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NURSING SCIENCE

1. MALE ORGASM

The hormone testosterone produced in the testicles. play a central role by enhancing the sexual desire (libido) that leads to arousal, erection, and untimely orgasm.

Males differ from women because of the climax of the sexual response comes on faster and are shorter than women's. The male orgasm last's for an average of 5 to 10 seconds. An orgasm leads to the ejaculation of semen, which fertilizes the female ovum.

* **4 phases of the male orgasm**

1. AROUSAL: this is the stage in which physical, sensory, and emotional cues prompt the brain to release a neurotransmitter which results in erection.
2. PLATEAU: this is the phase immediately preceding orgasm in which the voluntary thrusts of the body, specifically the pelvis, suddenly become involuntary, increasing both in intensity ans speed. Traces of the seminal fluid (pre-cum) may leak from the urethra.
3. ORGASM: this phase is didvided into two; emission and ejaculation. Emission is the stage where ejaculation is inevitable and ejaculation, is the stage in which strong contractions of the penile muscle, anus, and perinial muscles help propel the semen from the body
4. RESOLUTION AND REFRACTION: resolution this is the phase following the orgasm where the penis starts to lose its erection, this is accompanied by feelings of extreme relaxation or even drowsiness.

Resolution is the stage following climax when a man is unable to achieve another erection with stimulation.

2. SEMEN

semen, also called semial fluid, fluid that is emitted from the male reproductive tract and that contains sperm cells , which are capable of fertilizing the female eggs. Semen also contains other liquids, known as seminal plasma, which help to keep the sperm cells viable. in a sexually matured male sperm cells are produced by the testes, proteolytic and other enzymes as well as fructose, it also contains the spermatozoa. It is secreted by the gonads (sexual glands), it is produced and originates from the seminal vesicle, which is located in the pelvis. Ejaculation is the process involved in the discharge of semen. Semen is also a form of genetic material. Semen is usually translucent with white, grey or even yellowish tint.