

Changes in Reproductive Systems During Middle Adulthood

	Female	Male
Hormonal change	Drop in estrogen and progesterone	Drop in testosterone
Symptom	Hot flashes, vaginal dryness, urinary dysfunction	Undetermined
Sexual changes	Less intense arousal, less frequent and quicker orgasms	Loss of psychological arousal, less frequent erections, slower orgasms, longer recovery between ejaculations, increased risk of erectile dysfunction

Reproductive
capacity

Ends

Continues – some decrease in fertility may occur