Sexual Health for Men

Q: Indus Age

Dr Rao, do Urologists deal with Men’s Sexual health problems.

A: Dr Rao

Yes, Urologists commonly see is Sexual dysfunction in all it’s myriad forms. Sometimes the consultation is initiated by the man, and other times, they come kicking and screaming with their partners. Occasionally, men come with a different complaint all together, in order to discuss issues below the belt.

Q: Indus Age

What are the common problems?

A: Dr Rao

The most common issue is in the 60+ gentleman who is having increasing difficulties achieving and maintaining their erections. Frequently this associated with Diabetes, Obesity, or a general decline in health. It can also be associated with depression and stress related problems.

Premature ejaculation is another problem that we commonly see, and often this is in the younger man.

Another condition is called Peyronie’s disease, in which the penis has become curved, making intercourse both difficult and painful. At it’s extreme situation, this can be corrected with a surgical procedure to straighten out the bend.

Men who have had treatments for prostate cancer, can subsequently develop erectile dysfunction. Often tablets such as Viagra can assist in return of erectile function. Beyond tablets there are injections that can be used and in more advanced cases, an artificial prosthesis can be surgically implanted.

Q: Indus Age

Dr Rao, what kind of medications are used to assist Erectile dysfunction.

A: Dr Rao

The main class of tablets belongs to the PDE5 Inhibitor category. Viagra made this class famous, but they also include Levitra and Cialis. They all work in a similar fashion, but have different durations of action. Side effects include headache and nasal stuffiness. Patients with Ischaemic heart disease are advised to void these medications

In terms of injections, these include drugs that are injected into the base of the penis with a very fine diabetic type needle. They are very effective, but of course, men can find it challenging mentally to do this. However, once they are instructed how to do this and develop confidence, it is quite straightforward.

Q: Indus Age

What surgery can be done for erectile dysfunction?

A: Dr Rao

A simple operation can be performed which involves implanting a silicon prosthesis into the penis. The pump is situated in the scrotum, and it simply needs to be pumped up and it’s ready for activity! As with any surgery, risks include infection, bleeding, erosion, as well as risk of device failure.

Q: Indus age

What are the main treatments for Premature ejaculation?

A: Dr Rao

Firstly one has to establish what they mean by premature ejaculation. Expectations of both partners is important. Often it is young men who are just getting into a relationship and they are worried about their staying power. Initially there are various behavioural techniques eg “Stop/start”; “ Squeeze” and mechanical devices such as condoms and local anaesthetic creams that can be useful. Medications are now available and generally belong to the SSRI class of antidepressant such as Effexor or Zoloft. These can be used in combination with a PDE5 Inhibitor such as Viagra.

Q: Indus Age

Are there any other sexual health issues that men (and women) should be aware of?

A: Dr Rao

Sexually transmitted diseases are still prevalent. Gonorrhoea; chlamydia; Hepatitis B; HIV can all be contracted through unprotected intercourse. Unless in a stable and reliable relationship, it is always safer for men to wear a condom.

Q: Indus Age

Are the issues the same in India and Australia for men’s sexual health?

A: Dr Rao

There are many factors that impact sexual health in men: Cultural, societal, media, family, friends, etc. Though India is the land of the Kamasutra, there is still a taboo element to discussing sex. With globalization, media, and Bollywood movies this is changing, however the projection of what is normal, healthy sexual behaviors is often skewed. Men in the West are more likely to be better educated about sexual matters at an earlier age than their Indian counterparts, as sex education is part of the school curriculum.

Q: Indus Age

What can be done between the 2 countries to assist with improving sexual health

A: Dr Rao

Education; dialogue; realistic role models. Sport is a common passion between the two nations, and we hope that through an Australia India Men’s health initiative, we can promote a dialogue on all matters of men’s health, including sexual health

Q: Indus Age

Thank you Dr Rao

A: Dr Rao

Thank you Indus Age.

Watch this space for more on the Australia India Men’s Health Initiative.