



Women's Health



Fun Stuff

Talking about child abuse

People don't like to talk about child abuse. Victims often blame themselves and feel ashamed. Society doesn't help either because adults surviving child abuse are expected to 'get over it'. In many cases it's not that simple.

The facts

- More than 2 million adult Australians have experienced child abuse
- One in 3 girls and one in 6 boys are sexually abused before the age of 18
- Abuse can be sexual, physical or emotional or neglect of a child's basic needs
- Abuse can affect people right into old age

How can child abuse affect you?

Child abuse can harm your mental and/or physical health, the way you feel about yourself and even the way you relate to others.

Some people manage relatively well whereas



others struggle from day to day. The good news is that with the right help adult survivors of child abuse can feel and function better.

What should you do?

If you feel you were abused as a child, talk to your GP. Speaking about abuse is not easy but your doctor is there to listen and help. Being heard is often the first step to better health and wellbeing. Remember that it was **not** your fault. No child is ever to blame for being abused.

Your doctor may suggest you see a counsellor or refer you to an organisation called ASCA (Adults Surviving Child Abuse). ASCA runs workshops for survivors around Australia. Go to www.asca.org.au for more information or ring 1300 657 380.

Treatment of premature ejaculation

Premature ejaculation (PE) affects up to 2 in 3 men at some time. Although treatment has a success rate of about 75%, many men avoid getting help due to shame and embarrassment. PE is the condition of ejaculating ('coming') too fast during sex, before the man and/or his partner is ready, usually within 1-2 minutes of penetration. PE was originally thought to be a psychological disorder but is now known to be a medical or physical condition in most cases.

Two thirds of cases are primary (lifelong) and involve a lack of control from the first experience.

One third are secondary (acquired) and start after a period of normal function. Most secondary cases are due to stress, performance anxiety, relationship problems, medical issues (such as diabetes) or erectile dysfunction (impotence).

PE can have a significant impact on a man, his partner and their relationship. It can reduce sexual satisfaction and self-esteem and lead to anxiety. PE itself can also lead to performance anxiety which only makes matters worse.

Treatments for PE

Treatments are used alone or in combination:

1. Behavioural techniques. These include:
a. Stop-start technique. Stop stimulation just before ejaculation. When the feeling has passed, start again and repeat the cycle.



b. Squeeze technique. Squeeze the end of the penis firmly for 10-15 seconds just before ejaculation. This is repeated a number of times.

2. Reducing penile sensation. Local anaesthetic creams and gels and condoms reduce stimulation.

3. Counselling. Can address any underlying psychological, sexual or relationship issues.

4. Medication. Some antidepressants delay ejaculation as a side-effect and are used to treat PE, although this use is not approved by local health authorities. Hopefully, an approved drug therapy for PE will be available in Australia soon as it is in some overseas countries.

Don't be embarrassed to ask your GP for help. For more info, refer to the Andrology Australia website at www.andrologyaustralia.org or the book *Too Fast. Learn to last longer*, by Dr M Lowy & B McCann.

The perfect partner

The 5 secrets for a perfect partner, from the woman's perspective, are:

1. Find a man who helps at home, cooks from time to time, cleans up and has a job.
2. Find a man who makes you laugh.
3. Find a man whom you can trust and who doesn't lie.
4. Find a man who is good in bed and who likes to be with you.
5. It is very important that these 4 men don't know each other.

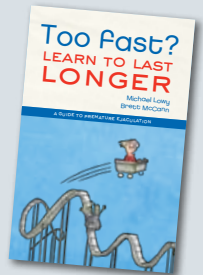
Swine Flu Hotline

There have been many complaints about the Swine Flu Hotline. Apparently it is hard to get a clear line. As one angry man said, 'All I am getting is crackling'.



20 copies to win of the book *Too fast*

Too fast. Learn to last longer is a self-help guide to premature ejaculation. It covers the causes and latest treatment.



RRP: \$14.95

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www.longmedia.com.au

Enter at our website

(see front page of this newsletter)

or post this entry slip to:
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Name _____

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Drawn 1 December 2009
(winner names not published)