# Unveiling the Taboo: Men's Reluctance in Addressing Penile Health Issues



A 2023 survey by a leading incontinence product manufacturer revealed that only 9% of men are comfortable discussing erectile dysfunction, despite it affecting 40% of men over 40. Many men delay seeking help for penile issues out of embarrassment, risking serious complications such as chronic pain or permanent damage. Conditions like Peyronie's disease cause a noticeable curvature in the penis, impacting up to 13% of men in the UK, often leading to painful intercourse and psychological distress.

Other notable penile issues include hypospadias, affecting around 2,000 newborn boys in the UK annually, where the urinary opening is misplaced, often needing multiple surgeries to correct. Premature ejaculation affects around 30% of men in the UK, with less than a quarter seeking medical advice. Treatments range from behavioral techniques and topical anesthetics to pharmaceutical options like Priligy, a fast-acting SSRI. Another concern is priapism, a prolonged and painful erection requiring urgent medical intervention, particularly prevalent among individuals with blood disorders.

Penile fractures, characterized by a sudden and painful bending of the penis, often during intercourse, require immediate surgical intervention to prevent permanent curvature and erectile dysfunction. The rise in such injuries correlates with the increased use of erectile dysfunction drugs like Viagra.

Lastly, phimosis, a condition where the foreskin remains tight and non-retractable, affects about 10% of males from birth. Treatments typically involve topical steroids and manual stretching, with severe cases sometimes necessitating circumcision.