Men's Health:

The male reproductive system consists of:

- The penis and the urethra are part of the urinary and reproductive systems.
- The scrotum, testes (testicles), vas deferens, seminal vesicles, and prostate gland comprise the rest of the reproductive system.

It is not clear whether aging itself or the disorders associated with aging cause the gradual changes that occur in men's sexual functioning. The frequency, duration, and rigidity of erections gradually decline throughout adulthood. Levels of the male sex hormone (testosterone) tend to decrease, reducing sex drive (libido). Blood flow to the penis decreases. Other changes include decreases in penile sensitivity and ejaculatory volume, reduced forewarning of ejaculation, orgasm without ejaculation, more rapid detumescence, and a longer refractory period.

Benign Prostatic Hyperplasia:

The prostate gland lies just under the bladder and surrounds the tube that carries urine from the bladder (the urethra). It produces the fluid in the semen that nourishes sperm. Walnut-sized in young men, the prostate gland enlarges with aging. Three common disorders affect the prostate: benign prostatic hyperplasia, prostate cancer, and prostatitis.

Benign prostatic hyperplasia (benign prostatic hypertrophy) is a noncancerous (benign) enlargement of the prostate gland that can make urination difficult.

Causes	Symptoms	Diagnosis	Treatment
The prostate gland enlarges as men age.	Difficulty in urination	Rectal examination or blood sample	Drugs to:
			Relax the muscles of the prostate and bladder
	Frequent Urination		To shrink the prostate
	Increased urgency to urinate		Sometimes surgery.

Sexual Dysfunction:

In men, sexual dysfunction refers to difficulties engaging in sexual intercourse. Sexual dysfunction encompasses a variety of disorders that affect sex drive (libido), the ability to achieve or maintain an erection (erectile dysfunction, or impotence), ejaculation, and the ability to achieve orgasm.

Sexual dysfunction may result from either physical or psychologic factors. Many sexual problems result from a combination of physical and psychologic factors. A physical problem may lead to psychologic problems (such as anxiety, fear, or stress), which can in turn aggravate the physical problem. Men sometimes pressure themselves or feel pressured by a partner to perform well sexually and become distressed when they cannot (performance anxiety). Performance anxiety can be troublesome and further worsen a man's ability to enjoy sexual relations.

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Erectile dysfunction is the most common sexual dysfunction in men. Decreased libido also affects some men. Problems with ejaculation include uncontrolled ejaculation before or shortly after penetrating the vagina (premature ejaculation), ejaculation into the bladder (retrograde ejaculation), and inability to ejaculate (anejaculation).

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