

q health: THE MALE P-SPOT

HOW THE RISE OF PROSTATE PLAY IS IMPROVING
MEN'S SEXUAL AND BODILY HEALTH



Naughty Boy

The prostate is a mysterious and often misunderstood organ. A walnut-size gland found between a man's bladder and his rectum, the prostate's main function is to produce fluid that is expelled as part of semen during ejaculation. It's also the source of prostate cancer, which is the most common cancer in men. While many men dread their first prostate exam, the so-called male P-spot can also be a source of mind-blowing pleasure.

According to Cancer Australia (2017), prostate cancer is the most common form of male cancer in Australia. In fact, this year alone, there have been 16,665 new cases confirmed – and over 3,450 deaths in the last 10 months from this malignancy.

While many men are wary of anal stimulation, the male P-spot is increasingly becoming a subject of conversation. While prostate massagers are typically viewed as toys for gay or kinky men, they're increasingly becoming more mainstream in the straight community due to their proposed health benefits. In the last 5 years, prostate massager sales have increased by 56%. This trend is reflected in Google searches as well. According to Google Trends, searches for "prostate massager" have more than tripled since 2004.

One of the many benefits of using a massager to stimulate the P-spot is that men can help improve their prostate health and sexual health in the privacy of their own home. Filled with numerous nerve endings, massage of the prostate creates a deep, intense sensation for greater sexual enjoyment. Regular stimulation can also assist in the release of prostatic fluid which can enhance blood flow to the area, improve urinary flow and improve the integrity of the prostate tissue.



BENEFITS OF PROSTATE MASSAGE

- Eliminates the build up of prostatic fluid to help prevent the likelihood of developing prostatitis, a painful inflammatory condition of the prostate.
- Improved blood circulation to the prostate, resulting in improved production of the fluid that mixes with semen, which in turn assists with relieving impotence and erectile dysfunction.
- Helps prevent an enlarged prostate, also known as Benign Prostatic Hyperplasia (BPH) which could lead to difficulty urinating and increased risk of bladder infections.
- May help minimise painful ejaculations.
- Improves overall prostate function which may reduce the risk of developing prostate cancer.
- Increases intensity of ejaculations, resulting in heightened sexual pleasure and orgasms.



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