

# **Lifestyles and Sexuality in Men**

**Saeid Arasteh, MD**

**Urologist**

**Kidney Transplantation Fellowship**

**Avicenna Research Institute**

- A complex and multidimensional process coordinated by neurological, endocrine, and vascular systems
- A medical and psychological problem that adversely affect → physical health + emotional well-being

- The impairment of sexual function may have a detrimental effect on:
  - self-esteem
  - body image
  - interpersonal relationships
  - physical health in general, including fertility

- Modifiable risk factors for male and female sexual dysfunctions are:
- Smoking
- physical inactivity
- obesity
- excessive alcohol
- drug consumption

# Obesity

- More and more relevant results suggest that the association between obesity and ED may be explained by endothelial dysfunction

# Physical Activity

- Intense and moderate physical activity is associated with a lower risk of developing ED because it increases endothelial NO production and decreases oxidative stress

# Loss of Weight and Dietary Factors

- An improvement of many biological, psychological and sexual factors

# Smoking

- Decrease in vasodilatation of vascular endothelial tissues: Chronic smoking causes ED in men

# Alcohol

- Low-dose alcohol consumption produces a slight euphoria, leading some people to be more open or receptive to sexual activity
- At higher doses alcohol leads to an opposite effect as it tends to attenuate the sexual response in a gender-dependent manner

# Amphetamine

- A decrease in sexual desire, the inhibition of orgasm and, consequently, a reduction of sexual satisfaction

# Chronic Stress

- Chronic stress is generally defined as “an important life events that induce a prolonged period of stress such as a death in the family” or as “a collection of small stressors that are constantly or frequently present, such as deadlines that never seem to be satisfied, traffic or financial concerns”