

Sex Makes Men Healthier

Boston Medical Group Releases Top Ten Health Reasons to Stay in Good Sexual Shape

LOS ANGELES, December 7, 2009 – Boston Medical Group, a national physician network specializing in the treatment of erectile dysfunction and premature ejaculation, today released the top ten reasons regular sexual activity can help improve men's overall health. From decreased blood pressure to more restful sleep, sexual activity is essential for maintaining bodily functions as well as overall health and well-being.

"It's a well-known stereotype that men don't need more reasons to have sex, but it's important to remember that regular sexual activity is more than recreational – good sexual health is vital to a man's overall physical, psychological and emotional health," said Dr. Barry Buffman, a physician at Boston Medical Group. "Sex can benefit everything from a man's short term mood, to longer term issues like cardiovascular health and the reduced risk of prostate cancer."

The full list of health benefits includes:

- ***Use it or lose it*** – Just as men need regular physical activity to stay healthy and fit, exercising the penis, by achieving erections, is key to maintaining a long and healthy sex life into the golden years. Men who don't regularly engage in sexual activity are at a greater risk for penile atrophy down the road. Dr. Buffman recommends exercising the penis at least three times a week as a way to help ward off erectile dysfunction or other sexual health issues later in life.
- ***Cancer Prevention*** – A number of studies show that men who ejaculate on a regular basis are more than 30% less likely to develop prostate cancer.¹ Regular ejaculations help flush out the prostate, which may help curb the development of prostate cancer.
- ***Calorie Burn*** – While sex alone may not be enough to create washboard abs, intercourse definitely gets the blood pumping, raising the heart rate and burning calories. In addition, most men find time between the sheets much more enjoyable than a run on the treadmill.
- ***Strength Training*** – In addition to burning calories, sex aids in testosterone production, which can strengthen bones and muscles. Low testosterone levels can result in a number of side effects including decreased libido, fatigue, and depression, among others.
- ***Improved Cardiovascular Health*** – A study from Queens University shows that men who have sex more than three times a week can substantially reduce their risk of heart attack and stroke.² Sex has also been shown to lower blood pressure, which accounts for the overall positive impact on cardiovascular health.
- ***Stress Relief*** – Healthy sexual function has been shown to positively affect stress levels and overall well-being. Various study participants have been shown to have a smaller rise in blood pressure during stressful situations after sex, as compared with other test subjects³. In addition, sex releases feel-good endorphins that lower anxiety.

¹ *British Journal of Urology International*, vol. 92

² *Psychology Today*, March 2001

³ *Biological Psychology*, February 2006

- **Boosting Your Immunity** – Everyone is looking for ways to keep their immune system up during this flu season – one that promises to be one of the worst in years. What people may not realize is that successful, regular sexual intercourse is associated with an increased level of immunity.
- **Improved Intimacy** – Right before orgasm, levels of the hormone oxytocin, sometimes referred to as the “love hormone,” surge to five times their normal level. Oxytocin has also been linked to an increased feeling of generosity, and is known to act as a neurotransmitter in the brain, building trust and helping to strengthen bonds.
- **Pain relief** – In addition to bonding you with your partner, oxytocin causes the release of endorphins, which alleviate pain associated with common problems like headache or arthritis, so men can hop in the sack and forgo the Advil.
- **Better sleep** – Oxytocin may sound like the new wonder-drug when you consider that research has also shown that the increased levels of the hormone, released during orgasm, promote deep sleep. Getting a restful night of sleep has been associated with a number of other health benefits, such as maintaining a healthy weight and blood pressure.

While regular sexual activity goes a long way towards promoting overall health and well-being in men, problems in the bedroom can be a warning that men should not ignore. “The penis can serve as a barometer of health of what is going on in the rest of a man’s body,” continued Dr. Buffman. “While erectile dysfunction is often the result of conditions such as diabetes or impaired circulation, its presence may potentially signal an impending event, such as a stroke or heart attack. That’s why it’s so important to seek early treatment for ED.”

About Boston Medical Group

For over a decade, Boston Medical Group’s network of independent physicians has provided men with solutions to treat sexual health issues such as erectile dysfunction and premature ejaculation. The physicians provide therapies and treatment programs that can help men regain their sexual health and function, including those who are unable to take systemic oral medications. The Boston Method® involves personalized treatments that often induce an erection within minutes. In the last year alone, Boston Medical Group physicians treated more than 30,000 men across the United States.

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