

## The “Prostate Problems” on Men

### **Your penis size**

When we look at the penis from its exterior, we see a shaft, usually called by most men. The tip of the shaft is the glans. The glans which run from the urinary bladder, in the middle through the prostate and towards the opening (glans) allows your urine to stream out or ejaculates semen. This canal is the urethra. Together and attached to the shaft are two separate sacs called scrotum, in it are the testis or testicles whereby together with the prostate they produce and release sperm, called ejaculant.

The penis also made up of two spongy tissues; corpus spongiosum that laid underside of the penis and corpus cavernosum on the top of corpus spongiosum, run parallel along the shaft. However, the corpus spongiosum has little effect on erection. The corpus cavernosum with two erectile chambers, is just like a sponge, absorbs the blood onto the hallow spaces when sexually excited. Thus, the penis is expanded and engorged.

The veins outside the corpus cavernosum were compressed and does not allow the blood from flowing back, hence creating an erection. You see, erections aren't simply something that happens in the penis. In simplified term, it functioned from the Brain-Body-Penis.

### **Is your penis size normal?**

Remember our school days when we used to compared our 'guns' and tease one another in the boy's room? By now, our 'guns' would have outgrown already. Still, there are men not satisfied with either their size or length. Envious of the male porn stars you saw in X-rated video and magazine, or heard from your peers bragging how big their penises are etc. But asked yourself have you actually seen it with your eyes? Not all buddy would want to and probably not you too! Well, unless you guys are discussing openly on penis health! (As for me, I would only permit 3 people to my penis. They are my beloved wife who love and take care of them, my doctor for annual check up and last myself.)

Have you thought if it maybe graphic gimmick that you have seen on the screen or pages? Could they have gone penis enlargement surgery? But I must agree there are men naturally with longer than average penis length. So how long is long enough?

A survey found most healthy average male penis are 8 cm or longer when in flaccid state and averagely at 12cm when erected. However, the penis size varies from person to person and it is also determine by the age, height, weight (obese or too thin may affect). If you owned that length, you are adequately endowed to satisfy a woman and if your penis is 16cm (erected) long, I must congratulate you!

Men with erections in the less endowed category do not worry. A little off the length does not mean you are a man lesser or less sexual! In normal circumstances, as long as the penis can achieve an erection and perform dutifully and excellently, you are perfectly masculine! It is

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important to focus on the woman's clitoral (rubbing the penis against it) or vagina stimulation when penetrating and thrusting the penis. Do you know most women receive their orgasm from the clitoral more than vaginal wall stimulation?

## **Enlarged prostate**

There were time when you just think of how hard and how long you want your erections to be, there are perhaps another area we should looked at-The Prostate!

Something naked that you can't see or feel, and it runs down towards the penis! Let's go a little further but not to detail, a better understanding of man's health.

### **What is Prostate?**

The prostate is a small gland located in front of the rectum and just below the bladder (where the urine is stored). The prostate also surrounds the urethra, the canal which urine passes out of the body from the bladder to the penis. The gland is composed of two lobes enclosed by an outer layer of tissue. It is comprised of secreting glands, but a mass of muscle and connective tissue which is vital for proper bladder operation and urine flow-rate control. One of the main roles is to make the milky seminal fluid into the urethra as sperm when out of the urethra. The prostate also provides the power to expel this fluid through your penis during sexual climax. (If you remember your biology, your testes manufacture spermatozoa which is then stored in the epididymis. During orgasm, the vas deferens pushes the sperm into the urethra.). When orgasm and ejaculation occurs, the semen in which spermatozoa travel out of the body is almost 90% driven by the prostate.

The fluid produced by the prostate, prostatic fluid, does two other things: makes the woman's vaginal canal less acidic and protects man's urinary system and genitals from infection. Sounds too clinical?

Simple no prostate, no orgasm. Does that mean No Erections? Don't get panicky yet, let's hear it out! It is a misconception among men. But there are good and bad news. The good news is majority of men who are treated for prostate problems report no loss in at least that part of their sexual ability. However, the bad news is because the urethra runs right through the middle of the prostate, a growth spurt of the prostate will squeeze the urethra canal and begin to choke its ability to let things get through. Thus, affect both your ability to urinate and perform sexually.

Similar with erectile dysfunction or poor penis health, most men feel uncomfortable talking about it. It's unfortunate that the gland plays a role in both sex and urination. It is an ordeal hard for most man to come to term with. It is never a loss to gain more knowledge (about the prostate). A healthy diet and exercise regimen may ease a great deal of unnecessary pain and avoid suffering from prostate enlargement, inflammation and cancer.

### **An enlarged prostate**

As the prostate enlarged, the surrounding capsule stops it from expanding, causing the gland

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to expand in the other direction, and pressing against the urethra just like clamping a hose. The bladder wall compensates by pressing harder. This causes it to become more muscular, thicker and smaller causing the urge "to go" more frequently even when it contains only small amounts of urine.

Sometimes a man does not know he has prostate problem until he suddenly finds himself unable to urinate at all. This condition known as acute urinary retention may be triggered by over-the-counter cold or allergy medicines. When partial obstruction is present, urinary retention also can be brought on by alcohol, cold temperatures, or a long period of immobility. It is important to tell your doctor about urinary problems such as those described above.

## **Warning signs & disease**

There are several symptoms, for example;

- urinate more frequently, especially in the middle of the night.
- urination somehow is more difficult, uneven or unintentional.
- blood in your urine.
- burning sensation when you "take a leak" or ejaculate.
- pain in your upper thighs, lower back or pelvis.

If you have some similar symptoms as above, it is often indicate normal enlargement as you age or may be simply you've been drinking more liquids, or under extra stress lately. But be warned. While prostate cancer can cause these symptoms, it can be symptom-less. If you have any concern at all about your prostate, see a doctor quickly.

## **The 3 major prostate diseases**

Basically, there are 3 diseases that can strike the prostate:

Benign Prostatic Hyperplasia or Hypertrophy (BPH)- are benign diseases that do not cause cancer (but doesn't mean you won't get it) and usually in male age group of 40s.

Prostatitis-- can strike men at any age that can lead to other prostate problems. For high-risk males, symptoms may start much younger.

Cancer of the prostate

### **A) Benign Prostatic Hyperplasia (BPH)**

If urination symptoms suggested Benign Prostatic Hyperplasia, it can prevent the bladder from emptying completely, thus leaving urine behind. The narrowing of the urethra and partial emptying of the bladder may cause "urge incontinence." This means your bladder is irritated by retained urine which leads to spasm. The result? You don't make it to the bathroom in time. All these can cause bladder infections, stones and even kidney damage! The size of the prostate does not always determine how severe the obstruction or the symptoms will be. Some men

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with seriously enlarged glands have little obstruction and few symptoms, while some with less enlarged glands, have more blockage and greater problems.

Since urine retention and BPH may cause urinary tract infections, do take notice the symptoms of BPH yourself, or consult your doctor during a routine checkup that if your prostate is enlarged or not. If BPH is suspected, you may be referred to an urologist (a doctor who specializes in problems of the urinary tract and the male reproductive system). A doctor will usually clear up any infection with antibiotics before treating the BPH itself. Although the need for treatment is not usually urgent, doctors generally advise going ahead with treatment once the problems become bothersome or present a health risk. Instead of immediate therapy, regular checkups are recommended to watch for early problems.

At present, conventional treatments include watch and wait, to see how bad symptoms can become, followed by drug therapy and then surgery if necessary. The last two treatments can cause side effects including impotence.

## **B) PROSTATITIS-infection & inflammation of the gland**

Basically there are two kinds of prostatitis namely: Infectious (Bacterial) prostatitis and non-bacterial prostatitis.

### Infectious Prostatitis

Any man at any age can develop an infection or inflammation of the prostate gland, known as prostatitis

Prostatitis can affect young men in their prime of life. Though not deadly but it's not fun to have it either. A disabling disease that may have a drastic reduction in the quality of life, cause intense pain, urinary complications, sexual dysfunction and infertility. This infection can be just a one-time occurrence, or it can be chronic, persistent or recurrent. Bacteria or some other microorganism can cause the disease, or it can result from other factors other than bacteria.

Non-bacterial or non-infectious prostatitis. There are 2 categories:

a) Congestive prostatitis or Prostatostasis occurs when too much prostatic fluid, the milky fluid in semen, accumulates within the prostate gland rather than being ejaculated out through the penis. The gland is said to be congested.

b) Another conditions, Prostatodynia, in which pain "seems" to originate in the prostate but is much more likely to be coming from the muscles of the pelvic floor, from an inflammation in one or more of the pelvic bones, or from a disease in the rectum. Despite its name, prostatodynia really has nothing to do with the prostate.

Being a tough disease to diagnose, effective prostatitis treatment is sometimes difficult. This often leads to frustration for both patients and doctors. A patient may show a variety of symptoms which often include:

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- ◆ Low back pain.
- ◆ Joint aches.
- ◆ Muscle aches.
- ◆ Burning upon urination.
- ◆ Frequent urination.
- ◆ Urgent urination.
- ◆ Generalized malaise.
- ◆ Pain deep in the rectum and scrotal areas.

At times the symptoms may also include fever or pain almost anywhere within the pelvis and scrotum. These above symptoms may be mild or overwhelming.

As previously mentioned, it can be caused by bacteria similar to those which cause other types of urinary infections. However, some men have no evidence of bacteria in their prostates, yet are thought to carry microorganisms (such as Chlamydia or Ureaplasma), which are harder to identify. Still some others have no evidence of any microorganisms at all. The reasons for their prostatitis symptoms are poorly understood and are possibly related to stress or congestion, certain medications such as cold remedies with antihistamines and decongestants may be a cause of symptoms too!

## **If sex is good, how can it cause prostatitis?**

--Too much sex? Not enough sex?

A healthy prostate secretes about one-tenth and two-fifths of a teaspoon of fluid. When you're sexually stimulated you produce four to ten times that amount. Normally or ideally, you release it by ejaculating otherwise your prostate becomes congested or balloon. An abrupt fall-off in sexual climaxes (maybe your partner is mad at you) can engorge the prostate as well. Alternately, for example, let's say you have a "wild weekend" after a long period of celibacy. Your prostate which went into seclude for a period, isn't used to your being so suddenly, works strainlessly overtime to produce secretions for several ejaculations. As a result it can become inflamed

Similar with BPH, Prostatitis is also commonly treated with antibiotics that may be effective when there is actually an infecting bacteria. Many times, however, they are not effective in these cases, either because they don't eradicate the infection or because there never was an actual infection. Therefore, it is common for some patients to receive different courses of antibiotics. Sometimes certain drugs will be prescribed as its agent has a tenancy to relax the muscles of the bladder neck and the prostate gland.

In the event, if prostatitis becomes difficult to treat or kept recurring, surgery will be the last resort.

## **C) PROSTATE CANCER**

Man's greatest fear! Prostate cancer originate from the gland can be deadly if left undiagnosed,

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untreated or neglected. Cancer cells multiply uncontrollably and can invade healthy cells nearby. While it can happen to any age, a high percentage of men with the disease occur after the age of 65. The actual cause is a mystery. The biggest contributing factors are an increased of testosterone level and bad habits; alcohol, tobacco, poor diet, genital or sexual diseases and etc. These can increase your risk of contracting cancer!

One big problem with prostate cancer is there are no define set of symptoms. However, most cancer institute has identified a few as possible indicators of prostate cancer.

- ◆ inability to urinate.
- ◆ frequent urination especially at night.
- ◆ urine incontinence.
- ◆ pain during ejaculation.
- ◆ weak urine flow.
- ◆ burning sensation or pain felt when streaming urine.
- ◆ blood in urine or semen.
- ◆ frequent pain in hips, lower back or upper thighs.

You may see its all quite similar to BPH or prostatitis isn't it? As these symptoms may be caused not only by prostate cancer (probably from a number of other disorders not of prostate), it is advisable to seek consultation from your doctor or talk to someone, a family member who had these problem before.

## **Protect your prostate**

Educating yourself is a giant leap in understanding what you're facing, and how to eliminate unnecessary suffering and expense. Don't just sit there! KEEP WATCH

Many experts now recommend the "watchful waiting" approach. As the name would suggest, means keeping a close eye on any signs of the disease progressing, but holding off on extreme treatments, such as drugs, surgery and chemotherapy, unless absolutely necessary. That is why statistics show that a healthy 60-year-old man has an average life expectancy of another 18 years.

If contracted prostate cancer, who does NOT have prostate surgery, has a life expectancy of another 16 years, while one who DOES have surgery has a life expectancy of another 17 years. Not much of a difference? So your best course of action may very well be no action at all. There probably is no rush for you to the surgeon, at least not until you carefully weigh your alternatives.

## **Trace Your Hereditary**

Some men are more at risk for developing prostate cancer than others due to hereditary while others are environmental. For example, you may be more at risk for prostate cancer if a male relative had prostate cancer or female relative has had a brush with breast cancer.

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Some studies were made in Sweden had a diagnosis of prostate cancer between 1959 and 1963 traced the records of 5,496 of their sons and confirmed that there is a higher risk of developing prostate cancer among men whose fathers had the disease. As for environmental factors, social stress, work site environment may affect the prostate as well.

## **Nutrients**

Lately, more doctors are coming to believe that an enlarged prostate can be treated or deterred by feeding the body the nutrients it lacks. They understand that some foods, herbs and nutrients influence prostate enlargement and some of them may also influence cancer spread or development. While, pharmaceutical and surgical treatments are more or less effective in relieving symptoms, they in no way address the underlying causes of prostate disease. Dietary, lifestyle, environmental and emotional factors are known for stressing the prostate. Doesn't it make sense to take advantage of safe nutritional guidelines which may deter prostate enlargement or prostate cancer? For example, high fat diets and high cholesterol have been directly linked to prostate cancer and other illness. By reducing the fats in your diet will help ward it off.

## **Herbal Therapies**

As reported in the Journal of the American Medical Association (JAMA) in September, 1998, researchers found that more than 60% of United States medical schools now offer courses that include alternative medical topics such as acupuncture, chiropractic and herbal therapies. And no wonder why. Three adults in the United States use chiropractic, acupuncture, homeopathy or other alternative therapies. So don't feel like a weirdo by exploring alternatives to herbal remedies, toxic medicines or surgeries.

If your doctor doesn't understand or approve, it should be easy enough for you to find a competent one who does. By saying that, many doctors still consider only drugs and surgery as the "medically approved" treatments for prostate disorders and erectile problems. Most will not recommend a treatment program based on nutrition or supplements that many physicians who know how some simple-to-follow guidelines can prevent, slow down or if not eliminate prostate problems.

## **Can't change the environment? Change yourself**

The above reasons are good enough for you to change your living habits. Example; give up tobacco, cut down intake of caffeine and alcohol, eating habits (cut back on high fat food, sugar rich food, spicy food), do regular exercise and etc. There are also some medicines to watch out for as it can harm some men, for instance taking large doses of cold medicines that contain antihistamines and decongestants. Decongestants can cause the muscle at the bladder neck to constrict, restricting the flow of urine. Antihistamines can actually paralyze the bladder. When consuming the cold remedies follow the directions on the label and don't take more than is recommended.

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## **STRESS MANAGEMENT**

Stress plays a major role in prostate-related discomfort, because the bladder neck and prostate are both very rich with nerves, when you're under stress there are more of those hormones floating around which cause more difficulty in urinating. Stress also triggers the release of adrenaline in your body, prompting a fight-or-flight response. Just as it is difficult to get an erection! It can make urination difficult, too.

## **MORE SEX**

One way to help ease urination problems is to massage (see kegel exercise) the prostate. Men with mild to moderate voiding difficulties, an alternative way is to have more sex. Most of them notice that the more they ejaculate, the easier it is to urinate. That's because the ejaculation helps empty the prostate of secretions that may hinder urination.

## **TESTOSTERONE**

When a man gets older, the active testosterone in the blood decreases, leaving a higher proportion of estrogen in the body. Studies done with animals have suggested that Benign Prostatic Hyperplasia or BPH (see below) may occur because the higher amount of estrogen within the gland increases the activity of substances that promote cell growth.

## **URINATION**

Failing to empty the bladder allows bacteria to collect, and can cause an infection in the urinary canal or bladder. Besides urine retention, strain on the bladder can lead to urinary tract infections, bladder or kidney damage, bladder stones, and incontinence (involuntary leaking). Left untreated, an infection can progress to the urethra and kidneys. In a worse case scenario urine can show up in your blood, and that can be very bad.

If your urination is:

- Hesitant, interrupted, weak stream.
- Urgency and leaking or dribbling.
- More frequent urination, especially at night.

These are most common symptoms of BPH involve.

## **Prostate craving**

### **CUT YOUR RISK**

You may find it hard to believe that simple changes can keep prostate problems, including cancer, at bay, scientific evidence shows they may account in large part for the variance of prostate cancer rates in different countries. For example, the rates of prostate cancer are relatively low in Japan, Singapore and some Asian countries as compared to Sweden, United States or Euro countries. All else being quite equal, but only nutrition explains the differences between the countries.



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Do you know that fast foods were introduced as fast, good tasting and low cost but in actual fact promote obesity. Needless to say that obesity leads to chronic diseases such as heart diseases, high blood, diabetes and cancer.

Prostate cancer can take between five and ten years before it becomes aggressive. Unlike other cancers, prostate cancer can be slow growing and may exist in some men for the duration of their lives without becoming life threatening. But certainly not all die of prostate cancer.

## **THE WHOLEY MEAL**

Extensive studies on the effects of low-fat diets, specifically, the elimination of red meat, whole milk, cheese and fried foods could cut down the risk of most chronic diseases. Increase the intake of fruits and vegetables to 5 to 9 servings per day (also recommended by the health board of Singapore for general health), especially colorful fruits and vegetables rich in phytochemicals and natural antioxidants. Eat more fiber food like high-fiber cereal and grain products, regular exercise to reach and/or maintain a healthy body and weight

Other than our daily meal, we can include intake of soy protein-containing foods or supplements like multi vitamin and mineral supplement. Now, before we go any further I must tell you to expect to be hit with terms--like isoflavones, flavonoids and phytochemicals.

Here's one: FLAVONOIDS

Flavonoids are part of a large class of chemicals that occur naturally in plants. Simply, they are substances found in fruits, vegetables and herbs essential for processing vitamin C. In fact, they give plants their vibrant color and protect them from harm. When consumed by humans, they can improve or maintain health.

There are 12 subcategories (15 in Butea Superba) of flavonoids and approximately 4,000 different ones have been identified. They occur in high concentrations in juice and peel of citrus fruits. They're also found in onions, grapes, papaya, broccoli, apricots, greens, persimmons, green tea, soy products, cherries and buckwheat.

You may have also heard the term "bioflavonoids". All bioflavonoids are flavonoids; however, not all flavonoids are bioflavonoids. Soy flavonoids or Isoflavones genistein and daidzein are powerful antioxidants and cancer inhibitors which lower risks for prostate and breast cancer. So eating foods containing soy flavonoids will also be beneficial to you besides our female gender. The best news about flavonoids is that they're found in many foods. If you eat a healthy diet, you probably get your quota. And there are no set dosage or toxicity levels!

## **Do you need to supplement?**

Healthy people get the flavonoids in their diet. But therapeutic amounts needed for antioxidant effect or capillary integrity may require supplementation. Grapeseed extracts and Butea Superba roots extract are good flavonoid sources.

## **The natural nutrients for your prostate craves**

Do you remember the Food Pyramid shown in your doctors' clinics? Believe it or not, in order to have a healthy prostate, it's important to choose a wide variety of foods from the five groups in the of pyramid.

- 1) The foods in the "Grain" group are high in carbohydrate, thiamin, niacin and iron.
- 2 & 3) The "Fruit" and "Vegetable" groups contain foods high in vitamins.
- 4) The "Meat" group foods are high in protein, niacin, iron and thiamin.
- 5) The "Milk" group are good sources of calcium, riboflavin and protein.

Generally any vitamin or mineral that's good for fighting one kind of cancer is good for fighting all kinds. There are a large number of foods that can specifically eliminate prostate problems. Multiple studies find the strongest protection against cancer may come from: amino acids, citrus fruits, cruciferous veggies, garlic, onions, green vegetables, legumes (beans and peas), and tomatoes.

## **Nature's remedies for a healthy prostate-herb**

You be thinking it's hard to follow all the recommendations. You are too busy, too hectic to count the number of fruits and vegetables you eat every day. Plus, there are some foods you just can't gulp down your throat. Well, first of all, the occasional barbecue, cheeseburger, fries or fried chicken is not going to give you prostate cancer or BPH. Sometimes we just need to enjoy ourselves. Maintaining our health is never a punishment. As for the food you detest, there are ways to "supplement" your diet while maintaining a healthy prostate. It is easier to pop vitamins or minerals in a pill or capsules than to eat them. Supplements ensure that you're getting enough nutrition after you've eaten a proper meal.

Then there are herbal supplements. Herbs have been used as medicines for as far as thousands of years. Usually a whole plant, parts of a plant or extracts of either one or a combination of plants are used in herbal medicines. Today, many people prefer to use herbal medicines simply because they exert greater benefits at low doses and effects without the negative effects caused by many pharmaceutical drugs. Examples that prostate drugs have negative effects like dizziness, impotence and loss of libido.

Herbs have played a significant role in prostate, erectile and other diseases treatments for years. Here are some herbs for the treatment of BPH: saw palmetto, pygeum and stinging nettles. Before you take any of the supplements, it is good for you to check with your doctor first, especially if you're on prescription medicine. There may be a conflict. Sometimes botanicals conflict with each other.

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Read product labels, follow directions, and heed all warnings. If possible, avoid products sold for much less money than competing brands. The manufacturer had to scrimp somewhere, possibly in the quantity or quality of ingredients. If you see a supplement whose label states or implies the product can diagnose, treat, cure, or prevent a disease ("cures cancer"), the product is being marketed illegally as a drug and as such has not been evaluated for safety or effectiveness. Look for a familiar or reliable name although usually more expensive, supplements made by a certified manufacturer have a reputation to uphold, and its products are likely made under strict controls.

## **Drugs that spoil your sex life**

Prescription Drugs:

1. Tranquilizers.
2. Decongestants.
3. Drugs to lower cholesterol.
4. Digoxin for heart failure.
5. Diuretics and Beta blockers used for men with heart disease and hypertension.
6. Methyldopa for blood pressure.
7. Calcium channel blockers--new treatments for hypertension.
8. Estrogens / female hormone used in men with prostate cancer.
9. Anti-androgens used in with prostate cancer.
10. Seizure medications.
11. Prostate cancer drug.
12. The drugs used to treat ulcers and heartburn.
13. Drugs to stop the growth of prostate cells which have significant side effects, including reduced sexual desire and performance.

Leisure/ fashion drugs:

Marijuana, cocaine, tobacco, alcohol,

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If you're concerned about fertility, you should consider that the drugs you're taking; prescription, over-the-counter, and otherwise may be interfering with your ability to have children. Many drugs reduce sperm quality and quantity, inability to have an erection. If you're on a long-term prescription, ask your family doctor about the effects of your medication on fertility.

## **Prostate, Erection, Testosterone**

### **Is prostate problem and erection related?**

As you know by now that the main role of the prostate is to make and squeeze the semen into the urethra canal and muscles the fluid out of the gland. So without a prostate, there's no discharge! This often is mistaken as no erections or libido loss. As mentioned earlier, it's a misconception!

The reason behind is; the urethra running in the middle from the bladder down to the glands (where you pee or ejaculate) is being clamped by enlarge prostate. Hence, causing its inability to let things flow through smoothly. In addition, if the prostate gland is infected or inflamed and that pain gets to the scrotum, anus, groin, lower back, thighs and abdomen, it can dampen sexual pleasures and/or sexual desires. Frequent preventing of ejaculations may cause engorged and congestive prostate to take place and that may cause inability to ejaculate. Likewise a sudden explosive and marathon sex after celibating for a period of time will over drive the prostate and the penis.

Similarly you will notice that your penis is no longer as erect as it used to be and seems not as eager. Many older men find that their ejaculations are either powerless or the message to climax is not as strong as ever. Others discover that it takes longer to become erect again after intercourse. These changes are also normal (remember that prostate enlarges as men age). Stresses (due to work, finances or love life, or even fear of being unable to have an erection) are very common causes of erection difficulties. With the anxiety about your sexual performance, it can be a major factor in reducing or preventing your capacity to have and sustain an erection.

### **Declining Male Hormones**

The sex hormones, chemicals that help shape your love life, unfortunately decline with age. The testicles in the human are the production site of this hormone, testosterone, from the androgen group. This male hormone plays key roles in both health and well-being including enhanced libido, energy, immune function, and protection against osteoporosis.

A lack of male hormones is an extremely rare cause of erection difficulties but a decreasing testosterone levels can reduce his desire for sex.

The ageing process (which is unavoidable) in men is accompanied by a significant decrease in available levels of this hormone and this is probably due to decreased activity of these hormone-producing cells and a reduction in blood supply to the testes. Androgen

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deficiency in men may lead to loss of strength and energy, a decrease in muscle mass, osteoporosis, a decrease in sexual activity. In some cases, changes in mood and cognitive function. This decreasing of hormone weakens the drive for sex, stamina and strength to get an erection.

Testosterone is responsible for:

- ◆ the development of male secondary sexual characteristics such as: body hair growth (e.g. facial, chest and pubic hair)
- ◆ penile growth
- ◆ deepening of the voice
- ◆ sex drive (libido)
- ◆ indirectly helps achieve erections.
- ◆ possibly for feeling of well being and energy.

Testosterone replacement or supplement for men may help combat the effects of declining sex hormones.

Remember that the penis cannot be erected when the blood vessels become blocked and the blood can't get to the penis. Occasionally, other conditions (alcohol, smoking, drugs, fatigue, poor diet and health), can prevent a man getting and sustaining a satisfactory erection.

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