

Sibley SENIOR

SIBLEY MEMORIAL HOSPITAL, A MEMBER OF JOHNS HOPKINS MEDICINE

Join Us at Our Annual Sex and Aging Conference

The Benefits of Healthy Sex

Saturday • Feb. 25 • 12:30 to 4:30 p.m. • via Zoom

Healthy sex has many benefits including physical, psychological and emotional health. In addition to boosting our immune system, improving our heart health and strengthening our pelvic floor, research indicates that sex can also strengthen our relationships, promote self-esteem and improve our sense of identity at later stages of life.



Keynote Speaker: Kate Thomas, Ph.D.

Dr. Kate Thomas is the director of clinical services at the Sex and Gender Clinic in the Department of Psychiatry and an instructor of human sexuality for psychiatry residents and medical students at the Johns Hopkins School of Medicine. She holds master's degrees in psychiatric nursing and maternal child nursing from the University of Maryland and a doctoral degree in human sexuality from the Institute for the Advanced Study of Human Sexuality.



Men's Health with Arthur L. Burnett, II, M.D., M.B.A., F.A.C.S.

Dr. Arthur Burnett is a professor of urology at the Johns Hopkins School of Medicine and the Patrick C. Walsh Professor of Urology. Dr. Burnett is the director of the Male Consultation Clinic at The Johns Hopkins Hospital, a clinician-scientist at the James Buchanan Brady Urological Institute and director of the Basic Science Laboratory in Neuro-Urology at the Johns Hopkins School of Medicine. He received his undergraduate degree in biology from Princeton University and his medical degree at the Johns Hopkins School of Medicine. His newest book is "The Manhood Rx: Every Man's Guide to Improving Sexual Health and Overall Wellness."

He is the recipient of the 2022 Hugh Hampton Young Award, which is the most prestigious honor given by the American Urological Association.



Dating, Marriage and Sex with Susan Milstein, Ph.D., M.C.H.E.S.

Dr. Susan Milstein is a master certified health education specialist and certified sexologist. She has presented at conferences worldwide on a wide variety of health and sexuality topics. She is a diplomate of the American Board of Sexology, a member of the Advisory Board for the Men's Health Network and a member of the Advisory Board for the American Journal of Sexuality Education. She is the co-author of the 6th edition of "Human Sexuality: Making Informed Decisions," co-editor of "Men's Health: An Introduction," as well as the editor of "Sex Ed in the Digital Age" and associate editor of "Teaching Safer Sex, Volumes I and II."

Register at smh.memberclicks.net/02-25-2023-sex-and-aging, email honora@jhmi.edu or call 202-364-7602 by Feb. 22. The first 20 registrants will receive Dr. Burnett's book.