

5

Men's Top Sexual Fears

1. ED

Sometimes, doctors refer to an inability to get hard as erectile dysfunction, or ED. Other times, they call it "impotence." Anxiety can both cause and worsen these issues. Consult your primary care physician to identify potential biological causes, and address impotence through diet, exercise, or medication.



2. Rapid Climax

Premature ejaculation (PE) occurs when climax happens sooner than you or a partner desires. As with ED, it can lead to anxiety over it and become the primary driver of it. It can occur as a result of having erectile dysfunction, too. If it's a recurring concern, consult your primary care provider or urologist for behavioral, psychological, or medical treatments.



3. Physical Insecurities

If you worry about how your body or sex organs appear to your partner, you aren't alone. You may worry that your partner thinks you have too much body hair or aren't buff enough. You may fear—gulp—your penis isn't big enough. Consult a male enhancement provider if you'd like to add girth to your penis for heightened pleasure. Penile dermal fillers are routine, safe, and effective for growing larger down there.



4. Satisfaction

You may fear that your member's performance won't satisfy your partner. Take comfort in knowing this is a common concern among men. Talking with your partner can help. They can reassure you that sex with you is great. Seek a male enhancement provider if you'd like to grow larger to experience heightened sensations between the sheets.



5. Consequences

Sex comes with consequences. Wearing a condom helps prevent STIs and unplanned pregnancies, but it's also important to know your partner. When you know your partner, you can develop a more open and honest relationship. Open communication allows you to share medical information and get tested for STIs together before engaging in intimate activities.

