

Preface

Hypogonadism: The subject of hypogonadism is fraught with confusing misconceptions and controversies that the average practitioner simply cannot comprehend. Even specialists find the avalanche of information mind boggling and cannot use the conclusions drawn from them with confidence in their routine clinical practice. There was therefore a crying need for a simple, didactic text that can tell clinicians the “do’s and don’ts” that are needed in the real world of clinical practice. In addition, such a book must also address the “how to do it, and what to watch out for” situations. I have tried to put together the epidemiology of the condition in the local context, the science behind the condition, its clinical presentation and the need for the correct and more accurate confirmatory laboratory tests, treatment choices and the reasons behind each preparation to use in clinical practice, safety aspects of clinical use, and hopefully an addendum of useful bedside aids for the clinician to use in the wards or clinic. Chapters dealing with its link and use in the metabolic syndrome and erectile dysfunction have been added and covers as well the detection, use, and abuse of anabolic steroids and testosterone in sports and the thorny issue of doping. Even information on the potential use of herbal products purported to help hypogonadism has been included in this text as these products are ubiquitously used in the Asia Pacific region, and the medical practitioner must therefore have a minimum working knowledge of their pharmacology and principles behind their use.

Premature ejaculation (PE) is one of the most common male sexual dysfunctions, which may often be undiagnosed and undertreated due to various barriers that exist in both patients and physicians. Aside from social and cultural issues, there is also inadequate knowledge regarding available effective management strategies for PE. Information currently obtainable can be confusing and often not didactic and to the point for the ordinary practitioner who basically needs a simple “how to do it” type of cookbook by his side or clinic desk. This book is aimed to provide a simple, clear, right-to-the-point, very readable text on this subject which is not generally available. It should steer the reader through the mysteries of the pathophysiology and step by step workup on how to identify the PE patient using standard history, physical exams, and use of questionnaire instruments simple to apply at the bedside. Sections on how to use behavioral techniques and selecting the appropriate pharmacotherapy to treat

the patient with primary or secondary PE, frequently asked questions, etc. are included amongst other pictorial and other useful bedside aides.

Sexually Transmitted Infections in Men: The Management of Sexually Transmitted Infections has become more important than ever before in this day and age especially with the growing epidemic of HIV/AIDS. The identification and treatment of infected men and more importantly the prevention of spread takes greater importance today with the world now a global village. The message of prevention and the provision of diagnostic services is emphasized in this book with advice on counseling of the patient and his partner. Whom-so-ever wishes to be a men's health doctor must be prepared to manage cases of STI's. To treat he must have passion, patience, knowledge, commitment, and zeal to handle often delicate situations. He or she must learn to create the safe space for the patient needed to admit to contracting the malady and to discuss and explore options for therapy. He must understand the challenges of trying to understand the complex physical and emotional aspects of being hit with knowing one has contracted a STI curable or non-curable. The practitioner must offer support, education, and counseling for individuals and the partner. This section is intended to provide guidance in areas not generally found in books on STI's and is not intended to be a comprehensive treatise on specific disease entities. Men's health being what it encompasses must necessarily deal with this issue.

I am grateful and honored to work with extremely distinguished scientists and clinicians known to be experts in these difficult fields of medicine and would like to put on record that without their valued contributions this book would not have seen the light of day. Finally tribute must be paid to one individual who inspired me to get thoughts onto paper and into print – Louis Gooren, MD, PhD, Professor Emeritus of Endocrinology.

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