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HEALTHY MALE
ANDROLOGY AUSTRALIA

Monthly e-news | **For men, family & friends**

July 2019



Welcome to our new e-newsletter

It's been a busy few months here at Healthy Male. We have our new name, and a new look, but our vision remains the same: a healthier life for all men and boys.

We changed our name to make it easier for everyone to understand what we do, which is to work with leading researchers, specialists, doctors and educators to bring you easy-to-understand information on male reproductive and sexual health.

Our aim is to make this information available to everybody, regardless of gender, age, education, sexual orientation, religion or ethnicity.

We do this because even though Australia's 12 million men and boys generally have better

health than males in most other countries, there are challenges. Men still die earlier than women – and more often from diseases that can be prevented – and 1 in 3 men will experience some kind of reproductive or sexual health problem.

This new e-newsletter is designed to give you the latest information on men's reproductive and sexual health from a source you can trust, in a way that is quick and easy to read.

In addition to our focus on the reproductive and sexual health problems unique to men, we will bring you perspectives on symptoms, causes and the many health challenges that men face in 2019.

This is one of two new e-newsletters – one for men, family and friends and one for health professionals. We want to include more relevant information for our subscribers so if you are a health professional, you may want to update your subscription preferences [here](#).

As with all of our communication channels, we're interested in your feedback. As we continue to connect with more communities around the country, change will be a constant. So please do let us know if you have any ideas or health topics relating to you, your family or community that you would like to see covered.

We hope you enjoy this new e-newsletter format.

Have you visited our fresh new website at healthymale.org.au? It's easy to find your way around, all the health issues are clearly explained, and there are handy fact sheets and videos. And of course, don't hesitate to talk to your GP.



Men's Health Week 2019 (10-16 June)

At Healthy Male, our vision is for a healthier life for all men and boys, which is why this year, Men's Health Week was all about encouraging men to be more proactive in looking after their health.

Throughout Men's Health Week, over 950 communities and organisations promoted

Throughout Men's Health Week, over 250 communities and organisations promoted men's health issues using Healthy Male resources and posters, and in addition countless events and promotional activities were held by other men's health services, Men's Sheds and community groups.

Many of the events and activities held as part of the week are designed to give men an opening to talk about their health. The activities help men, and their families and friends, to understand how common certain health conditions are - and reduce the stigma around them - such as erectile dysfunction which isn't often openly spoken about but can signal something more serious. That's why Men's Health Week is so important.

Thank you to those passionate about men's health who helped to spread the word about the key issues in men's health during Men's Health Week. Your continued support for the improvement of men's health in Australia is appreciated.

In the blog



Exercising your way to recovery from prostate cancer treatment

Regular exercise is essential for good health. It can help prevent chronic disease and has benefits for our mental health too. A growing body of evidence also shows that regular exercise plays an important role during, and after, prostate cancer treatment.

While evidence shows that regular exercise won't cure cancer, it can prevent some cancers from developing and is an essential part of reducing symptoms, lessening the side-effects of radiation treatments and increasing prostate cancer survival rates.

[Read more](#)

Ask the Doc.



Dr Michael Lowy is a sexual health physician specialising in men's health conditions, sexual medicine and counselling. He is specifically trained in the treatment of male sexual dysfunction (libido, erection, ejaculation disorders), relationship and sexual problems affecting individuals and couples.

Question

When I have sex with my partner, I always ejaculate earlier than I want to. What's a normal length of time to last during sex? I think what I'm experiencing is premature ejaculation. I read online that anti-depressants can help by causing delayed ejaculation. Is this true?

Answer

During sexual intercourse, most men ejaculate between 5-10 minutes and research has shown the average time to ejaculate after penetration is 5 1/2 minutes.

Usually, ejaculation less than 1 to 1 1/2 minutes after penetration is regarded as premature ejaculation. But if this causes no distress to either partner, no treatment is necessarily required. The presence of distress in association with quick ejaculation often indicates the need for treatment.

There are a few treatments including behavioural exercises, use of condoms and anaesthetic spray, as well as anti-depressant medication (also known as SSRI). This requires a doctor's prescription and comes in two forms. SSRI medication is a very successful treatment for depression but it has a significant side effect of delaying ejaculation which is why it's sometimes prescribed for men with premature ejaculation.

Want to learn more about **premature ejaculation**? Check out the information on our [website](#) or browse through our [resource library](#) for fact sheets, information guides and videos on retrograde ejaculation and other ejaculation and erectile problems.

THE MALE

JULY 2019 | ISSUE #1



Our new bi-annual magazine - The Male

As part of our fresh new look, we've also been working on a new bi-annual magazine, *The Male*, which replaces our quarterly print newsletter, *The Healthy Male*. *The Male* is another way for us to engage with men, boys, families and health professionals, and a place to look at current issues in more detail.

In this first issue, we look at ways of connecting and creating conversations about men's health. We believe that if we can get more people talking, and if we can normalise the conversation, then we can overcome what is often a first barrier to seeking help.

You'll also find articles on Men's Health Week, the National Male Health Strategy 2020-2030, and stories from real men. Health professionals will find information on professional development opportunities and new research too.

Read [The Male](#) now or [subscribe](#) to receive your own copy of the next issue.

Advanced Reading



Nerve grafting procedure restores erectile function after surgery for prostate cancer

[Read more](#)

Advanced Reading



Environmental chemicals impact the reproductive health of young men

[Read more](#)

For you and your family

Free hard-copy information guides

Our information guides provide a comprehensive overview of the causes, prevention, diagnosis, treatment and management of five male reproductive and sexual health conditions - erectile dysfunction, androgen deficiency, male infertility, prostate enlargement and testicular cancer.

Order through our online store. All resources are free and postage is complimentary throughout Australia.

[Find out more](#)



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