

SEXUAL HEALTH IN YOUNG MALES: A PREVENTIVE INTERVENTION BY ANDROLOGISTS AND PSYCHOSEXOLOGISTS

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Objective: The Androlife campaign has been organized by the Italian Society of Andrology and Sexual Medicine (SIAMS) with the aims to: promote the primary prevention of the reproductive tract pathologies in males, inform young boys on the importance of controlling risk factors for male infertility, sensitize public awareness of male reproductive health, collect data on lifestyle, habits and general health status of young males aged 18 to 30 years, and diagnose possible andrological pathologies.

Aim of this study was to sensitize young male subjects of male sexual health according to recent standards of the "Sexual Health for the Millennium. A Declaration and Technical Document" (WAS 2008).

Design and Method: During the Androlife campaign in March 2012, a team of andrologists and clinical sexologists performed free andrological and psychosexual consultations to young males aged 18 to 30 years.

Andrologists used a standard case history to collect personal and medical data. A psychosexual consultation was suggested.

The psychosexual consultation included a semistructured interview with the possible use of the International Index of Erectile Function-5 test. The mean duration of each consultation was 45 minutes.

Results: 192 young males underwent clinical andrological evaluation. 10% of them accepted to undergo the psychosexual consultation as well.

Conclusions: When appropriately informed and sensitized, young males feel the need to take care of their sexual health addressing to qualified professionals, realizing how partial the information they receive through the media are.