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Sexual Problems in Men

Many men have sexual problems. They become more common as men age. Problems can include:

- Erectile dysfunction [<https://medlineplus.gov/erectiledysfunction.html>]
- Reduced or lost interest in sex
- Problems with ejaculation
- Low testosterone

Stress, illness, medicines, or emotional problems may also be factors. Occasional problems with sexual function are common. If problems last more than a few months or cause distress for you or your partner, you should see your health care provider.

Diagnosis and Tests

- Testosterone Levels Test [<https://medlineplus.gov/lab-tests/testosterone-levels-test/>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/prueba-de-niveles-de-testosterona/>]



Related Issues

- How Cancer Can Affect Ejaculation and Orgasm [<https://www.cancer.org/cancer/managing-cancer/side-effects/sexual-side-effects/ejaculation-and-treatment.html>] (American Cancer Society)
- How Cancer Can Affect Sexual Desire in Men [<https://www.cancer.org/cancer/managing-cancer/side-effects/sexual-side-effects/treatment-and-desire-and-response.html>] (American Cancer Society)
- Hypogonadism in Men [<https://www.endocrine.org/patient-engagement/endocrine-library/hypogonadism>] (Endocrine Society)
- Male Hypogonadism [<https://www.mayoclinic.org/diseases-conditions/male-hypogonadism/symptoms-causes/syc-20354881?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/male-hypogonadism/symptoms-causes/syc-20354881?p=1>]
- Testosterone Therapy: Potential Benefits and Risks as You Age [<https://www.mayoclinic.org/healthy-lifestyle/sexual-health/in-depth/testosterone-therapy/art-20045728?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/healthy-lifestyle/sexual-health/in-depth/testosterone-therapy/art-20045728?p=1>]

Specifics

- Delayed Ejaculation [<https://www.mayoclinic.org/diseases-conditions/delayed-ejaculation/symptoms-causes/syc-20371358?p=1>] (Mayo Foundation for Medical Education and Research)
- Premature Ejaculation [<https://familydoctor.org/condition/premature-ejaculation/?adfree=true>]
(American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/condicion/eyaculacion-precoz-es/?adfree=true>]

Clinical Trials

- ClinicalTrials.gov: Male Sexual Dysfunction [<https://clinicaltrials.gov/search?cond=%22sexual+dysfunction%22&aggFilters=sex:m,status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Premature Ejaculation [<https://clinicaltrials.gov/search?cond=%22Premature+Ejaculation%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Impact of Partial Penectomy and Glansectomy on Couples' Sexual Function. [<https://www.ncbi.nlm.nih.gov/pubmed/40705964>]
- Article: Impact of chemotherapy on sexual dysfunction in Turkish women with breast... [<https://www.ncbi.nlm.nih.gov/pubmed/40696608>]
- Article: Sexual dysfunction in women with breast cancer: a forgotten aspect among... [<https://www.ncbi.nlm.nih.gov/pubmed/40682021>]
- Sexual Problems in Men -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Sexual+Dysfunction%2C+Physiological%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Older Adults

- Male Menopause: Myth or Reality? [<https://www.mayoclinic.org/healthy-lifestyle/mens-health/in-depth/male-menopause/art-20048056?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/healthy-lifestyle/mens-health/in-depth/male-menopause/art-20048056?p=1>]
- Sexual Health [<https://www.mayoclinic.org/healthy-lifestyle/sexual-health/in-depth/senior-sex/art-20046465?p=1>]
(Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/healthy-lifestyle/sexual-health/in-depth/senior-sex/art-20046465?p=1>]

Patient Handouts

- Delayed ejaculation [<https://medlineplus.gov/ency/article/001954.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001954.htm>]
- Premature ejaculation [<https://medlineplus.gov/ency/article/001524.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001524.htm>]
- Retrograde ejaculation [<https://medlineplus.gov/ency/article/001282.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001282.htm>]



[Aging changes in the male reproductive system \[https://medlineplus.gov/ency/article/004017.htm\]](https://medlineplus.gov/ency/article/004017.htm)

[Delayed ejaculation \[https://medlineplus.gov/ency/article/001954.htm\]](https://medlineplus.gov/ency/article/001954.htm)

[Premature ejaculation \[https://medlineplus.gov/ency/article/001524.htm\]](https://medlineplus.gov/ency/article/001524.htm)

[Retrograde ejaculation \[https://medlineplus.gov/ency/article/001282.htm\]](https://medlineplus.gov/ency/article/001282.htm)

Related Health Topics

[Erectile Dysfunction \[https://medlineplus.gov/erectiledysfunction.html\]](https://medlineplus.gov/erectiledysfunction.html)

[Penis Disorders \[https://medlineplus.gov/penisdisorders.html\]](https://medlineplus.gov/penisdisorders.html)

[Prostate Diseases \[https://medlineplus.gov/prostatediseases.html\]](https://medlineplus.gov/prostatediseases.html)

[Testicular Disorders \[https://medlineplus.gov/testiculardisorders.html\]](https://medlineplus.gov/testiculardisorders.html)

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