

NOTICE: This factsheet is about sensitive male health topics (Men's Business). Please view and share appropriately.

Erectile dysfunction (ED) and low testosterone (LT) are common male sexual health problems. They can be difficult to talk about – especially for Aboriginal and Torres Strait Islander males, where there are additional cultural factors that can prevent people from opening up about something so private.



About 1 in 3* Aboriginal and Torres Strait Islander males experience ED.

**Based on one study (2004-2007)*



About 1 in 10 older males in non-Indigenous populations have low testosterone.

(There are no specific data for Aboriginal and Torres Strait Islander males)

Symptoms of ED include:

- Trouble getting or maintaining an erection
- Difficulty having sexual intercourse

Symptoms of LT include:

- Late or incomplete puberty
- Low muscle development
- Voice does not deepen
- Lack of facial, body or pubic hair
- Low interest in sex
- Low energy or tiredness
- Increased body fat
- Hot flushes or sweats
- Reduced facial or body hair growth

ED and LT maybe a sign of a more serious condition

Research shows that ED and LT can be linked to Cardiovascular disease (CVD) and type 2 diabetes (T2DM).

Low Testosterone



Erectile Dysfunction

Chronic disease



It's important to break the silence around male sexual problems and encourage conversations both within the community and in health services.

Diagnosis & treatment

As CVD and T2DM are common among Aboriginal and Torres Strait Islander people, understanding these links can lead to more **holistic health care**.

The good news is **there are treatments available** for both ED and LT, but it's important to talk to a health professional when symptoms present.

Barriers to help



cultural taboos



shame



worries about privacy



lack of knowledge about the problem



transport and medical costs



not knowing how to talk about it

Recommendations

- **Cultural competency training** for healthcare providers
- **Include sexual health assessments** in general healthcare for males
- **Promoting sexual health** in existing community programs
- Creating **safe spaces for males** to talk about sexual problems

More research is needed to understand how these sexual health problems impact Aboriginal and Torres Strait Islander males.