

Hope & Healing

Sexual Problems Of Men

A heart at peace gives life to the body — Proverbs 14:30

Introduction

All men experience some insecurity, anxiety and fear about sex. This includes your friends and colleagues. And when it comes to seeking relief from your fears, there are no personal experts who have gathered enough information about individual differences or observed enough couples involved in long-standing intimate relationships to have all the answers. You will know only your own activities and experiences and for the most you are free to imagine what others are doing. Therein lies part of the problem. Myths about sex abound.

Good feelings are what sex is all about. But the good feelings go beyond the pleasurable physical sensations of being aroused sexually. Feeling good about yourself and about the intimacy between you and your partner make sex most pleasurable and satisfying.

To be able to be aroused and to enjoy sex requires an adequate amount of the hormone testosterone produced by the testicles. This is why men in their 60s have less sexual desire. Over 50% of them have low testosterone levels. Sometimes other problems will take away the desire or will interfere with the ability to perform sex.

Causes of Impotence

Impotence is when you would like to have sex, but 25% of the time you can't develop an erection rigid enough to do so. There are both psychological and physical causes.

Psychological Impotence is:

- More common in younger men.
- Develops abruptly.
- May be due to stress, or marital problems and can be made worse by medicines.
- Tends to come and go.
- Early morning stiffness of the penis is retained.

Physical Impotence is:

- More common if the person has diabetes or heart disease.
- Develops gradually and gets progressively worse.
- Early morning erection will usually be lost.
- May be due to undesired effects of medicines.

Common Diseases Related to Impotence

- Heart disease.
- Overactive thyroid.
- Underactive thyroid.
- Diabetes.
- Cirrhosis of the liver.
- Underactive testicle function.
- Kidney disease.

Drugs that Cause Impotence

Drugs used to treat high blood pressure are the most common drugs that cause impotence.

A rule of thumb: If you are taking high blood pressure medicines and are

experiencing problems with getting and maintaining an erection, it is worth mentioning to your doctor. He or she will first want to switch medications in an effort to restore your sexual potency and get rid of the problem.

Other drugs include: Cimetidine (Tagamet) used to treat ulcers, Gemfibrozil (Lopid) used to lower cholesterol, Digoxin (Lanoxin) used to treat congestive heart failure, and antihistamines bought over the counter or obtained by prescription for the treatment of allergies.

The effect of tranquilizers on sexual potency is complex. Where anxiety causes sexual dysfunction, minor doses of benzodiazepine tranquilizers such as Valium may improve sexual performance. On the other hand, these drugs and antidepressant drugs can also cause sexual dysfunction. Studies suggest that drugs used for arthritis (non-steroidal anti-inflammatory drugs) may occasionally cause impotence, as can Metoclopramide (Reglan), used to treat hiatal hernia.

Tobacco, Alcohol, and Marijuana

Studies show that the smoking of just two cigarettes can reduce the flow of blood into the penis. And, since the most important cause of impotence in older men is disease of the arteries, in smokers, cigarette smoking is an important contributor to this cause.

Chronic marijuana use is associated with impotence and, in some male smokers, breast enlargement.

Alcohol, as Shakespeare said in Macbeth, "provokes the desire but takes away the performance." Chronic alcohol use damages the liver which leads to reduced testosterone levels and impotence.

Psychological Factors Related to Impotence

Men worry about their performance, especially in the learning stage. But, you might say this is normal, since everyone does it.

Virility, or the lack of it, is another worry. Men fear that their sexual activity is either too frequent or too infrequent. The only rule worth remembering is to work towards a stable relationship and within that arrangement the frequency of intercourse is worked out in accordance with the desire of both partners.

Some men worry about their sexual equipment and about the physical image they portray. "Is my penis too small?" "I don't have hair on my chest," or "I've got too much hair on my chest," they say.

In fact, there's little need to worry. Usually, sexual equipment is the least important part of the problem. If you fear that you aren't the most attractive of creatures to the opposite sex, you can solve this problem by being warm, genuine and caring. In sex, how you feel about each other is more important than how you feel to each other.

Steps to Correct Impotence

You should try to correct sexual problems first by analyzing your particular situation for the cause and correcting the problems you find.

Step 1

Be certain you're not in a deep sex rut. Ho-hum sex is one of the most easily identified and quickly fixed problems two people can have. Try the following tips:

- **Give sex priority.** When you have sex, reserve ample time for it. When you are rushed and thinking about something else, sex can feel like a chore that has to be done.
- **Reminisce.** Talk in bed about your best sexual time together. This creates emotional excitement and sets the stage for a good time.
- **Focus on foreplay.** Your sense of intimacy may be stale. Give each other a massage. Make foreplay the entire point of going to bed together. You will be ready when the excitement builds.
- **Change your routine.** Make love someplace other than in bed, or at a different time of day than usual.

Step 2

If step 1 fails to improve things, visit your doctor for an evaluation to search for a precise cause of your problem.

Step 3

Ask your doctor about drugs for impotence. These are usually oral drugs designed to improve the blood flow into the penis.

Summary

There is much research to find new and better treatments of impotence. Until then,

1. Avoid drinking too much alcohol.
2. Attempt to maintain a regular and active sex life.
3. Keep up your exercise.
4. Try to relieve anxiety over your performance.

Awaken the Miracles Within You

The Miracle of the Mind

God has given us marvelous minds. The mind is the place of the art of thinking.

Note this well: Master the art of thinking and you will be on the road to freedom, good health, and prosperity.

First, you think. Then you act. Next, the experience of your actions generates new thoughts. Here and now by the way you think day by day, and all day long, God has put life in your hands.

Think about it. You are actually weaving the pattern of your own destiny by how you think.

Nobody else can do your thinking, not your parents, not your wife or husband or your employer or your neighbors or the government, nobody.

When once you have learned to think, no power can keep you from claiming your own promise.

The recommendations and information in this handout are appropriate in most cases. However, for specific information concerning your personal medical condition, please, consult your doctor.