

## Bruce Middleton

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**From:** "Leandie Buys Newsletter Movember 2011" <info@leandiebuys.co.za>  
**To:** <bruce@southcapenet.com>  
**Sent:** 15 November 2011 03:25 PM  
**Subject:** Celebrating Movember and Men's Health



*Newsletter, November 2011*

**In celebration of Movember – an international campaign which raises awareness and funds for male-specific cancers – we will be taking a closer look at men's health.**



### Toys Specials this month:



#### **Astroglide**

Start with a back or full body massage and take things as far as you want to go! This versatile product is both a warming massage lotion and a water based condom compatible personal lubricant.

**Price:**  
**WAS R 345 NOW ONLY R 289!**



#### **Muvee**

Ergonomically designed, powerful, high quality vibrating penis ring. What is unique about this item, is the positioning of the vibrator. The motor unit on this penis ring is positioned at a right angle to the ring to provide enhanced clitoral stimulation.

**Price:**  
**WAS R 250 NOW ONLY R 199!**

### Leandie says...



Dear Readers,  
 Yes, **Movember** is back! The month that ladies dread, and men make the most of their testosterone to grow impressive (prickly!) moustaches. In celebration of Movember – an international campaign which raises awareness and funds for male-specific cancers – we will be taking a closer look at men's health and the various cancers that affect men. We will also be looking at how a man's health can cause erectile dysfunction.

Don't forget to **vote for your favourite Mo's** - men across the country are growing their moustache's for charity. For more information on Movember, visit <http://za.movember.com>

Don't forget to listen out for the interesting topics discussed live on Sensually Speaking. We will be including information about the topics discussed in this newsletter. If you have any topic suggestions, please feel free to submit your ideas to [info@leandiebuys.co.za](mailto:info@leandiebuys.co.za).  
**Leandie**

**Leandie Live:** Don't forget to listen out for the hot topics discussed on my weekly slot on **AlgoaFM** every Thursday evening between 21h00-22h00. The show is called "Sensually Speaking" and will cover a wide range of relationship and sexual issues.

***This week we will be focussing on prostate cancer, and how men can maintain their prostate health.***

To contact me, visit my **NEW** website: [www.leandiebuys.co.za](http://www.leandiebuys.co.za) or email: [info@leandiebuys.co.za](mailto:info@leandiebuys.co.za)

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## "Am I less of a man if I experience sexual dysfunction?"

***According to studies, one in five men over the age of 40 will experience erectile difficulties and one in ten of these men are completely unable to have erections.***

### **The facts:**

- Men over the age of 30 often need extra physical stimulation before achieving a full erection. This is the result of declining testosterone levels in the body due to aging
- A firm, hard erection is not compulsory for satisfying sex. Penetration is possible without a perfect erection and it is often equally as satisfying
- Most men lose their full erection at some point during love-making, and need extra physical stimulation to regain rigidity.

This widely accepted breakdown gives us a simplified idea on how common ED really is:

Basically, around 40% of men over 40, 50% of men over 50, 60% of men over 60 and 70% of men over 70 have erection difficulties at times.

Talk about sexual difficulties with your partner. No man should be ashamed or embarrassed about ED, as it is a common sexual problem in men over the age of 40

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### **IMPORTANT CONTACTS**

**Leandie Buys**  
- *Clinical Sexologist*  
Tel. 041 373 5800  
97 Cape Road  
Mill Park  
6045

[www.leandiebuys.co.za](http://www.leandiebuys.co.za)  
[info@leandiebuys.co.za](mailto:info@leandiebuys.co.za)



After numerous requests, Leandie will be doing public speaking again this year.

## **Cancers that affect men**

***According to CANSA, the five leading male cancers in South Africa include:***

- Prostate - 1 in 23 males have a lifetime risk (LR) of getting prostate cancer
- Lung - 1 in 69 males have a lifetime risk (LR) of getting lung cancer
- Oesophagus - 1 in 82 males have a lifetime risk (LR) of getting oesophageal cancer
- Colon/rectum - 1 in 97 males have a lifetime risk (LR) of getting colorectal cancer
- Bladder - 1 in 108 males have a lifetime risk (LR) of getting bladder cancer

The 2000-2001 National Cancer Registry (NCR) Report showed that males have a lifetime risk (LR) of 1 in 6 of getting cancer.

### **Prostate cancer**

Prostate cancer is the most common cancer diagnosed in South Africa. It develops in the prostate, a gland in the male reproductive system and is most common in men over the age of 50. There are many factors which increase a man's risk of developing prostate cancer including genetics and diet.

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## **Bad health can cause sexual dysfunction**

***The most common sexual dysfunctions affecting men include erectile dysfunction, ejaculation disorders and inhibited sexual desire.***

### **What causes sexual dysfunction?**

Physical and psychological health both play an important role in male sexual functioning. When a patient seeks counselling for sexual dysfunction, I immediately send him for a full medical check-up at his GP in order to identify any physical causes of sexual dysfunction. We then proceed with a combination treatment of psychotherapy and medication to restore his sexual functioning.

Physical causes of sexual dysfunction can include: diabetes, heart and vascular (blood vessel) disease, neurological disorders, hormonal imbalances, chronic diseases such as kidney or liver failure, and alcoholism and drug abuse. Sexual dysfunction can also be a side-effect of certain medications.

## **How does sexual dysfunction affect relationships?**

Erectile Dysfunction affects both parties in the relationship. Communication about the dysfunction is key – and if handled correctly, it could even enhance the intimacy in the relationship.

A man who cannot have satisfactory intercourse may still have a strong sex drive, which can be extremely frustrating. If left untreated, it will affect a man's self image and the communication and intimacy in his relationship will deteriorate.

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