

## Educational Links (English):

- ❖ <https://www.plannedparenthood.org/learn/men>
- ❖ <http://www.ashasexualhealth.org/sexual-health/mens-health/>
- ❖ <http://www.health.harvard.edu/topics/mens-sexual-health>
- ❖ [http://my.clevelandclinic.org/health/diseases\\_conditions/hic\\_An\\_Overview\\_of\\_Sexual\\_Dysfunction/hic\\_Sexual\\_Dysfunction\\_in\\_Males](http://my.clevelandclinic.org/health/diseases_conditions/hic_An_Overview_of_Sexual_Dysfunction/hic_Sexual_Dysfunction_in_Males)
- ❖ <https://medlineplus.gov/sexualproblemsinmen.html>
- ❖ <http://www.nhs.uk/Livewell/Goodsex/Pages/Malesexualdysfunction.aspx>
- ❖ <http://www.webmd.com/sexual-conditions/mens-sexual-problems#1>

*Lumos Psychiatric Services*



## Educational Booklet: Male Sexual Disorders

Male sexual disorders can affect any man, whether heterosexual, homosexual, bisexual or transgender. This is a physical or psychological problem that prevents us from having adequate sexual satisfaction.

### What causes male sexual disorders?

#### Physical causes:

- ❖ Low testosterone levels
- ❖ Prescription drugs (antidepressants, pressure-lowering medications)
- ❖ Vascular disorders such as atherosclerosis (hardening of the arteries) and elevated blood pressure
- ❖ Stroke, nerve damage from diabetes or surgeries
- ❖ Smoking
- ❖ Alcoholism and drug abuse

#### Psychological Causes:

- ❖ Sexual performance concern
- ❖ Marriage or relationship problems
- ❖ Depression, guilt
- ❖ Effects of a past sexual trauma
- ❖ Work-related anxiety and stress



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## **The main types of male sexual disorders are:**

### **Erectile dysfunction (impotence):**

This is when a man can't get or hold an erection. Most men experience it at some point in their lives, and the causes can be physical or psychological. Physical causes include heart disease, diabetes and high blood pressure. Alcohol, tobacco and illegal drugs, as well as some prescription drugs, can also cause erection problems. Concerns about work, money, relationship, family, and even having to worry about not getting an erection can be factors.

### **Premature ejaculation:**

This is when a man ejaculates earlier than he wants during sex. It's only a problem if he or his partner bothers. Causes can include sexual performance anxiety, stress, unresolved problems in a relationship, or depression. You can see your family doctor or a psychosexual therapist for help.

### **Loss of sexual desire:**

Losing your sex drive, or libido, is common. It may be linked to a number of factors, including relationship issues, stress, anxiety and medication side effects.

## **How is male sexual disorder diagnosed?**

Using a physical exam that may include:

- ❖ Blood test to check testosterone, sugar and cholesterol levels
- ❖ Blood pressure check
- ❖ Rectal exam to check the prostate
- ❖ Genital examination
- ❖ Other tests that can check nerve impulse or blood flow to the genitals

## **Treatment for male sexual disorder include:**

- ❖ **Pharmacological** - drugs that improve sexual function by increasing blood flow to the genitals. Sildenafil (Viagra®), vardenafil (Levitra®), and tadalafil (Cialis®) are safe and effective for most men.
- ❖ **Hormone therapy** - increased testosterone through hormone replacement, these include injections, skids and gel
- ❖ **Psychological therapy** - psychological counseling that helps with anxiety, depression, fear and guilt that can affect sexual function
- ❖ **Mechanical devices** - vacuum pumps and genital implants can help some men with erectile dysfunction

## **Tips for coping with male sex disorder:**

- ❖ Follow the medical treatment plan for any health conditions you have
- ❖ Limit alcohol consumption
- ❖ Quit smoking
- ❖ Treat any emotional or psychological problems if necessary, such as anxiety, stress and depression
- ❖ Increase and improve communication with your partner

**For questions or concerns, discuss it with your doctor.**