



**myHealth  
CONNECTIONS**  
PROMOTING HEALTH AND WELL-BEING

# RED FLAGS

## SIX SEXUAL HEALTH ISSUES YOU SHOULD DISCUSS WITH YOUR DOCTOR

# 1

### LOW TESTOSTERONE

If your sex drive has declined, you're gaining weight and your energy is down, your body may not be producing enough testosterone. Testosterone production naturally declines with age but there are other potential causes such as sleep apnea. A simple blood test can help pinpoint the cause and potential treatments. Be sure to tell your doctor if you plan on having children because that decision might affect the kind of medications prescribed.

# 2

### TESTICULAR LUMP

A lump or mass on your testicles may be a sign of cancer, which is the most commonly diagnosed cancer in men aged 18-35. Testicular cancer is highly treatable when caught early, and treatment does not typically cause long-term problems with sexual performance or fertility. It's recommended that men perform a self-exam each month to detect new growths or lumps. It's normal, however, for one testicle to be larger than the other.

# 3

### PENIS INJURY

About one in 11 men has experienced an injury to the penis that causes curvature and shortening, making intercourse difficult or impossible. This condition is called Peyronie's disease, and it's treatable with topical medications or, for more severe cases, microsurgery to repair the scar tissue that developed as a result of the injury.

Many men with Peyronie's disease don't recall a specific event that may have caused the injury, and symptoms may not be immediate. Talk with your doctor if you are experiencing symptoms of Peyronie's disease.



**BlueCross BlueShield  
of Illinois**

Men: Schedule a physical assessment with your primary care physician to learn more about your health and how to protect it. Log into Blue Access for Members (BAM) at [bcbsil.com](http://bcbsil.com). Click **Doctors & Hospitals** to compare costs and find providers

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Don't put off visiting your PCP or urologist because these conditions may indicate an even more serious underlying problem.

# 4

### PREMATURE EJACULATION

PE is the most common male sexual disorder, impacting 21% of men aged 18-59. There's no time limit: Some men experience it in their earliest sexual encounters, while others don't have issues until much later. PE has a wide range of possible causes, including depression, post-traumatic stress disorder, relationship problems, alcohol consumption and other factors.

Your doctor can determine if your PE is related to an underlying medical condition. If there's no physical component, your doctor can offer strategies on how to manage it.

# 5

### SEXUALLY TRANSMITTED DISEASES

STDs are on the rise. Gonorrhea, syphilis, HPV, HIV and other STDs can be transmitted in a variety of ways. Using a condom during intercourse doesn't offer 100% protection, but it helps guard against some STDs. The best defense is to use condoms and get tested for STDs, especially when you are starting a new intimate relationship. If you're age 26 or younger, consider getting the HPV vaccine.

The first signs of STDs are typically pain, sores or discharge in your genital area. Many STDs can be successfully treated or managed with medication.

# 6

### ERECTILE DYSFUNCTION

ED isn't just an issue for older men. One in four men seeking help for ED is under age 40. ED can be caused by a variety of psychological and physical conditions, ranging from heart attack and stroke to smoking and lack of exercise.

Your urologist might suggest lifestyle changes and can prescribe ED medications such as Viagra or Cialis. Other treatments are available as well, so it's best to have a frank conversation about ED before it becomes a larger problem.



#### Mark your calendar

Participate in the National Wear Blue Day on Friday, June 19. Wear blue to show your support for men's health awareness, and then share photos on the MyHealth Connections Facebook page.