

Danger down under



Many sexual disorders often go undetected, marring your [sex](#) life in the long run. Dr Rajan Bhonsle lists some lesser-known yet equally troublesome

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It's a medical condition where the foreskin gets entrapped behind the glans and can't be slid back to its usual flaccid position. If the condition persists for a long time (several hours) or if there's any sign of lack of blood supply, it should be treated as a medical emergency as it can result in complications, including gangrene.

Paraphimosis can be reduced with the aid of a lubricant. This requires compressing the glans gently and moving the foreskin back to its normal position, using a lubricant. If manipulation fails, the foreskin may have to be cut or excised by circumcision surgery.

A minor curvature in the penis is common. However, if it curves gradually with time and is also accompanied by pain on erection, it could be due to Peyronie's Disease. First described by French doctor Francois de la Peyronie, the disease is characterised by the formation of a 'plaque' beneath the penis' skin which causes pain, curvature and distortion, usually during erection. The treatment choices are very limited. The objective is mainly to maintain normal sexual function and help relieve pain. Invariably, surgery is the only effectual treatment.

'Blue balls' is a condition characterised by pain, discomfort and aching of the genitals typically after sexual arousal. Though uncomfortable, it is not a disease, nor is it dangerous or harmful.

'Blue balls' classically results when sexual arousal is not followed by ejaculation/orgasm due to which the pooled blood takes longer to leave the genitals. This could cause some discomfort and/or pain for the man and can only be relieved by orgasm/ejaculation. Masturbation is therefore the simplest and the best way out.

Blue balls is an excuse adolescent boys occasionally use to persuade their girlfriends into having [sex](#)



, claiming that the only way they can avoid the pain is to climax via intercourse. Girls need to understand that they can always decline as simple masturbation can be of equal help.

'Crabs' is the colloquial term for 'pubic hair lice'. Millions of people suffer from this. These pubic lice appear like crabs under a microscope but can also be viewed by the naked eye. They are quite different from head or body lice. The similar severe itching erupts although in a different part of the body. It's possible to get infested from infected clothing, bedding or toilet seats, and of course, via physical (sexual) contact. Crabs and their nits can be easily destroyed by local application of medications and shampoos.

Inducing a deficiency of oxygen in the brain via self-applied suffocation methods during masturbation is known as auto-erotic asphyxiophilia. Some adolescents discover that they can enhance their arousal and orgasmic pleasure by blocking their oxygen supply via suffocation. It almost always remains a secret until they die accidentally. Almost 500 and 1000 deaths occur annually in the US from this dangerous form of masturbation.

The hindrance of blood supply to the brain can heighten sensations as it induces lightheadedness, giddiness and exhilaration. This technique may provide excitement but it also dampens one's judgment and self-control, often resulting in accidental death.

Coital cephalalgia or 'benign orgasmic headache' is a rare type of headache experienced at the base of the skull during sexual activity, before or after orgasm. It's more prevalent in men, by a ratio of 3:1. The headaches have a sudden onset, but some aggravate gradually during intercourse and others occur almost instantly at the moment of orgasm. These headaches classically last for a few minutes to a few hours.

One in every ten men, taking medication for erectile dysfunction experiences such headaches. As treatment, a doctor may recommend medications such as propranolol that can be taken in advance of sexual activity.

Venereal warts are caused by the Human Papilloma Virus (HPV) infection. They are flesh growths found on or around the genitals and anus. The warts are usually painless, but can itch, get inflamed and may bleed. They aren't always visible, especially if inside the vagina, particularly on the cervix, or in the anus. Many suffering from HPV have no symptoms, and unknowingly pass on the virus. Condoms don't protect against HPV. Symptoms (warts or lesions) usually appear three to eight months after contact with an infected individual.

HPV is the most important risk factor for 'cancer of the cervix'. Practically all cases of cervical cancer are caused by HPV. Regular 'Pap smear' examination helps in early detection and treatment of pre-cancerous cell changes. HPV infection can never be completely cured. The treatment is primarily aimed at removing the warts, reducing the number of viral particles and possibly stimulating the immune response to help control the infection.

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