

Book Review

A Bloke's Guide to Keeping it Up Down Under A Sexual Health Guide

Beth Quinlivan
Ibis Publishing (2005)
Paperback, 176 pp
ISBN 1920923969

A Bloke's Guide is a well written guide for Australian men on sexual health issues. The almost pocketbook size of the book is handy and the front cover image of a chesty bond type of character is inviting. The print font is easy on the eyes and the style of language is straightforward and suitable for all readers.

The quality of interspersed cartoon characters is first-class and breaks up the monotony of the words, however a greater number of cartoons would add to the relaxed style of the book. The information about men's conditions is scientifically accurate, not overly technical, yet is non-judgemental.

The book emphasises the idea that good sexual health improves general health, a fact recognised by the World Health Organization. Basic anatomy is well covered with a section allaying the fears of many men on their penis size. Controversial and less understood conditions of prostatitis in younger men, the so-called male menopause in older men, and testosterone (hormone) issues in men with low libido (sexual desire) are thoroughly explained.

The discussion on erectile dysfunction and ejaculation difficulties includes an excellent coverage of the psychological issues that accompany these disorders. The causes and treatment of erectile dysfunction, and the section on male cancers, prostate and testes, are well written. The chapter on sexually transmitted infections covers all the relevant conditions. The book concludes with fertility and vasectomy issues.

A Bloke's Guide appears at a time of increasing discussion and interest in the specific health problems of men. This book deals with these problems with sensitivity and accuracy. I recommend it as a useful source of information on men's sexual health.

Dr Michael Lowy
Men's Health Physician
www.sydneymenshealth.com.au