

NSW Sexual Health Services

Albury	Ph: (02) 6058 1840
Armidale	Ph: (02) 6776 4738
Bourke	Ph: (02) 6872 2145
Broken Hill	Ph: (08) 8080 1556
Coffs Harbour	Ph: (02) 6656 7865
Dareton	Ph: (03) 5021 7200
Dubbo	Ph: (02) 6885 1700
Forster	Ph: (02) 6555 6822
Gosford	Ph: (02) 4320 2114
Goulburn	Ph: (02) 4827 3913
Griffith	Ph: (02) 6966 9900
Katoomba	Ph: (02) 4784 6560
Kings Cross	Ph: (02) 9360 2766
Kogarah	Ph: (02) 9350 2742
Lightning Ridge	Ph: (02) 6829 1022
Lismore	Ph: (02) 6620 2980
Liverpool	Ph: (02) 9827 8022
Manly	Ph: (02) 9977 3288
Marrickville	Ph: (02) 9560 3057
Mt Druitt	Ph: (02) 9881 1733
Newcastle	Ph: (02) 4923 6909
Nowra	Ph: (02) 4423 9353
Orange	Ph: (02) 6392 8600
Parramatta	Ph: (02) 9843 3124
Penrith	Ph: (02) 4734 2507
Port Kembla	Ph: (02) 4276 2399
Richmond	Ph: (02) 4578 1622
St Leonards	Ph: (02) 9926 7414
Tamworth	Ph: (02) 6766 3095
Taree	Ph: (02) 6592 9421
Wagga Wagga	Ph: (02) 6938 6492

Other Services Available:

Australian Centre for Sexual Health	Ph: (02) 9357 2111
Impotence Australia	Ph: (02) 9280 0084

Who can help me further?

If you would like to discuss a sexual concern with someone, either visit your local doctor or contact a Sexual Health Centre near you.

Sexual Health Centres provide a **free** and **confidential** medical and counselling service for individuals and couples with sexual concerns.

Sydney Sexual Health Centre would particularly like to welcome gay men, men from non-English speaking backgrounds, men living with HIV/AIDS or men who have sex with men to our service. Make an appointment with us or just walk in.

NO MEDICARE CARD REQUIRED

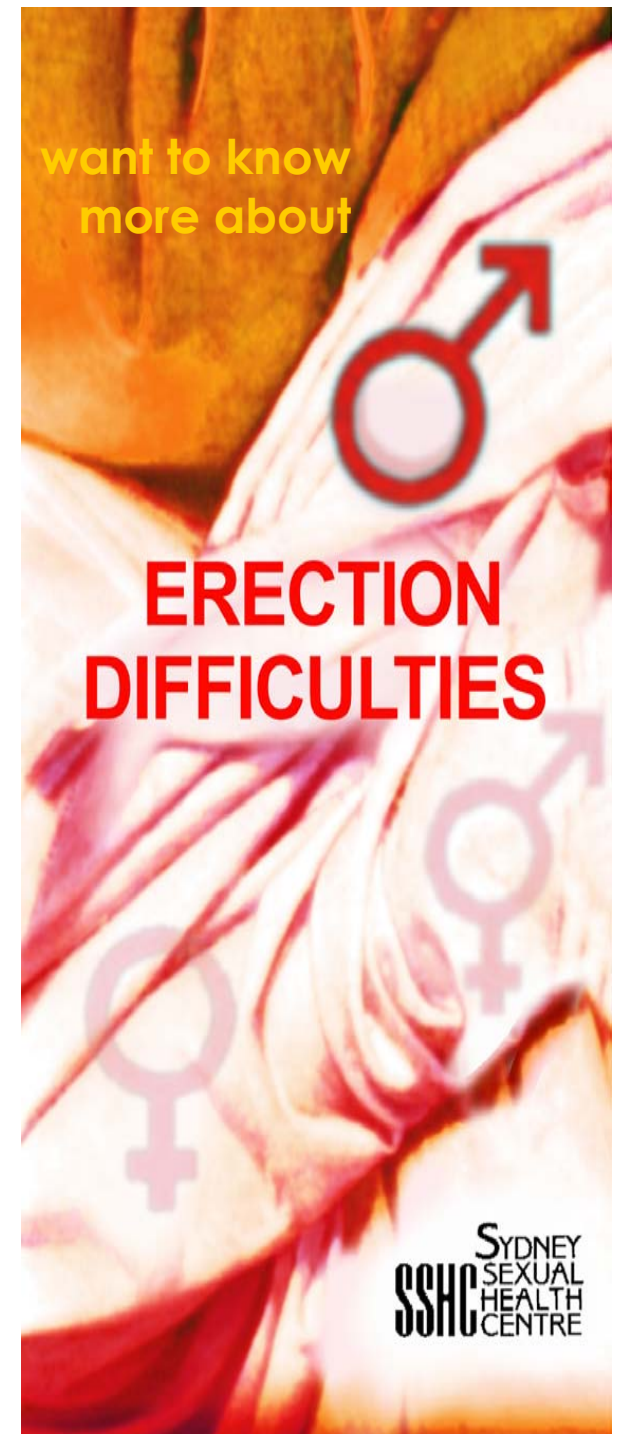
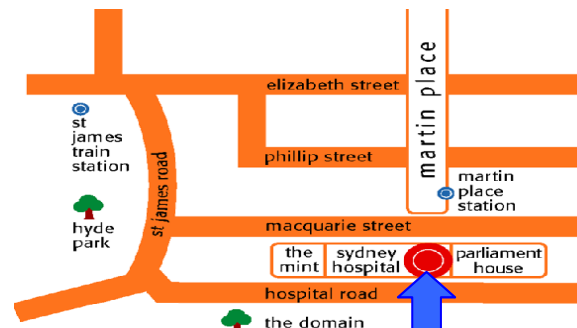
Hours:

Monday, Tuesday, Thursday, Friday 10am-6pm
Wednesday 2pm to 6pm
Telephone: (02) 9382 7440

Sexual Health Infoline: 1800 451 624
Monday - Friday 9am to 5:30pm

Internet:

<http://www.sesahs.nsw.gov.au/sydhosp/SSHHC.asp>



Do you have trouble getting it up?

Erectile difficulty (ED) has most commonly been described as a man's inability to achieve and/or maintain an erection for a satisfactory sexual experience.

Difficulties sustaining an erection can be a very embarrassing thing for men to talk about. Society often associates an erect penis with a man's ability to be masculine, powerful and in control. Therefore, when a man has trouble keeping an erection, he can begin to feel at a loss, angry or frustrated. This can lead to relationship difficulties, stress or even depression.

Erectile difficulty is not necessarily an old man's problem. While it is true that ED increases with age, it is not an inevitable part of ageing and can affect men of any age.

Thinking the problem will go away is very common and most of the time it does. But for those who have had ED for quite some time, there may be either psychological or physical explanations for the problem. While it is easier to avoid the problem, it is important to remember that ED can be successfully treated.

**Did you know?
39% of Australian men aged
between 18-90 are
affected by erectile
difficulty at some time in
their lives.**

The Physical Causes

There are many physical causes for ED. For many men, ED can either be a symptom or a side effect of a medical condition. If this is the case and you think that your erectile difficulties may be caused by a physical condition, then go and see your local doctor or Sexual Health Clinic.

Physical causes for ED include illnesses such as:

- ♣ Heart disease
- ♣ Diabetes
- ♣ High blood pressure

Some medications can cause ED as a side effect:

- ♣ Anti depressants
- ♣ Cancer treatments
- ♣ Anti-hypertensives

Drugs can also cause ED like:

- ♣ Smoking
- ♣ Alcohol
- ♣ Drug use

The Psychological Causes

Emotional problems can also play a major role in a man's ability to keep an erection.

Fear of failure can cause failure. Performance anxiety is probably the most common cause of ED because it is not physically possible to experience high anxiety and arousal at the same time.

Stress is a major contributor to ED. Environmental factors such as work, kids, family, financial or relationship difficulties can all impact on a man's ability to sustain an erection, so too can experiences of grief and depression.

Other male concerns not covered in this brochure can be rapid ejaculation (coming too soon) or retarded ejaculation (not being able to come at all).