

By Maureen Matthews, 6 May 2018

<https://www.theage.com.au/lifestyle/life-and-relationships/m05aboutlastnight-20180430-h0zfno.html>

About last night (reduced ejaculatory volume)

Q: I'm a healthy male (aged 55) who exercises regularly, doesn't smoke, carries no extra weight and who's been doing Kegel exercises for 10 years. My wife and I have always enjoyed a pleasurable and interesting sex life. Although the frequency and strength of my orgasm isn't affected, recently I've noticed that I produce less ejaculate I've searched online, but have found no real information. Joan says it's just ageing, but I'm worried it could be benign prostate enlargement (or worse). I've heard about pills for increasing ejaculate. Any ideas?

A: As we age, many of us do notice changes in how our bodies respond sexually. It is always wise to get a medical opinion about such changes, but it is also a good idea to be willing to work around those changes that are a natural part of the ageing process. Melbourne sex therapist Lynda Carlyle is a registered nurse who specialises in male sexual function (lyndacarlyle.com). I asked her about your inquiry, and she started by observing that, "It sounds like things are going really well here. He sounds fit, is still having pleasurable, meaningful and interesting sex with his wife, has strong erections and pleasurable, frequent, strong ejaculations. Just like hanging a wet towel off his erection, this may be a 'those were the days' kind of thing that he has to learn to reminisce about, once he stops grieving."

She goes on to explain the medical facts. "Many studies show that somewhere around half of healthy men over 50, and up to three quarters with benign prostatic hypertrophy (BPH) complain of reduced semen/ejaculatory volume. It is significantly associated with advancing age, prostatic disease, obesity and erectile dysfunction, as well as diabetes, depression, vascular disease, drug use and poor health. Other risk factors include decreased thinking about sex, a non-committed or non-exclusive relationship; relationship concerns, and less frequent sexual encounters."

Fortunately, very few of these risk factors appear to apply to your situation. However, Carlyle suggests that, "As he is worried, he should mention it to his GP and have a prostate check, and maybe see a urologist."

Carlyle says that, having eliminated any sinister causes for this decline, "There are some options he could explore to see if he can build up a better semen volume: He could masturbate daily but only choose to ejaculate every week or so. Some people go for a month!"

Human sexuality is not an exact science. You are unlikely to be advised to use fish-slapping, or crystals to treat a broken leg, or a tumour, but Carlyle says it is possible to get positive results from alternative, "sacred" sex practices.

"He could explore tantric or Taoist practices to teach him how to cultivate and build up his sexual energy."

Being a motivated person, you might learn from Mantak Chia's classic text, *Taoist Secrets of Love: Cultivating Male Sexual Energy*.

Carlyle continues, "He might consciously simmer sexual thoughts and daydreams during the day. Explore prostate stimulation or massage with his wife, or buy a prostate massaging device. Even 'edging' a few times during sex or masturbation, where he gets close to ejaculation and then backs off for a bit might help."

Unless your doctor offered medication for this, it is almost certainly not worth seeking out commercial pills and potions to increase your volume of ejaculate.

After being in the sex industry for more than 20 years, I can assure you that the majority of products that claim to harden, enlarge, stimulate, arouse, or otherwise improve sexual function are, at best, gimmicky rubbish with as much value as most dietary supplements, or, at worse, unregulated and untested concoctions that could even cause harm.

At the end of the day, it is important that you do not worry about this. Stress and worry are the worst things for destroying sexual pleasure. Enjoy your relationship, and the fabulous sex life you already have. Your strong relationship is your playground. Foster it, and you can continue to enjoy sexual intimacy for many years.