



MEN'S SEXUAL CONCERNS

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.