



5 Common Sexual Health Concerns for Men

Many men hesitate to reach out to medical providers for care and screenings because they are afraid to ask sensitive questions or to risk sharing embarrassing issues. Seeing the answers to common questions may help them get past their hesitation and seek the care they need to be safe and healthy!

- 1. How do I know if my body is normal?** Many men want to know how their bodies compare to other guys'. Some worry about size, shape, circumcised or not, the list goes on. The truth is, it's all normal. So try not to worry so much about measurements and what your body looks like. The important part is getting to know your body so you can recognize if anything changes. Changes could indicate an issue that should be discussed with your healthcare provider.
- 2. Why is my penis itchy and irritated? Do I have an STD (sexually transmitted disease)?** Itchiness and irritation could be signs of an STD, or it could be a symptom of something else. Either way, you should see a doctor and talk about getting tested for STDs. It can be scary to think about getting tested, but usually STD tests are quick, simple, and painless—like peeing in a cup or doing a quick swab on the inside of your cheek. And if you don't have an STD, your healthcare provider can help you figure out what else is going on.
- 3. Is masturbation bad for me? Is there such a thing as masturbating too much?** There are a lot of myths out there about masturbation. The truth is, masturbation isn't physically or emotionally harmful in any way.
- 4. I'm not ready for a baby right now. How can I help make sure I don't get someone pregnant?** It's great that you want to be involved in preventing pregnancy! First, keep in mind that using a condom AND another form of birth control is the best way to prevent both pregnancy and STDs. Open communication with your partner about her birth control plan is important. Consider ways you can support her plan, such as: sharing any costs necessary, going with her to appointments for contraceptive prescriptions or insertions (when using an IUD or implant), or making her feel comfortable about methods such as the sponge or diaphragm that must be inserted prior to having sex.
- 5. I don't feel comfortable talking to my doctor about this stuff. Where can I go if I have an embarrassing question?** At Planned Parenthood of Greater Texas you can ask us *anything*. Our expertise is sexual and reproductive health. We are here for everyone, and our health centers provide STD testing and treatment, HIV testing, vasectomies, condoms, and more.

PlannedParenthood.org is also a great resource! Check out our [men's sexual health](#) section and a [quick online quiz](#), "The Check," that can help you decide if you need to get tested for STDs.