

REVIEW ARTICLE

Male Sexual Dysfunction

Diagnosis and Treatment From a Sexological and Interdisciplinary Perspective

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SUMMARY

Background: Among all types of sexual disturbance in men, disturbances of sexual function are the most important in clinical practice. These are classified by the segment of the sexual reaction cycle in which they arise (appetence, arousal, orgasm, and resolution). Partial functional impairment must be distinguished from dysfunction causing significant suffering and requiring treatment.

Methods: The authors' clinical experience is supplemented with a selective review of the literature on sexual dysfunction, its association with underlying diseases, and its impact on sexual and relational satisfaction.

Results: The sexual history (including the partner's sexual history, as far as this can be obtained) is of prime importance in the diagnostic evaluation of sexual disturbances. This evaluation must take the multidimensionality and multiple functions of human sexuality into account. Chronic frustration of the fundamental psychosocial needs for acceptance, closeness, and security is a very important factor that has been neglected until now by the prevailing conceptions of the etiology and pathogenesis of sexual disturbances. Their treatment involves a combination of elements from sexual medicine and psychotherapy, along with somatic medical and pharmacotherapeutic intervention, if needed. The goal of syndystolic sex therapy, a further development of the previous therapies, is to fulfill these fundamental needs and thereby to improve the patient's sexual function and deepen his satisfaction with the relationship in its entirety.

Conclusions: It is essential to understand the different types of sexual disturbance in their biopsychosocial context as well as the significance of sexuality for the individual, and for the couple, with respect to reproduction, sexual pleasure, and bonding. Sexual disturbances are common, and patients therefore expect their physicians to be proficient in sexual medicine. The coverage of this subject in both undergraduate and postgraduate medical education in Germany needs to be improved.

Key words: sexual medicine, sexual history, sexual dysfunction, basic psychosocial needs, couples therapy

The spectrum of sexual dysfunction is wide ranging, and inadequately captured by the ICD-10 and DSM-IV classifications. In addition to functional sexual disorders, which may or may not be associated with organic pathology, disorders of sexual development, gender identity, sexual preference (paraphilia) and sexual behaviour can occur in men (1).

Epidemiology

Sexual disorders in men are categorized according to their occurrence in the cycle of sexual response into disorders of desire, arousal (erectile dysfunction), or orgasm (premature or delayed ejaculation, or anorgasmia), albeit with considerable potential for overlap and concurrence between these disorder groups.

Laumann et al. (1999) found in a representative cross sectional study of 18 to 59 year old US citizens a 5% prevalence of desire or erectile dysfunction and a 21% prevalence of premature ejaculation (2). International comparison (Laumann, et al. 2005) revealed some similarities, but also significant intercultural variations corroborating the biopsychosocial etiology of these disorders. (2, e1). A number of studies have also confirmed the negative effects of functional sexual disorders on relationships and quality of life (3–6).

Desire disorders

Desire disorders increasingly present as a problem among men seeking medical help for sexual difficulties. Erectile dysfunction is often presented as the primary complaint, but it is not uncommon for this to mask other problems such as exhaustion (with or without substance abuse), relationship difficulties, and, more rarely, disorders of sexual preference. Organic causes (testosterone deficiency, hyperprolactinemia, medication-related side effects) are important, but at times overemphasized in the somatic medical literature.

Erectile dysfunction

The prevalence of erectile dysfunction has been well researched. The Massachusetts Male Aging Study (MMAS) (Feldman, et al. 1994) found minimal erectile dysfunction in 17% of the 40–70 year old respondents, moderate erectile dysfunction in 25%, and complete erectile failure in 10% (7). Braun and colleagues (2000) found erectile dysfunction in 19.2% of their 4489 respondent over 30 years, although the authors demonstrated that not all participants with erectile dysfunction

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* **Translator's footnote:**
The translation of
terms referring to
sexual therapies is
complicated by
non-equivalence in the
precise nature of
treatments and
practitioners between
countries. The German
term „Sexualmedizin“
is translated in this
article as „sexual
medicine.“ However,
this term implies
treatment delivered in
a healthcare setting
which is both medical
and psychological.

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Bishop Henry R. Griffin



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