

SEXtalk)))

Answers to Your Questions about Sex and Relationships

Have a ??? Email sextalk@u.arizona.edu

factoid

Recreational drugs (i.e., barbiturates, narcotics, marijuana), alcohol abuse, and tobacco smoking can interfere with sexual interest, arousal and orgasm.

(Our Sexuality, 8th Edition. Crooks & Baur, 2002)

Q. I am an 18 year old male and have a question about my penis. I was with my girlfriend and while I had an erect penis, blood started to drip out of the hole at the head. This has never happened to me before, and it doesn't seem to happen while it's not erect. Did I just burst a small vein inside or could it be something more serious?

A. While the incident you describe is abnormal, it is not necessarily serious. Most likely, the blood was caused by a torn blood vessel in the urethra (the tube that passes urine and semen). However, it could also indicate an infection. If this happens again, schedule an appointment for a medical examination -- preferably on the same day that the blood appeared as sources of bleeding can be difficult to detect after much delay. UA Campus Health Service has several male physicians who are knowledgeable about men's health issues. Schedule an appointment at 621-9202.

Q. Is it normal to have trouble ejaculating when you are with a girl that you really like? Does that eventually go away and is it just nerves?

A. Assuming you do not have difficulty ejaculating during masturbation, what you are most likely experiencing is *partner anorgasmia* -- an inability to ejaculate when engaged in sexual activity with a partner, or in your case, with a girl you really like. Indeed, nerves can play a critical role. Extreme performance pressure and/or overfocusing on a partner's reaction and experience can interfere with the ability to escalate into orgasm.

In most cases, ejaculation difficulties disappear as one becomes more at ease with a partner. To build this level of comfort, start by eliminating the pressure you may have placed on yourself to ejaculate. Spend quality time with your partner both in and out of bed; and when "in bed", focus on simply enjoying the pleasure of sexual play. Communicating openly with your partner, and focusing on the process of making love rather than the end result (orgasm), will strengthen trust and intimacy and probably resolve the partner anorgasmia. If the problem persists, consult with a health care provider.

References: Drs. William McCrady & Mel Weinberg, UA Campus Health Service

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