

Title:

Are You Getting Any These Days?

Word Count:

509

Summary:

This article is about low sexual drive. It briefly discusses the statistics of men and women dysfunction concern. This article also discusses the different causes of having low libido for basically differentiated to physical and psychological causes. Also listed in the article are might want to try out to work on their low libido.

Keywords:

stress, depression, anxiety, women's sexual health, counselling

Article Body:

Worried you haven't been getting any action lately? Are you always too tired to make love to partner might leave you because of it? You may be experiencing sexual dysfunction.

Low libido, or hypoactive sexual drive disorder, is a deficiency or absence of sexual fantasie activity. This is considered a disorder if it causes problems for the patient or problems in t a recent study in the United States, about 43 percent of women and 31 percent of men have adm in one way or another. Lack of libido occurs more in women than in men. Men who have erectil necessarily have low libido.

How often does low sexual drive occur?

The American Medical Association has estimated that several million US women suffer from what sexual arousal disorder' (FSAD). In the UK, family planning clinics and related clinics see c complain of low libido. Our estimate is that several hundred thousand women in Britain are tro

Low libido in men is far less common than erectile dysfunction. One study showed that for eve having erectile dysfunction, only one of them had low sexual desire. Most men with lack of li erections, but have lost only the desire to have sex.

What causes low libido?

.For both men and women, causes are divided into physical and psychological concerns.

Physical causes include:

.Anemia. This more commonly affects women because of iron loss during periods.

.Alcoholism.

.Drug abuse.

.Major diseases such as diabetes.

.Obesity

.Hyperprolactinaemia. This is a rare disorder where the pituitary gland produces too much of

.Post-partum. This is the loss of libido that often starts after childbirth. It is almost certainly a result of the hormonal changes that occur at this time. The general stress and trauma of childbirth also plays a part

.Prescribed drugs, particularly tranquillisers.

.Other hormone abnormalities.

.Low testosterone level - contrary to what many people think, this is rare.

Psychological causes include:

.Depression

.stress and overwork

.anxiety

.hang-ups from childhood

.past sexual abuse or rape

.latent homosexuality

.serious relationship problems with the partner

.difficult living conditions

Here are some tips to recover your lost urge.

.Leave work stress at the office. Don't bring it with you at home. Time at home should be spent

.Avoid engaging in vices like smoking, drinking, and using drugs. Not only will it benefit your  
overall health.

.Relax yourself before engaging in sexual activities.

.Family counseling helps for couples undergoing serious relationship problems.

.Consult your doctor if natural interventions fail. They will be more qualified to give you professional  
suggestions on what to do in this case.

Now that we understand the underlying causes that affect both men & women's sexual health and  
replenish your lost sexual drive. Try them and see what works for you.

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