

LIVING

Sex: Are you up to it?

Book helps smooth road to recovery for men suffering erectile dysfunction

BY FRED SIMPSON
Staff Writer

There are more ways to enjoy a healthy sex life than just taking Viagra, even though the much-celebrated pill will make "men perform as if they were 20 years old again."

That's the word from Dr. David Saul, who has just written a book for all seasons titled *Sex for Life — The Lover's Guide to Male Sexuality*.

"Viagra is definitely going to make a major breakthrough in erectile dysfunction (ED) therapy," Saul agreed.

But, he added, having full knowledge of the causes underlying ED "is a sure way to not only resolve your problem but also to prevent it from ever happening."

Sex — whenever you want it for as long as you want it.

• Dr. David Saul's motto in his clinic

from ever happening."

Saul, a York Region resident, is a family physician with more than 20 years of clinical experience. He is

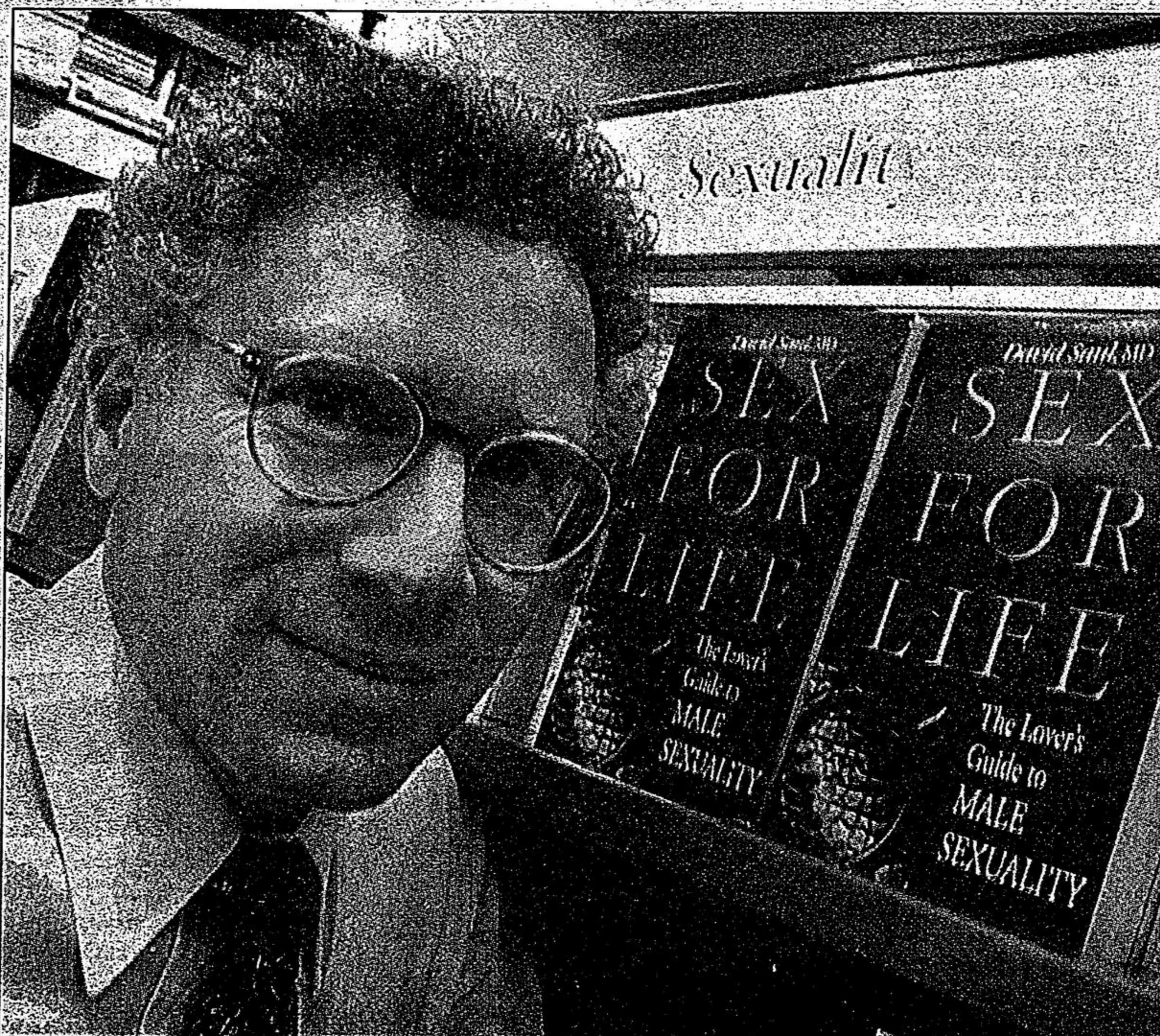
also director of the men's health program at The Midlife Health Centre in Toronto, and a member of the Canadian Male Sexual Health Council and the Canadian Andropause Society.

His book is intended to convince those men experiencing sexual problems that they are not alone in their plight.

"There are 3 million Canadian men who have ED," Saul pointed out. "The majority of them are too embarrassed to seek corrective advice from their family doctor."

"I'm hoping this book may initiate that first call to the doctor."

In a free-swinging, facts-packed survey of the oft-taboo subject, Saul's landmark book unleashes a frank and explicit discussion about "man's deepest and most primal drive."



STAFF PHOTO/MIKE BARRETT

Dr. David Saul penned the book *Sex for Life* to help men who are too embarrassed to talk about erectile dysfunction. The book tackles the causes of this dysfunction, and treatments.

He explained that the idea for the book was spawned by a special health night he had held for men in November of 1997.

It was attended by 250 men, Saul said, "and we talked about four subjects: They were heart problems, male menopause, erectile dysfunction, and prostate problems."

A no-names survey sheet was handed out at the conclusion of the meeting, that asked which topic most attracted their concern.

Ninety per cent of those in attendance named ED," Saul said.

"I already knew men cared about the heart and prostate, but I discovered what they really wanted

to know about was ED."

It was then he decided to write a book emphasizing ED but which also dealt with men's health concerns generally.

"I found that men will talk to their doctor about any of their health problems except their sexual dysfunctions," Saul said.

"When you ask a patient, 'How is your erection,' they just lie about it. The thought occurred to me that if they wouldn't talk about it, they would at least read about it."

He added that *Sex for Life* is more than just about sex.

There are not a lot of books out dealing with men's health generally,

and very few dealing specifically with their sexual concerns."

"In reality," he said, "this is a health book disguised as a sex book."

Disguised or not, Saul wasted no words dealing with sex life as it pertains to men having problems getting an erection.

Sex for Life tackles the various causes of sexual dysfunction in men, which include: work stress, depression, diabetes, cholesterol, high blood pressure, alcoholism, menopause, prostate conditions and many others.

In a chapter dealing with male menopause, he cites the loss of

DOCTOR'S INSIGHTS

In *Sex for Life*, Dr. David Saul offers these words of wisdom, "to ease the hurt many men are feeling today and prevent further pain tomorrow."

■ Think young, act young, move young, keep having sex no matter how old you are, and you will be a happy man who never has to worry about ED.

■ Homosexuality does not affect the incidence of ED unless there is a gender conflict.

■ Fix the sex first and you will see the love relationship improve.

■ You can fix the relationship and you will have better sex...or you can fix the sex and you will have a better relationship.

■ An event that occurred in the past, even one single time, can be enough to influence your sex life.

■ Men are always in a state of arousal, whether you know it or not.

■ The naughty or dirty thought can be a real spark to light the sexual fire and initiate erection.

■ The cellular and physiological mechanisms for a heart attack and ED are very similar, but not identical.

■ The No. 1 cause of infertility is not having enough sex.

■ Testosterone fluctuates throughout the day by as much as 25 per cent. The highest level is from 6 to 8 a.m. the lowest levels occur between 2 and 4 p.m.

■ What do you want most — your next drink or your next erection?

■ Repeated rejections and criticisms are demoralizing to men. They also turn off his sex drive.

■ With confidence of erection ability comes confidence outside of the bedroom.

testosterone as one of the key no goodniks behind men's sexual decline.

He likens a man without testosterone to a car without gas.

"A full tank of gas or a quarter tank will both allow the vehicle to perform in the same way. But if you run out of gas, forget it."

"In some cases," he added, "the sexual desire goes way down and the ability with it."

Nothing escapes his scrutiny, nor, incidentally, his sense of humour.

A section on premature ejacula-

See BOOK, page 13.



INSIGHT INTO EYESIGHT DR. H.H. WALJI, (Hons. BSc, MSc, OD, FCO), OPTOMETRIST

CHOICES FOR NEARSIGHTEDNESS

Nearsightedness, or myopia, is the most common vision condition which optometrists treat. It has been estimated that 40% of the total Canadian population are likely to develop

nearsightedness. What is it? Nearsightedness is a vision condition in which near objects are seen more clearly than objects that are far away. In the majority of cases, it develops before the age of 25, though some persons are born with myopia.

Since it develops mostly during the school years, factors such as too much reading, diet, growth and metabolism have all been blamed for contributing to nearsightedness. Actually, the exact cause is not known. Though nearsightedness cannot be cured, and it is not (yet) known how to prevent it, it can be effectively compensated for by the optometrist. We prescribe orthokeratology, eyeglasses, or

contact lenses which correct vision errors and help nearsighted people to see distant objects clearly. In the interest of better vision from the office of:
Dr. H.H. Walji
6633 Hwy. 7 @ 9th Line
(905) 471-EYES(3937)
Website: Dr.Walji.com
Email: Dr.Walji@Dr.Walji.com

