

## Men's Sexual Development

### What's normal across the lifespan



Presented by Greg Millan,  
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Director **men's health SERVICES**



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## men's health SERVICES

I provide a range of male friendly services with a focus on improving the state of male health and wellbeing, thus improving the wellbeing of the whole community.

- Professional Training Programs
- Men's programs
- Men's health event management services
- Project and research work

### MY BACKGROUND

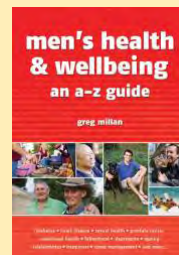
Health Social Worker 30 years

Men's health worker 20 yrs

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Author of *"Men's health & wellbeing: an a-z guide"*



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## HOLISTIC HEALTH MODEL or biopsychosocial model

physical / biological

cultural

social



spiritual

psychological

Also known as social determinants of health men's health SERVICES

## What is sexuality?

The term sexuality includes all those qualities that allow one human being to feel comfortable with their own bodies and with their ability to form a sexual relationship with someone else.

Sexuality is part of ourselves from before we are born until we die.

It involves all those aspects of our lives that make us the people that we are.



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**Sexual Orientation** - who you are attracted to (women or men or both or none)

**Sexual Behaviour** - the sexual contacts you have with others

**Sexual Identity (how you self identify)**

- straight
- gay
- bi sexual
- asexual
- whatever ?

Sexual **identity** and **behaviour** are not always the same

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## Sexual performance issues

- The most common male problems are low sexual desire, erectile dysfunction, premature ejaculation and more rarely retarded ejaculation
- There is a greater pressure on males than on females to perform sexually
- A women may fake an orgasm, but a man cannot fake an erection



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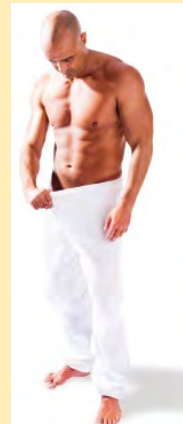
## Sexual performance issues

- Not only are male difficulties more obvious and more likely to make penetrative intercourse impossible, but there is a greater social expectation of male sexual competence
- Sometimes even female sexual function problems can be wrongly perceived as a failure on the part of the male partner
- When intercourse difficulties clearly relate to a man's problems he may have feelings of inferiority, guilt and inadequacy.
- His partner may respond with belittling comments, anger, feelings of being sexually unattractive, and so on

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## Sexual performance issues

- The plain truth of the matter is that most men will fizzle once or more in their sexual lives
- Problems arise when the man feels traumatized by the event and worries about a recurrence
- Anxiety and tension can make it less likely that he will get a functional erection



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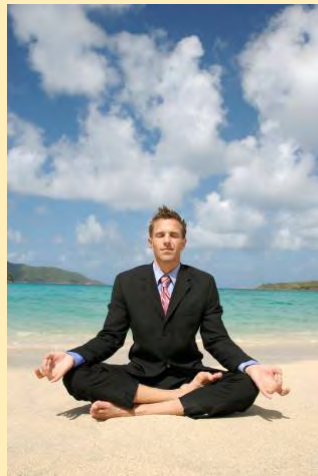
## Other triggers for sexual performance issues

- Differences in preferred activities and sexual priorities
- (The situation) > lack of privacy, possibility of interruption, worry about crying children etc
- Guilt about infidelity
- Desire to impress a new partner
- Overuse of drugs and alcohol
- Effects of medications



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## Anxiety and arousal don't mix



men need to learn to relax more

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## Other triggers for sexual performance issues

- Anxiety about previous failures
- A partner who is not attractive to you (obesity, aging, not good looking etc)
- A moody, cross, irritable, tense or preoccupied partner
- A passive, unenthusiastic or unwilling partner
- Poor communication skills within the relationship
- Differences in sexual desire, drive and other differences between partners

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## Chronic relationship problems

- Sex sustains closeness and distance
- Sex can be part of a bigger problem
- Sexual problems can create their own problems
- Being open, honest and able to talk comfortably about sex can be difficult for couples
- Intimacy needs Vs sexual needs



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### Lack of sexual desire: Lifestyle issues

- Stress, expectations (yours/others),
- Worries, anxieties, lack of time
- Availability, difficulties meeting new people

### Lack of sexual desire: What's happening in your relationship?

- Desire discrepancy in relationships
- Normal decrease in sex over time
- Need to be doing different things
- Communication vs isolation



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### Lack of sexual desire: The way we feel about ourselves

- Changing body image – through ageing | injury | illness
- Negative thought patterns about ourselves
- Possibly a sexual function problem or performance anxiety -  
best to check it out



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## Sex and aging – what happens to male sexual function as we grow older?

- More prolonged and intense stimulation is required (sounds good!)
- Your testicles may become smaller and more flaccid but this does not affect your performance
- It may take you longer to get an erection and erections may not be as firm as they once were but they are just as useful



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## Sex and aging – what happens to male sexual function as we grow older?

- The refractory period (time between coming and getting hard again) increases sometimes up to 24 hours, but there are other ways of getting and giving sexual pleasure
- It may take you longer to ejaculate (so what's the problem?)
- Some older men won't ejaculate every time they have sex, but this means that they don't have to go through the refractory period and can have more frequent erections



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## Sex and aging – what happens to male sexual function as we grow older?

- Your ejaculation is less powerful and orgasm less intense, but the sensations are just as pleasurable, it's just a little different
- Sexual urge can come less frequently, but this is not related to age, rather to a older mans personal attitude towards sex and/or what he thinks the wider community thinks about him having sex (the “dirty old man” syndrome)

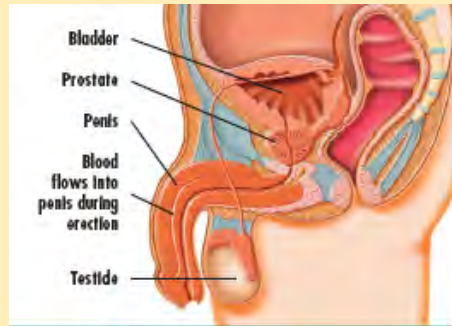


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## Erectile Dysfunction

- Erectile Dysfunction is the inability to achieve or maintain penile erection sufficient to complete satisfactory intercourse or any other chosen sexual activity; ejaculation may or may not be affected.
- ED can be classified as primary or secondary.
- **Primary ED:** a man has never had successful intercourse with a partner but may achieve normal erections in other situations.
- **Secondary ED:** despite current problems, there is some history of success with completing intercourse in the past.

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An erection problem - also known as impotence or in medical terms as erectile dysfunction (ED) - occurs when the penis doesn't get hard (erect) enough to allow a man to have sexual activity. This happens because not enough blood can get into, or stay in the penis, long enough to allow an erection.

Source:



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## How common is Erectile Dysfunction

In general it is said that

- 40% of men have difficulties at age 40
- 50% at age 50
- 60% at age 60
- 70% at age 70

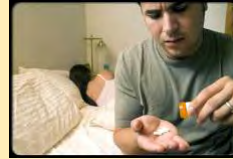
Unfortunately, many men do not receive treatment or wait a long time before seeking treatment.



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## Physical causes of Erectile Dysfunction

- Deficient blood flow to the penis resulting from blocked arteries
- Excessive drainage of blood from the penis (venous leak)
- Damage or diseases affecting the nerves that go to or from the penis
- Hormone abnormalities
- Side effects of prescribed drugs
- Alcohol or other drug use including herbal medications



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## Physical causes of Erectile Dysfunction

- Diabetes, high cholesterol
- Neurological diseases ie. Stroke, multiple sclerosis
- High blood pressure (hypertension)
- Heart disease
- Spinal injury, pelvic surgery
- Post-prostate surgery



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## Psychological causes of Erectile Dysfunction

- Anxiety, stress or depression
- Anxiety about sexual performance or sexual identity
- Fear of sexual contact - pregnancy or sexually transmitted infections
- Psychological trauma or abuse
- Sexual problems with partner
- Sexual boredom
- Lack of communication in the relationship or other relationship issues



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## Treatment of Erectile Dysfunction

### Oral therapy – PDE5 inhibitors<sup>1</sup>

- Tadalafil
- Sildenafil
- Vardenafil.
- Psychotherapy<sup>2</sup>
- Mechanical devices<sup>1</sup>
  - Vacuum erection devices
  - Implants
- Hormonal treatment<sup>1</sup>
- Intracavernosal therapy.<sup>1</sup>



1. Mulcahy JJ. *Male Sexual Function: A Guide to Clinical Management*. Humana Press; 2001;  
 2. Porst H, et al. *Eur Urol* 2006; 50: 351-359.

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## Cialis Once-A-Day treatment<sup>1</sup>

Cialis (tadalafil) is indicated for the treatment of ED

- In response to patients who anticipate a frequent use of Cialis (i.e. at least twice weekly), a once daily regimen with the lowest dosages of Cialis might be considered suitable, based on patient choice and the physician's judgement
- In these patients, the recommended dose is 5mg taken once a day at approximately the same time of day
- Cialis can be taken with or without food.



1. Approved Product Information for Cialis.

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Questions?  
Discussion?



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