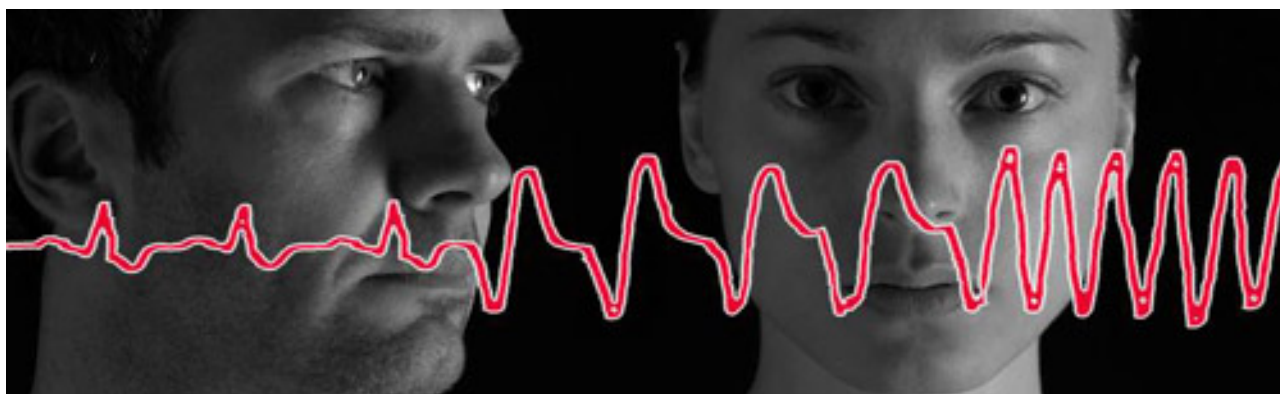




## “Men's Health – Challenging Family Medicine and Urology”

Be up to date and check in on [www.wcmh.info](http://www.wcmh.info)

to get all necessary information about the 4th biennial World Congress on Men's Health and Gender **WCMH 2005**, taking place at the Kursalon Hübner in Vienna, Austria from September 30th to October 1st 2005.



4th Biennial

**WCMH**

30.09. - 01.10.2005

WORLD CONGRESS ON  
MEN'S HEALTH AND GENDER

### A sample of forthcoming events in Men's Health and Gender medicine

#### **XXth EAU Congress**

**March 16-19, 2005**

The Congress is one of the most important events of the EAU

<http://www.istanbul2005.org/>

#### **International Men's Health Week**

**June 13-19, 2005**

Men's Health Week is celebrated each year as the week leading up to and

including Father's Day

<http://www.menshealthweek.org/>

## **The 1st World Congress on GENDER-SPECIFIC MEDICINE**

**February 23-26, 2006**

Men, Women and Medicine. A new view of the biology of sex/gender differences and aging

<http://www.gendermedicine.com/>

We are pleased to announce with the following feature article our Series on premature ejaculation in the June Issue of The Journal of Men's Health and Gender. This Series will be introduced by Dr. MD Waldinger. Furthermore the topic of premature ejaculation will be one of the main emphasises for the 4th Biennial WCMH on 30.09. – 1.10.2005.

Sincerely,

Siegfried Meryn, M.D.

Professor of Medicine

President International Society for Men's Health & Gender

### **Feature Article:**

## **Ejaculatio Praecox Revival of a historically neglected dysfunction**

It is rather normal that a man may occasionally get an ejaculation at an earlier moment during intercourse than he had wished. However, when an early ejaculation occurs at nearly every intercourse, and with nearly every woman, a man is likely to suffer from ejaculatio praecox (premature ejaculation). Most men with this complaint feel helpless. Whatever they do and whatever tricks they use to delay ejaculation, they come too early at nearly every intercourse. Some men already get an ejaculation during foreplay (ejaculatio ante portas), other men as soon as their penis touches the vagina. Many men with this complaint are only capable of making a few penile thrusts or can maximally stay in the vagina for 30 to 60 seconds. Most often they feel embarrassed, ashamed and talk with nobody about it. Lifelong premature ejaculation may lead to low self esteem, anxiety for intercourse, depression, social isolation and relationship problems. But premature ejaculation is not only a male's problem, also for female partners the rapidity may lead to complaints about experiencing intimacy and orgasm.

In medicine hardly any attention has been paid to this sexual dysfunction. It has always been regarded as a psychological disorder. Many physicians send these men directly to sexologists for psychotherapy and don't bother anymore about the treatment results. General physicians and medical specialists also

have no idea what questions to ask and what answers to give to men complaining of premature ejaculation.

However, in recent years enormous progress has been made in a better understanding of the cause and pathogenesis of this male sexual complaint. Premature ejaculation is now recognized as a neurobiological dysfunction that can effectively be treated with some serotonergic antidepressants and topical anaesthetising ointments.

I am very pleased to accept the invitation from Professor Siegfried Meryn, Editor-in-Chief of the Journal of Men's Health & Gender to organize a series of articles on the different aspects of premature ejaculation. The series of articles will deal with the neurobiology, pharmacology and psychology of premature ejaculation. It's my sincere hope that men with complaints of premature ejaculation will in the first place become treated by their general physicians or other medical specialists. In the first article of the next issue of jmhg I will inform you about the hot topics of the current debate of the definition and treatment of lifelong premature ejaculation.

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## **MOST RECENT ISSUES IN MEN'S HEALTH**

### **Reliability is what men want most in ED treatment**

In a multinational study aimed at pinpointing the attributes men consider desirable in treatments for erectile dysfunction, researchers have found that reliability of treatment ranks first, followed closely by tolerability. In the Men's Attitudes to Life Events and Sexuality (MALES) 2004 study, 694 men aged 20 to 80 years with self-reported ED were presented a list of seven attributes of ED pharmacotherapy and asked to rate their relative importance. The survey was conducted at an initial assessment and repeated 30 months later.

[Read more about at urologytimes.com](http://urologytimes.com) ->

### **Why do Patients With Erectile Dysfunction Abandon Effective Therapy With Sildenafil (Viagra)?**

This prospective study determined the rate of abandonment of sildenafil therapy and assessed the reasons for abandonment. Between January 2001 and December 2002, 234 patients with erectile dysfunction (ED) at three independent centers successfully began therapy with sildenafil 50 or 100 mg. The rate of noncompliance was 31%. A telephone survey of these patients was conducted to determine the reasons for abandonment. The majority reported that they had had no opportunity or desire for sexual intercourse or that their partners had shown no sexual interest. Few patients stated that the high cost

of the medication or that adverse events were the cause.

[Read more about at medscape.com ->](#)

### **Viagra Studied as Stroke Treatment**

The male impotence drug Viagra is being studied as a possible treatment for ischemic stroke, which is caused by blocked arteries. Over the next three months, doctors at Henry Ford Hospital in Detroit will enroll 84 people ages 18 to 80 who have mild-to-moderate stroke complications. The patients will be enrolled within three days of having a stroke. Participants will receive doses ranging from 25 mg. to 150 mg., the Associated Press reported.

[Read more about at healthscout.com ->](#)

### **Risk of Fracture after Androgen Deprivation for Prostate Cancer**

The use of androgen-deprivation therapy for prostate cancer has increased substantially over the past 15 years. This treatment is associated with a loss of bone-mineral density, but the risk of fracture after androgen-deprivation therapy has not been well studied.

[Read more about at content.nejm.org ->](#)

### **ACE Inhibitors Improve Arterial Elasticity in Normotensive Diabetics**

Treating diabetic patients with ACE inhibitors before they develop hypertension could prevent cardiovascular complications, new findings suggest. Six months of treatment with perindopril improved arterial elasticity as measured by pulse wave velocity (PWV) in some normotensive patients with diabetes.

[Read more about at medscape.com ->](#)

### **Roles of Drinking Pattern and Type of Alcohol Consumed in Coronary Heart Disease in Men**

Although moderate drinking confers a decreased risk of myocardial infarction, the roles of the drinking pattern and type of beverage remain unclear.

The authors studied the association of alcohol consumption with the risk of myocardial infarction among 38,077 male health professionals who were free of cardiovascular disease and cancer at base line.

[Read more about at content.nejm.org ->](#)

### **Viagra May Reverse Enlarged-Heart Damage**

Viagra, the drug most often associated with restoring male sexual powers, may play an entirely different role in treating enlarged hearts. In male mice, sildenafil citrate (the generic name for Viagra) successfully treated enlargement and thickening of the heart, not only stopping further growth of the heart muscle, but also actually reversing the growth and damage that had already taken place.

[Read about at healthscout.com ->](#)

## **Pfizer, Microsoft Target Viagra Scams**

Pfizer Inc. and Microsoft Corp. have become legal partners against a pair of Web-based businesses that have flooded e-mail accounts with advertisements of pills purporting to be generic Viagra, the Boston Globe reported Friday. Pfizer also said it has taken action to revoke the Internet domain names of an additional dozen Web sites that include the Viagra name.

[Read more about at healthscout.com ->](#)

## **The Effects of a Smoking Cessation Intervention on 14.5-Year Mortality**

In this randomized, controlled trial of a 10-week-long smoking cessation intervention in 5887 smokers with asymptomatic airway obstruction, 14-year mortality rates were higher in the usual care group than in the smoking cessation group (hazard ratio, 1.18 [95% CI, 1.02 to 1.37]). The mortality benefit was greatest among the 21.7% of the intervention group who actually managed to quit smoking.

[Read more about at annals.org ->](#)

## **New York City Man Has Rare, Virulent Form of AIDS**

An unidentified man in his mid-40s has acquired a highly drug-resistant strain of the HIV virus that rapidly progresses to AIDS, New York City's Department of Health and Mental Hygiene said.

[Read more about at healthscout.com ->](#)

## **The Women's Health Initiative: The Role of Hormonal Therapy in Disease Prevention**

The Women's Health Initiative (WHI) clinical trials on hormone therapy (HT) in postmenopausal women have changed clinical thinking about estrogen therapy in substantial ways, and have clarified clinical guidelines on disease prevention in postmenopausal women. The WHI trials, along with the HERS Trial, a secondary prevention trial of HT and coronary artery disease, have been the only randomized, double-blind trials of estrogen therapy with sufficient statistical power to explore a broad range of important disease outcomes in postmenopausal women to date.

[Read more about at medscape.com ->](#)

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