

Impact of male sexual dysfunction on

1. female partner sexual function/wellbeing
2. male partner sexual function/wellbeing

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Impact of male SD on female/male partner sexual function/wellbeing

- My ideas and more robust research needed
- ~ 40% of men at 40 years of age to 70% of men at 70 years will have ED
- ~10-30% of men experience PE
- ~10% will have low or loss of libido
- Most will have partner/s at some stage

Worth it's weight in gold !



Impact of male SD on female/male partner sexual function/wellbeing

- Penis/ its function is considered to be ↑↑↑ important. Penis is venerated in every culture
- "10 foot long, hard as steel and lasts all night long"
- **Women/men learn from an early age that an erect penis = you are sexually desirable**
- **PERSONAL**

Impact of male SD on female/male partner sexual function/wellbeing

- Socialised = 'doing it'
= penetrative intercourse
- The man is supposed to bring a firm penis to the party
- Men are responsible for their penis
 - Who you are as a human being

Making love is a learned skill !

Sex is perfectly natural,

but not naturally perfect



Impact of male SD on female/male partner sexual function/wellbeing

- **Poor** sex education
- Female partner → **different gendered** individual
- **Just sexually competent** when everything going well
- **Not** prepared for changes
- Changes do not come with **relationship** and **sexual skills** manual

What is a man who has a SD like?

- Depressed/angry/hurt/frustrated/scared/cranky
- Has lost confidence in himself as a good lover/manhood
- Has withdrawn sexually
- Has withdrawn sensually
- Blames the partner+/_ affairs, sex workers, cybersex

Impact of male SD on female/male partner sexual function/wellbeing

- Impact will vary depending on:
 1. Individual's own sexual needs/expectations
 2. Primary or secondary disorder
 3. Age of partner/ relationship
 4. Quality of relationship
 5. Function of the relationship
 6. **Communication skills**
 7. Lovemaking skills/knowledge
 8. **Each person's response to the sexual difficulty/changes**

Outcome for the partner

- Depression/anger/hurt/frustration/fear
- Loss of self-esteem as woman/man and sexual partner
- ↓ **libido** → ↓ **arousal** → **PE/RE, ED, dyspareunia, ↓ orgasmic potential** → ↓ **expectation pleasure** → ↓ **libido**
- Loss of having skin hunger needs met
- Loss of relationship bonding → ↓ relationship soothing
- Feelings that not normal / that missing out
- Guilt that to blame
- Vaginal atrophy, ? Loss of penile function

Carroll J & Bagley D. Evaluation of sexual satisfaction in partners of men experiencing erectile failure. J Sex & Marital Therapy 1990;16(2);70-78

How may a partner respond?

- **Anger**
 - selfish/lazy
 - Punitive/depreciating/abusive
- **Avoidance** of intimacy
 - to avoid disappointment in own pleasure
 - to protect partner from 'failure'
- **Unconcerned/relief**
 - as sex only for the other or procreation
 - never very interested in sex
- **EMS**
- **Adjustment to a different sexual pattern eg affection** → **outercourse**

SD – A Couples Problem

- Condition & treatment always impact both partners
- Partner is very important in maintenance of treatment
- Women do not understand how to handle insecure male partner and bi-directional feeding of personal and sexual insecurities affects quality of relationship
- The sudden availability of sex may be problematic eg with secret use of medications
- Guilt and anger take time to resolve
- Sexual confidence and new sexual scripts take time



New insights into erectile dysfunction: A practical approach.

Korenman S. American J of Medicine. 1998;105:135-44.

Where couples **magnify** the effect of a sexual problem by reacting to it with fear, anger and anxiety, the result is often impairment in the overall relationship



Conclusion

The over focus on medical management of sexual difficulties with **limited** educational, psychological and relationship amelioration may be responsible for the high level of patient dissatisfaction and discontinuation of treatment.

Althof S & Wieder M. Psychotherapy for erectile dysfunction. Now more relevant than ever. Endocrine. 2004;23:131-4



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Thank you

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