



Men Need Sex Too . . . It's Important To Seek Help!



WRITTEN BY:
ROBERTA FOSS-MORGAN D.O.

While we generally think of sex as a recreational sport or a means to reproduce, it's much more.

Sex is important for a man's mental and physical health.

When orgasm takes place many hormones are released that helps men feel at peace, bonded with their partner and ready to roll over and go to sleep. That's right women, it's not that he's not interested in talking or cuddling, he's in a state of utter relaxation and bliss.

▲ **My practice is now one-third men.**

I have all of them take the SHIM (Sexual Health Inventory for Men) questionnaire to determine their level of sexuality. We have to know if their libido (sex drive) is intact, are they able to achieve and feel secure in maintaining an erection, can they reach climax and are their orgasms as strong as they were in the past.

Men tell me "that part of me is dead." A man feels a responsibility to be a good lover. When he is unable to function

the way he feels he should, his sense of masculinity suffers enormously. A man may see himself as no longer being a good provider. A man may not think a relationship with a new woman is possible. How does a man disclose this to a new woman. Oh my!

Masters and Johnson did important work on sexual dysfunction in the 1960s. Unfortunately their finding that most men with erectile dysfunction have a psychological problem set progress back a few decades. Medicine is not static, information continues to be dynamically discovered. With much research we have learned that most men with erectile dysfunction have a physical basis for their problem.

ONLY part of the solution comes in the form of a Viagra like pill. Somewhat serendipitously, Viagra was a medication known to have a



significant effect on clogged arteries. Viagra didn't work so well for all the clogged arteries, BUT men noticed it did help with the blood vessel disease of their penis. Pfizer won the sexual olympics and the first anti-aging medication was approved.

Some men don't know this - Viagra needs to be taken on an empty stomach, which includes alcohol, one hour prior to eating or drinking. It usually remains in your system for six hours. Caution: do not take Viagra if your doctor has prescribed Nitroglycerin for your heart.

I would like to clarify that there is such a thing as

psychological impotence. It is just that is not usually the problem. The mind is the largest sex organ in the body. Anxiety releases adrenaline, which makes the penile blood vessels constrict like a kinked hose. Now the blood cannot fill the penile vessels and the man often tells the doctor, me, that "I was not able to perform." Also, I hear that men are with much younger women and they want to be able to perform again and again, so they take a pill. This may be OK for a while but when the woman finds out she may be hurt and distrustful of you because she thought you were so turned on because of her. Hence, the importance of being earnest.

A short list of causes of erectile dysfunction are:

clogged arteries, prostatic surgery (even the nerve sparing procedure), radiation, Peyronnie's Disease, diabetes, anxiety, fear, a woman from hell and, most importantly, declining hormonal function.

There are many hormones to be replaced in men, but Testosterone is the major one. Neither Viagra nor any of the other advertised ED pills increase libido because they do not work on the part of your brain that controls sexual desire. Viagra does usually create a firm erection though, which may then excite the man and increase his libido.

What I find is that most men have low Testosterone, even young men. So we start there.

If your Testosterone has been tested correctly, and a deficiency is found, a Testosterone prescription nearly always increases desire. If your Testosterone just entered the low end of normal, you have low Testosterone. A complex blood work up needs to be done. Just getting your Testosterone level won't work.

Some of the remedies include, but are not limited to: Testosterone replacement, SSRIs and condoms for premature ejaculation, HCG, Progesterone, 7 Keto DHEA, Thyroid, penile injections of Phentolamine, Papaverine, and PGE1, penile prosthesis which should be inserted during prostate surgery, and openhearted honest communication with your partner. Oh yes, and perhaps some Viagra.

▲ Only 20 percent of men with ED seek medical counsel. This is just plain sad. How many couples could stay together and communicate better if we doctors did a better job at helping men? This is just one more thing that we did not learn in our medical training.

Hopefully we are always learning and getting better at the practice of medicine.

MORGAN MEDICAL CENTER OF INTEGRATIVE MEDICINE, P.A.

124 Kings Highway West
Haddonfield, NJ 08033
phone: 856.216.9001
fax: 856.616.9837

100 South Cornwall Avenue
Ventnor, New Jersey 08406
phone: 609-823-1899
fax: 609-823-1889

Fee For Service

www.drrobertamorgan.com

You are not alone, Morgan Medical Center can help! We address your concerns in a comfortable setting and help you get back on the road to good sexual health. Schedule your appointment today!

Roberta Foss-Morgan, D.O. completed post-baccalaureate training in Pre-Medicine at the University of Pennsylvania. After which, she received her medical degree from the Philadelphia College of Osteopathic Medicine. Her internship and residency in Family Medicine was completed at the Virtua Health System. Dr. Morgan was Board Certified in 1995.

*In 2005, Dr. Morgan authored her first book, **What Your Doctor Won't Tell You About Weight Loss.***

Further training in European Endocrinology, Mesotherapy, Medical Weight Loss, and Intravenous Therapies has required extensive travel throughout the US and Europe.

Dr. Morgan has appeared on CNN, Ch 3 KYW, Fox News and numerous other live TV and radio shows. She is a frequently requested lecturer to physicians and patients.

