بسم الله الرحمن الرحيم
SEX FACTS AND BENEFITS

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The term *coitus* is derived from the Latin word *coitio* or *coire*, meaning "a coming together or joining together" or usually refers to penile–vaginal penetration.

**Man** – “Funny, playful, ecstasy, hot, spontaneous”.

**Woman** –“Serious business”.
Sexual–response cycle

- It is divided into four phases: excitement, plateau, orgasm and resolution.
- There is no distinct beginning or end to each phase.
- Both men and women go through all four phases, except the timing is different.
- Men reach orgasm first within 4 minutes, while women may take up to 15 minutes.
Phase One: Excitement

- Begins within 10 to 30 seconds after erotic stimulation, and can last anywhere from a few minutes to many hours.
- **Men:** The penis becomes slightly erect. A man's nipples may also become erect.
- **Women:** Vaginal lubrication begins. The vagina expands and lengthens. The outer lips, inner lips, clitoris and sometimes breasts begin to swell.
- **Both:** Heart rate, blood pressure and breathing are all accelerated.
Phase Two: Plateau

- The changes that started in the excitement phase continue to progress.
- **Men:** The testes are drawn up into the scrotum. The penis becomes fully erect.
- **Women:** The vaginal lips become puffier. The opening to the vagina narrows. The clitoris disappears into its hood. The inner labia change color.
- **Both:** Breathing and pulse rates quicken. A "sex flush" may appear. Muscles tense and spasms may begin.
Phase Three: Orgasm

- It is the shortest of the four phases, usually lasting a few seconds.
- **Men:** First, seminal fluid collects in the urethral bulb, next semen is ejaculated from the penis. Contractions occur in the penis during the orgasmic phase.
- **Women:** The first third of the vaginal walls contract rhythmically every 0.8 of a second. The muscles of the uterus also contract.
- **Both:** Breathing, pulse rate and blood pressure continue to rise. Muscle tension and blood-vessel engorgement reach a peak. Sometimes orgasm comes with a grasping-type muscular reflex of the hands and feet.
Phase Four: Resolution

- This phase is a return to the normal resting state. It can last from a few minutes to a half-hour or longer. **This stage is longer for women than men.**
- **Men:** The penis returns to its normal flaccid state. There is a refractory period, where it's impossible to orgasm again until a certain amount of time has passed.
- **Women:** The uterus and clitoris return to their normal positions. **Some women may be able to respond to additional stimulation with additional orgasms.**
- **Both:** Swelling recedes, any sex flush disappears, and there is a general relaxation of muscle tension.
Sexually transmitted infections (STIs) are human papillomavirus, gonoccal, chlamydia, HIV and Hepatitis B.

- There are **19 million** new cases of sexually transmitted infections every year in the U.S.
- In 2005, the World Health Organization estimated that **448 millions** people aged 15-49 were being infected a year with curable STIs (such as syphilis, gonorrhea and chlamydia)
General risks

Sexual activity directly cause death, particularly due to coronary circulation complications, which is sometimes termed *coital death*.

Sexual activity increases the expression of a gene called *Delta FosB*. Frequent engagement in sexual activity on a regular (daily) basis can lead to the overexpression of ΔFosB, inducing an addiction to sexual activity.
Common Sexual Myths

- Sexual intercourse should just go automatically – NOT TRUE
- Only the man should initiate sex – NOT TRUE
- Sufficient sexual thoughts should always make the penis erect without any direct sexual stimulation – NOT TRUE
- Both partners should achieve an orgasm every time and simultaneously – NOT TRUE
- There is no sex without a hard erection – NOT TRUE
- Men should be ready and able to last all night every time – NOT TRUE
The frequency of sexual activity might range from zero to 20 times a week.

In the United States, the average frequency of sexual intercourse for married couples is 2 to 3 times a week.

According to the Kinsey Institute, the average frequency of sexual intercourse in the US is 112 times per year (age 18–29), 86 times per year (age 30–39), and 69 times per year (age 40–49)
Factors affecting frequency of sexual arousal

- Age
- Life circumstances
- Physical and emotional health
- Medications
- Having children at home
- Hormonal imbalance
- Recent losses
- Substance use and abuse
- Workload and stress
- Relationship status
- Diminished physical attraction
- Secrets and lack of relationship trust
Take note that sex is good for you in many ways and the health benefits extend beyond the bedroom.
Surprising Health Benefits of Sex

- Relieves Stress
- Lowers Blood Pressure
- Boosts Immunity
- Provides Exercise
- Burns Calories
- Improves Cardiovascular Health
- Boosts Self-Esteem
- Strengthens Your Well-Being
- Improves Intimacy
- Reduces Pain
- Reduces prostate Cancer Risk
- Strengthens Pelvic Floor Muscles
- Helps You Sleep Better
People who have sex frequently (one or two times a week) have significantly higher levels of immunoglobulin A (IgA). Your IgA immune system is your body's first line of defense. Its job is to fight off invading organisms at their entry points, reducing or even eliminating the need for activation of your body's immune system.
Men who made love regularly (at least twice a week) were 45 percent less likely to develop heart disease than those who did so once a month or less, according to one study.
Lower Blood Pressure

Sexual activity, and specifically intercourse, is linked to better stress response and lower blood pressure.
Sex helps to boost your heart rate, burn calories and strengthen muscles, just like exercise. In fact, research recently revealed that sex burns about 4 calories a minute for men and 3 for women, making it (at times) a 'significant' form of exercise. It can even help you to maintain your flexibility and balance.
Sexual activity releases pain-reducing hormones and has been found to help reduce or block back and leg pain, as well as pain from menstrual cramps, arthritis and headaches. One study even found that sexual activity can lead to partial or complete relief of headache in some migraine and cluster-headache patients.
Research has shown that men who ejaculate at least 21 times a month (during sex or masturbation) have a lower risk of prostate cancer. This link needs to be explored further, however, as there may have been additional factors involved in the association.
After sex, the relaxation-inducing hormone prolactin is released, which may help you to nod off more quickly. The "love hormone" oxytocin, released during orgasm, also promotes sleep.
Sex triggers your body to release its natural feel-good chemicals, helping to ease stress and boost pleasure, calm and self-esteem. Research also shows that those who have sexual intercourse responded better when subjected to stressful situations like speaking in public.
The more often you have sex, the more likely you are to want to keep doing it. There's a mental connection there but also a physical one, particularly for women. More frequent sex helps to increase vaginal lubrication, blood flow and elasticity, which in turn make sexual activity more enjoyable.
Intercourse helps to strengthen your pelvic floor muscles, which contract during orgasm. This can help women to improve their bladder control and avoid incontinence. You can boost this benefit even more by practicing Kegel exercises during sex (a Kegel squeeze is performed by drawing your lower pelvic muscles up and holding them up high and tight, as if you're trying to stop a flow of urine).
Increase Intimacy and Improve Your Relationship

Sex and orgasms result in increased levels of the hormone oxytocin -- the "love" hormone -- that helps you feel bonded to your partner and better experience empathic connections.
Common feelings of men with E.D

- Feeling of loss of manhood
- A sense of insecurity
- Low self esteem
- Sad for his loss
- Scared of being intimate with their partner
- Angry and aggressive
- Feeling ashamed
- Feeling guilty about their dysfunction
Common feelings partners of men
E. D.

- Guilty
- Helpless, not sure where to go for support
- Rejected/Unloved.
- Feeling unattractive
- Confused/Frustrated
- Scared/worried that he is having an affair
- Worried about the health and wellbeing of their loved ones
- Insecure about his love
- Sad for him.
Thank You