

Title:

A Guide to Men's Sexual Health

Word Count:

551

Summary:

Men's sexual health is an oft-ignored topic especially amongst men themselves. As a result, mo

Keywords:

men's sexual health

Article Body:

Most information available on sexual health are primarily geared towards women. However, men,

Parameters of Male Sexual Health

Men's sexual health is usually determined by several factors. These factors include the follow

- * Physical Health

Men who are physically fit and healthy generally have better sexual health than men who

- * Psychological Health

Contrary to popular belief, a man's physical constitution is not the sole determinant of

- * Social Activities

Men who are in monogamous sexual relationships are at lesser risks for sexual problems o

Risks to Men's Sexual Health

Male sexual health can be threatened by several diseases and disorders. Some of these risks in

- * Ejaculation Disorders

There are three common forms of ejaculation disorder in men. These are premature ejacula

- * Erectile Dysfunction

Another term for this disorder is impotence. This happens when a man is unable to have o

- * Inhibited Sexual Desire

This can be loosely translated to a loss or decrease in a man's libido levels. Often ass

- * Sexually Transmitted Diseases and Infections

Men usually get infected with STIs and STDs following unhealthy and unprotected sexual r

Immediate medical assistance must be sought when it comes to problems concerning male sexual h

