

Men and Women: Ice and Fire?

Introduction and Objective: Sexual function is an action of a couple, but each participant demonstrates it in different style.

Materials and Methods: Population study on 1280 Russian men (mean age 36.0 years) and 768 women (mean age 35.8 years), who filled in special questionnaires. Mostly they were from Siberia, the coldest region of Russia.

Results: Life span in Russia is 58.6 years for men and 72.4 years for women. In our study 76% men and 84% women consumed alcohol rarely, and 19% and 9% accordingly didn't drink it at all. There was 71% women and only 30% men who were non-smokers. Both sexes had one constant partner in 81%. There were 57% women and 43% men who used condoms for contraception, but only 29% women and 17% men did it with sex with an unknown partner, in casual sexual affairs. In 5-score scale sexual function was "great" in 34% women and 33% men, poor in 7% and 20% accordingly. We have found direct correlation between male sexual function and their successfulness in whole, but there was no phenomenon in women. Only 22% of woman under 40 considered the size of the penis important, 28% believed it is of average important and half of them believed it was unimportant. None thought the size had great importance. After 40, the proportion has changed: 9% believed the size is very important, 18% important, 44% mildly important and 29% unimportant. Meanwhile, a size of the penis was very important for 60% young men and twice less (31%) for men older than 40.

Conclusion: There are severe gender differences in lifestyle, sexual function, contraception etc, and these differences should be taken into account not only by sexual medicine specialists, but by any doctor and social worker.