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Topics Men Should Really Talk

Sexual Health Matter



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Sexual Health Matter

Sex is an important part of life. For many men, thinking about sex starts early, often before puberty, and lasts until their final days on earth.

On one level, sex is just another hormone-driven bodily function designed to perpetuate the species. On another, it's a pleasurable activity. It's also an activity that can help cement the bonds between two people.

Sexual health refers to a state of well-being that lets a man fully participate in and enjoy sexual activity. A range of physical, psychological, interpersonal, and social factors influence a man's sexual health.

Optimal male sexual health includes sexual desire (libido) and the ability to get and sustain an erection (erectile function). Although physiology can affect both the desire for sex and the ability to have sex, mental health and emotional factors also play important roles.

Male sexual health isn't merely the absence of disease. [Erectile dysfunction \(ED\)](#) is the inability to get an erection or to maintain it long enough for satisfying sexual activity.

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Many things can cause ED, including stress, depression, relationship issues, abnormally low testosterone, damage from urological surgery, and even cholesterol-clogged arteries. In fact, it is often an early warning sign for heart disease. ED can be treated with pills, injections into the penis, or devices. Men can also experience difficulties related to ejaculation, including premature ejaculation, delayed ejaculation, or the inability to experience orgasm upon ejaculation (anorgasmia).

Topics Men Should Really Talk About

- **Depression**

It's something that men have been conditioned to ignore. We've been told since childhood to "man up", but depression is not a choice, not something to be embarrassed about, and can happen to anyone.

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- **Sexuality and Relationships**

It can be super difficult to admit to these things to yourself, but that's the first step. The second step is unloading that burden to someone else who you trust. If you've got an issue that involves your sex life – be that sexual orientation, confusion, getting dumped, or whatever – you need to share it. Keeping it all bottled up will not only make you unhappy, but also unhealthy.

- **Anxiety and Emotions**

Hey, your brain can be scary. It's OK to speak about that. It's actually really useful. A problem shared is a problem halved and all that. Forget all that "big boys don't cry" nonsense, you'll also find out how many people have been having similar feelings and problems. And if you're comfortable opening up to your friends and family for fear of judgements, then you can always talk to a therapist. They're, like, the wisest friends you never had.

- **Panic Attacks**

You ever seen *The Sopranos*? Panic attacks can happen to anyone. They're not a sign of weakness or illness; they're just your body getting its signals mixed up. Talking about them shouldn't be

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embarrassing – it should be illuminating. You might just work out what factors are causing them in the process...

- **Work**

There's this old adage that you shouldn't talk about work in social circles, but whatever. One of the most common reasons for guys feeling down is work, and with work encroaching on all our lives evermore, it's totally fine to chat about it in the pub. Got some stress at work? A few issues that have been bugging you. General frustrations? Just let it out. You'll feel way better for it. (And, as a bonus, there's no pesky HR people in the pub...)

- **Loneliness**

No man is an island. We forget who said that, but it's true. All the guys you know might come across as living their best life, but a common reason for guys feeling down is loneliness. It only takes a minute to reach out to a friend or loved one and can make the world of difference.

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Resources:

www.health.harvard.edu/topics/mens-sexual-health

www.biggerissues.co.uk

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