



Men's Sexuality: Low Libido

What is a low libido?

A person with a low libido (or sexual arousal disorder) is considered to have a low sex drive and low sexual desire. However, the definition of a low libido is based on each individual. For example, if two people in a relationship have little desire to have sex, and both people are comfortable with this, they may not consider themselves to have a low libido. If a man has little desire in sex and it does not bother him, he may not consider himself to have a low libido. Having a low sex drive becomes an issue if it interferes with a person's relationship(s) or causes distress to the person.

Who has a low libido?

It is difficult to say with any certainty how many men are affected by a low libido. It is generally understood that fewer men are affected by a low libido compared to women. A person's libido can change throughout their life and can be impacted by various events. For example, losing a family member, a new job, or changing medications can all affect a person's libido.

What are the symptoms of a low libido?

The most basic symptom of a low libido is having no desire for sexual activity. A low libido is usually caused by other issues, such as depression, certain hormonal conditions, certain medications (such as anti-depressants), stress, anxiety, fatigue, alcohol or drug use, or relationship troubles. If you think you have a low sex drive and this is not normal for you, it is important to consult your health care provider to determine the cause for the decrease in sexual desire and to rule out a serious health issue.

How do I know if I have a low libido?

This is something that you may be able to determine on your own. However, your health care provider would be able to give you an accurate diagnosis, as well as provide you with information about treating your low libido.

What are the treatments for a low libido?

If another health issue is causing your low libido, such as depression or stress, treating that disorder may help to increase your sex drive. If medications are causing a decreased libido, some men may be able to switch to a medication with fewer sexual side effects. This may not be an option for all men, though, so it is important for a man to speak to his health care provider. It may be possible for some men to use hormone therapy to increase their libido; however, this will vary between men and may be based on their health status. Stress management, exercise, or counseling might also help.

Some men find it helpful to focus on other ways to be intimate with their partner if they are experiencing a decrease in sexual arousal, such as holding hands, giving each other a massage, or cuddling. This will allow you to stay close with your partner without engaging in sexual activity until both of you are ready. Satisfaction is something that you and your partner define and the definition may change over your lifetime.





What products does Pure Romance offer to help improve my libido?

Men could use X-Scream, one of Pure Romance's arousal creams, to try to increase their arousal. X-Scream provides a cool, tingly sensation for users. It helps to open the blood vessels in the genitals, allowing blood to flow faster to this area. Men experiencing a decreased libido can use a male stimulator to increase blood flow to their genitals, helping them to get an erection. (A product like Lavender Lover may work best because it has more powerful suction than the rest of the male stimulators.) Men could also try engaging in additional foreplay with a partner to help increase their arousal. Pure Romance has a full line of foreplay products that men can use with a partner during sexual activity. You can also talk to your Pure Romance Consultant or visit our Web site (www.pureromance.com) for more information about your libido and which products may be right for you.

