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Topics: Male Orgasm and Male Infertility

MALE ORGASM

The male orgasm is a complex process. Men achieve orgasm through a series of steps involving a number of organs, hormones, blood vessels and nerves working together. The typical result is ejaculation of fluid that may contain sperm through strong muscle contractions.

The fuel for the process of leading to orgasm is testosterone, a hormone produced in steady supply by the testicles. The testicles also make millions of sperm each day, which mature and then are mixed with whitish, protein-rich fluids. These fluids nourish and support the sperm so they can live after ejaculation for a limited time. This mixture of fluid and sperm, known as semen, is what is moved through the urethra and out the penis during orgasm. The sexual desire or libido is key in kicking off the process that will lead to orgasm. If a man has no sex drive—for example, if he has clinically low testosterone or is suffering from depression—his body may not respond to sexual stimuli and he may not be able to experience orgasm.

Steps that lead to ejaculation include:

- **Arousal**; the man perceives something or someone that prompts sexual interest.
- **Plateau**; the male body prepares for orgasm in this phase which can last from 30 seconds to 2 minutes.
- **Orgasm**; the orgasm itself occurs in two phases—emission and ejaculation.
- **Resolution and refraction**; after ejaculation, the penis begins to lose its erection. About half of the erection is lost immediately and the rest fades soon after.

Problems in Male Orgasm : Some men can have problems reaching orgasm. These most often stem from psychological factors; for example, they are still affected by a traumatic event or a restrictive upbringing or they have fallen into masturbation patterns that could have conditioned the body to take longer to orgasm. However, the problem also can be caused by certain medications or by a neurological or cardiovascular disease, or by having surgery where nerves are cut.

MALE INFERTILITY

Male infertility is any health issue in a man that lowers the chances of his female partner getting pregnant.

Causes

Making mature, healthy sperm that can travel depends on many things. Problems can stop cells from growing into sperm and keep sperm from reaching the egg. Even the temperature of the scrotum may affect fertility. These are the main causes of male infertility:

- **Sperm Disorder**: The most common problems are in making and growing sperm. Sperm may: • not grow fully • be oddly shaped • not move the right way • be made in very low numbers (oligospermia) • not be made at all (azoospermia)
- **Varicoceles** : These are swollen veins in the scrotum. They harm sperm growth by blocking proper blood drainage. It may be that varicoceles cause blood to flow back into the scrotum

from the belly. The testicles are then too warm for making sperm. This can cause low sperm numbers.

- Retrograde ejaculation: This is when semen goes backwards in the body. They go into the bladder instead of out the penis. This happens when nerves and muscles in the bladder don't close during orgasm. Semen may have normal sperm but won't reach the vagina. This can be caused by surgery, medications or health problems of nervous system. Signs are cloudy urine after ejaculation and less fluid or "dry" ejaculation.
- Immunologic infertility : Sometimes a man's body makes antibodies that attacks his own sperm. This can make it hard for sperm to swim to the Fallopian tube and enter an egg. This is not a common cause of male infertility.
- Obstruction: Sometimes sperm can be blocked. Repeated infections,surgery(such as Vasectomy),swelling or developmental defects can cause blockage.
- Hormones: Hormones made by the pituitary gland tell the testicles to make sperm. Very low hormone levels cause poor sperm growth.
- Chromosomes: Sperm carry half of the DNA to the egg. Changes in the number and structure of chromosomes can affect fertility. For example, the male Y chromosome may be missing parts.
- Medication: Certain medications can change sperm production,function and delivery. These medications are most given to treat health problems like; arthritis,depression,digestive problems,infections,high blood pressure,cancer.