacodynamic Differences in Photosensitive Epilepsy Treated with Valproate: Findings from a Retrospective, Observational, Single-Center, Within-Patient, Cohort Study](#)
- [A qualitative study of experiencing cauda equina syndrome and its aftercare in the UK](#)
- [Understanding neurogenic urogenital dysfunction and the clinical application of the EAN/EFAS/INUS NEUROGED guidelines](#)
- [Rejuvenation alleviates prolonged postsurgical pain in aging mice by mitigating inflammation](#)
- [Lifetime trauma exposure and accelerated epigenetic aging among midlife women](#)
- [Morphometric Assessment of Occipital Condyles and Foramen Magnum Reveals Enhanced Sexual Dimorphism Detection via 3D Imaging: A Systematic Review and Meta-Analysis Utilizing Classification and Regression Trees](#)

- [A cross-sectional survey about behavior of wearing condoms among college students who engage in sexual activity: the mediating role of attitudes of preventive behavior](#)
- [Sexual health and chronic low back pain: A qualitative study](#)

Despite little difference in workload and professional responsibilities, women held more domestic responsibilities and experienced and witnessed more racial and [sexual discrimination](#) in the workplace. Surprisingly, there were no reported differences in work-life balance or feeling supported at work between genders. These findings suggest that factors unique to female neurosurgeons may contribute to continued gender disparity in the field ¹⁾

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Granek L, Muzyka L, Limoges N, Kelley-Quon L, Lane J, Ha J, Benzil DL, Durham S. Gender Differences in the Pediatric Neurosurgical Workforce: Professional Practice, Work-Life Balance, and Beyond. *Neurosurgery*. 2024 Mar 14. doi: 10.1227/neu.0000000000002895. Epub ahead of print. PMID: 38483170.

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