

Sex and Back Pain

Generally speaking, back pain should not prevent normal sexual relations. However, planning is important. For men with back pain, the missionary position may be the worst for back pain. A better option for both men and women with back pain is the side to side position. Other options include male standing female lying, and female on top.

Medications used for pain control can have different effects on sexual performance. Wellbutrin is an antidepressant which is used for pain control, and may enhance sex drive in women. Certain antidepressants can delay ejaculation in men. Opioids such as morphine, when taken for a long period of time, can reduce testosterone levels. These levels can be checked with a blood test. Talk with your doctor about pain medications and Viagra. An open discussion of sexual issues in pain patients is helpful.

To find a back pain expert, go to <http://www.newportpain.com>