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Dr Jan's *Passion News*

The Sad Truth About the Male Magic Wand

A Message from Dr Jan

Welcome to the first Dr Jan Passion News - specifically to share information about relationships and sex therapy. Because my work embraces such a wide range of issues - from parenting and bedwetting to sex therapy, I felt the need to distinguish between two types of news. Hence the options to receive Dr Jan's General ENews (currently with the feature article on Facing Grief of Loss of A Loved One for the First Christmas) or this more personally provocative Dr Jan's Passion News.

The Sad Truth About the Male Magic Wand

In my sex therapy practice I often see men who have spent thousands of dollars on medication to try to have reliable erections - to no avail. You see they are suffering from a psychologically caused erectile dysfunction yet they seek the magic wand - a medical quick fix!

So What Medical Treatment is there for Psychologically Caused Erection Problems?

I hope that you will be asking a question at this point... like 'Hang on there... if the problem is caused by a psychological problem, why fix it physically?'

Some medical professionals say that this is because the physical treatment has a good chance of producing an erection and the man can have confidence in this. Over time, he may get his own psychological confidence back.

I am not sure of this... but just in case, here are the options:

There are a variety of medical options for physical treatment - penile injections, tablets to swallow, and a lozenge (troche) that you suck.

For medical treatment you must consult with a qualified medical practitioner.

For advice on other apparatus which can help with erections, such as Vacuum Pumps and Implants, I recommend you consult your urologist.

1. Injections

Self-injection therapy can usually cause an erection in 95% of men. The erection may continue for a time after ejaculation. Self-injection treatment is suitable for those men who are extremely concerned about satisfying their partner, have high anxiety, are resistant to counselling and want a medical approach. The downside for injections is that many men (and/or their partners!) don't like the idea of an injection in the penis. They don't like it because it hurts - physically, emotionally and economically.

An additional side effect which may occur if there is an overdose of the medication is called 'Priapism'. This is where the penis stays erect for hours. Named after the Greek god Priapas, who had a permanent erection, this phenomenon occasionally causes extreme distress and can be dangerous to penile health. If left untreated, it can be very painful and can damage the penile circulation. This is why injection treatment should be under close medical supervision and with good self injection education.

2. The Pills

Viagra was eagerly pursued by many hopeful men who wanted a "magic wand" for their erections and it can help with at least half the men who use it. "The magic" has some limits however. Some men get unwanted side effects such as headaches and blurred vision. Food and alcohol consumption can reduce Viagra's effectiveness. Most importantly: The success of Viagra still depends very much on the physical presence of a sexually stimulating partner - in order to get the man aroused.

Other drugs include Cialis and Levitra - which have been found to be effective for up to thirty-six hours (whereas Viagra is effective for four to six hours). Again, sexual stimulation is necessary for these drugs to work. Cialis and Levitra can be taken with or without meals and with moderate amounts of alcohol, however there are still some side effects possible for both.

3. Herbal Treatment for Erections

There are many herbal preparations available in pharmacies and health food shops which claim to boost male sexual performance. These include Avena Sativa and Horny Goat Weed. They may be cheaper and easier to get than medical options but herbal medications can also have side effects and can

interact badly with some prescribed medications and do they work??

Surveys

If you are able to, please participate in Dr Jan's survey about orgasms. More details here:

[Survey for Men](#)

[Survey for Women](#)

The last word

The holiday grass is often greener on the other side of the fence. Some people grumble about "having" to spend time with family while others are hurting because they don't have family to be with. Whatever your circumstances, remember to express gratitude for what you have, and look for opportunities to be of service to others.

I am so grateful for all who support me to work to support others.

Have a peaceful and enjoyable holiday season.

Dr Janet Hall

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