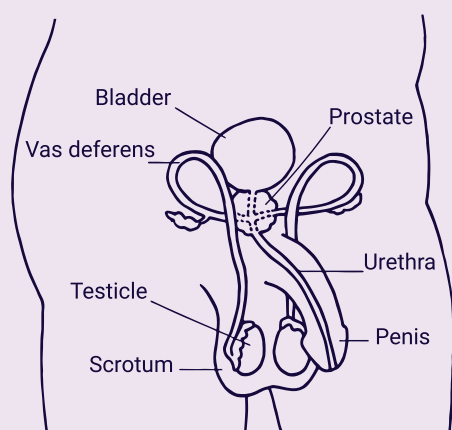




Men's health

It's OK to talk about sexual health

Reproductive system



The **prostate** is a small but important reproductive organ inside the body

The **bladder** is a part of the body that stores urine (pee)

The **urethra** is the tube that carries pee from the bladder to the opening of the penis

An **erection** is the hardening of the penis

Ejaculation is when semen (white fluid) comes out of the penis

The information about reproductive systems may not be true for all men, for example, people who are transgender or intersex.

Some men may have injuries or disabilities which could affect their reproductive system.

Prostate and urinary problems

Prostate problems include:

- The prostate becoming bigger which can affect your ability to pee because the prostate is under the bladder
- Pain and swelling
- Prostate cancer. In the early stages of prostate cancer there may be no signs or symptoms that you can see or feel

Urinary problems include:

- Difficulty starting to pee
- Slow flowing pee
- Needing to pee more often
- Need to go to the toilet quickly to pee
- Pain or burning during peeing
- Leaking pee
- Not emptying the bladder (still feeling like you need to pee after you have)

A doctor can discuss these problems and help you choose the best management or treatment.

If you are worried or have questions, talk to a doctor.

Appointments are confidential.

You can ask for an interpreter.



Sexual problems are common. Let's talk about it.

Sexual difficulties can happen to men of all ages, but they are more common in men over 55 years old.

While it can be a difficult topic to discuss, these difficulties happen to many men.

Where to get help:
**Contact your GP or
Family Planning Australia**

**Phone: 1300 372 372
www.fpnsw.org.au**

Animations available from:
www.health.qld.gov.au

For interpreting, call TIS on 13 14 50



Sexual difficulties include:

- Not able to have or maintain an erection (this is called erectile dysfunction)
- No or low interest in sex (only if this is a problem for you - some people have low interest in sex and that is OK)
- Ejaculation that happens too soon

Sexual difficulties can be a sign of other health problems:

- Diabetes (high sugar in the blood)
- High blood pressure
- High cholesterol (fat substance in blood)
- Cardiovascular (heart) problems
- Mental health (stress or depression)

Other health issues you can talk to your doctor about:

- Fertility and having children (if you want to have children and are finding it difficult)
- Sexually transmitted infections (STIs) and safe sex
- If you don't want to have any more children.



This is an adaptation of a resource produced by True Relationships & Reproductive Health in collaboration with the Culturally Responsive Health Advisory Group and community consultation.