

Sexual performance may hold key to men's health

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Men's pride in sexual performance may help the fight against increasing obesity, according to internationally regarded expert on obesity, men's health and ageing Professor Gary Wittert.

"It's becoming well known that there are high levels of obesity in Australian men and that this has significant consequences for chronic diseases, both physical and psychological," Professor Wittert says.

"What is less well known is that not only blood vessels to the heart are affected by obesity but similar effects occur with the blood vessels to the penis with resulting erectile dysfunction and poor urinary tract function.

"Australian men care about erection problems, perhaps more so than possible cardiovascular disease. This may present an opportunity to improve communication about the benefits of weight loss."

Professor Wittert said men tended not to mention erectile dysfunction to their doctors and were not good at volunteering health information generally. But health practitioners could be trained to elicit important information in a gender specific way.

Source: University of Adelaide

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