



# MEN'S SEXUAL CONCERNS

Discussing sexual concerns can be difficult for some men. However, it is crucial to have open communication with your partner. It can help provide peace of mind and, in most cases, effective treatment.

## ERECTILE DYSFUNCTION OR IMPOTENCE

Erectile Dysfunction (ED), or impotence, is a man's consistent inability to have satisfactory sexual performance due to inadequate erection. It is normal to experience an occasional episode of ED. However if persistent, it may affect a man's self-esteem and personal relationships. Fortunately, ED is often treatable. Causes of ED are usually psychological, but physical factors & aging also play a role.

### Symptoms:

- Inability or difficulty in having or maintaining an erection of the penis

### DO:

- Take vitamin A. This vitamin provides the raw material from which sex hormones are produced.
- Take vitamin E. This vitamin not only improves circulation throughout the body, but is also a powerful antioxidant that can lower blood cholesterol and prevent atherosclerosis.
- Eat foods that are rich in minerals such as zinc and manganese. Zinc is essential for the production of testosterone. Manganese helps produce two chemicals in the brain critical for sexual arousal: *dopamine* and *acetylcholine*.
- Herbs such as *ginkgo biloba* and *yohimbe* may also be taken. *Ginkgo* is for good circulation, while *yohimbe* is a much weaker version of the prescription drug *yohimbine* (often prescribed for impotence).
- Seek marital counseling if necessary.

### DON'T:

- Do not smoke.
- Do not take too much alcohol. Although alcohol can relax you, it can also inhibit erection and ejaculation.

## PREMATURE EJACULATION

Premature ejaculation is a common sexual complaint because ejaculation occurs before a man wishes to, or too quickly to satisfy his partner. It is commonly experienced by young men and those involved in new relationships. The condition can cause feelings of embarrassment, guilt or frustration. It may also lead to great distress and relationship difficulties.

### Symptoms:

- Ejaculating too quickly resulting in unsatisfactory sexual performance

### DO:

- Talk openly with your partner to avoid any miscommunication.
- Avoid unrealistic expectations.
- Talk to a doctor, as he or she may be able to suggest techniques to help you learn to delay ejaculation.

### DON'T:

- Do not tire yourself too much as stress, depression, excitement and anxiety can contribute to the problem.

Discussing your sexual concerns with your partner may help improve physical intimacy.





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### LOSS OF SEXUAL DESIRE

Everyone loses interest in sex from time to time. It should be considered a problem only if the condition becomes long term, and if you or your partner is dissatisfied as a result.

#### Symptoms:

- Loss of sexual interest or desire

#### DO:

- Have a healthy diet.
- Exercise regularly.
- Avoid doing things that may cause relationship difficulties, as it may contribute to the problem.
- Eat foods that are rich in manganese. Manganese helps produce two chemicals in the brain critical for sexual arousal: *dopamine* and *acetylcholine*.

#### DON'T:

- Do not tire yourself too much as fatigue, stress, pain or depression may diminish your sexual interest.



## SEXUALLY TRANSMITTED DISEASES

Illnesses and infections spread through sexual contact

Sexual activity can be pleasurable. However, one must keep in mind that there are risks involved. Being infected with sexually transmitted disease (STD) is one possible consequence of sexual activity. It is therefore very important to practise safe and responsible sex.

*Herpes, chlamydia, gonorrhea, syphilis and genital warts* are the most common STDs. *HIV, AIDS* and *Hepatitis B* aren't always referred to as STDs, because they can also be spread by other means such as infected needles.

#### Symptoms:

- Itching or irritation on the genital area
- Burning sensation in the genital area, especially when urinating
- Sores, rashes or blisters
- Swollen lymph nodes
- Pain or tenderness at genital area
- Unusual growths or warts
- Foul-smelling odors
- Urinary difficulties
- Abnormal discharge, possibly from rectum

#### DO:

- Although they don't provide 100% protection, using latex condoms during oral, anal or vaginal sex can reduce the risk of exposure to STDs.
- Have an honest discussion with your partner about his or her sexual history. You may be at risk for an STD if your partner engages in high-risk behaviors such as drug use or multiple sexual contacts.

#### DON'T:

- Don't do drugs.
- Do not have sex with more than one partner.
- Do not have sex if you notice any symptoms in yourself or your partner.