Lupus and Intimacy
Presenter: Lisa Covington, MSW, LCSW-C
Sex and intimacy may not be a life or death issue but they are very real quality of life issues.
The Five Love Languages
(By: Dr. Gary Chapman):

- Verbal Affirmation
- Quality Time
- Acts of Service
- Physical Touch
- Receiving Gifts
Non-physical intimacy:
Physical intimacy:

“Your attitude about your sexual relationship is important. Some individuals regard sex as a duty, others as a gift. The truth is probably somewhere in between for most of us.”
Symptoms familiar to Lupus that affects sexual expression includes:

- Pain, aches & fatigue
- Skin rashes
- Sensitivity to temperature
- Anxiety, Guilt, Anger, Depression
- Medications
- Physiological responsiveness
- Passion: The Body – Brain Connection
TIPS for Self Care and Mutual Care
FOCUS IS ON THE JOURNEY, NOT ON THE DESTINATION!
Questions