**Male sexologist online consultation in India**

Online Consultation for Premature ejaculation, erectile dysfunction

Male sexual problems are prevalent in today's generation and are seen in men of all ages. The cause for the spike in sexual problems could be credited to changing and sedentary lifestyles. Erectile dysfunction tops the list of sexual dysfunctions and can cripple a healthy relationship. It is vital to understand the importance of sexual health and take help when required.

### Male sexual dysfunctions and treatment

There are quite a few sexual problems that one can face in the bedroom and needs to be reported. The problem could be related to erection, orgasm, ejaculation, or unsatisfactory sex life. The severity and extent may vary, and there is no set parameter. Only a good sexologist can gauge the exact problem and help you with it.

Erectile dysfunction is related to aging, but many younger men report erection issues too. The reasons could be anything on the spectrum from a health condition like obesity and heart disease to excessive drinking. An erection works when there is the proper blood supply to the penis when aroused, and adequate signaling to the brain happens. Anything that disturbs blood circulation, neural response, or muscular strength can cause erectile dysfunction. It can be a chore for you to find the exact cause, and you would need an expert's vision to help you with an accurate diagnosis. A sexologist can recommend prescription medicines, injections, vacuum pumps, or penile implants as per the severity and response of the disease. Most men accept the defeat and choose to live with weaker or no erections when there is no reason to settle. You can easily see the improvement with a single consultation from a good sexologist. Even men in their 60s and above can have a healthy lifestyle with minor tweaks. A sexologist will also consider your overall health and recommend lifestyle changes.

Premature ejaculation is another sexual dysfunction that can shatter the male ego. Involuntary or early ejaculation could be embarrassing for the man and could instigate anxiety. The anxiety further makes the issue more intense, and one finds himself in a vicious cycle. Early ejaculation can happen due to health conditions, hormonal imbalance, weak musculature, hypersensitive penis, and psychological distress. You can consider getting an online consultation for premature ejaculation to start the process of healing. There are many treatment options available including medicines, desensitizing agents, behavioral modification techniques, and psychological aid. Finding the right reason will help you in getting the most appropriate treatment.

Loss of libido or mismatched sex drives could be another reason for conflict in relationships. Change in sex drive is normal and is rather expected to waver according to present life situations. It mostly gets back to the older version when the situation improves. However, if you feel the change is permanent and you feel helpless, it is time to take advice from a sexologist. The sexologist will go through a detailed medical and personal history and prompt a suitable treatment. Marriage therapy can also help patients with different sex drives. If you want a relationship to work, you will have to take some extra steps and make an effort to revive the relationship.

Penis size is more important to this generation than it has ever been. It could be attributed to easily available explicit content and social media platforms that have set high standards for bodily standards. The truth shall remain far from the projections and real life surely looks different. Half knowledge is more damaging as it instills an inferiority complex in men with proper functioning genital organs. The penis size between 3-6 inches when erect is acceptable and does the job well. Innumerable studies have pointed out that women prefer men who are sensitive and caring and know their way around. So, the technique and efforts carry more marks than your penis size.

You need to consult a sexologist for erectile dysfunction or any other sexual problem to get your sex life back. Stop worrying about society and confide in your partner. Your partner's support is all that you would need to lead a healthy sex life.

### Bottom Line

Sexual problems could break your confidence and make you suffer in silence. The misery is never-ending until you decide to take action and get the needed medical attention. You can even opt for online consultation for premature ejaculation or other dysfunctions if walking into a sexologist's office is giving you chills. It will make you comfortable with the idea, and you can start seeing the improvement.