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PHS ASSIGNMENT

Write short Notes on the following

1. Male orgasm
2. Testosterone

MALE ORGASM: Orgasm is widely regarded as the peak of sexual excitement, It is a powerful feeling of physical pleasure and sensation, which includes a discharge of accumulated erotic tension. The major function of male orgasm is to ejaculate sperm, although not all men will ejaculate during an orgasm.

The male orgasm is a complex system involving multiple hormones, organs and nerve pathways. **4 phases of male orgasm** which was first outlined by **WILLIAM MASTERS** and **VIRGINIA JOHNSON** in their book *HUMAN SEXUAL RESPONSE* includes

Arousal

Plateau

Orgasm and

Resolution and Refraction phase

TESTOSTERONE: Testosterone is the primary male sex hormone and anabolic steroid. It regulates fertility, muscle mass, fat distribution and red blood cell production. It can also be said to be the hormone that is responsible for the development of male sexual characteristics. Testosterone level tends to drop as men age.

Without adequate amounts of testosterone, men become infertile. This is because testosterone assists the development of mature sperm.

When a man has low testosterone or hypogonadism, he may experience

-reduced sex drive

-erectile dysfunction

-low sperm count

-enlarged or swollen breast tissue

And symptoms may get worst overtime.

Too much testosterone on the other hand can lead to the triggering of puberty before the age of 9 years. This condition would mainly affect young men is much rarer.