

KEEPING IT UP



As a man-for-hire, you are a superhuman, forever horny fuckstud with an around-the-clock, never faltering, constantly hard throbbing rod. You can get it up in an instant, even with the most offensive of clients. Day or night, you are ready to fuck away at any orifice your client presents. You can go for hours at a time and can cum dozens of times a day

The reality for male sex workers can be a little different from that.

Male sex workers are no different from all men. Occasionally, it can be a hassle getting it up, or keeping it up

Our phallogentric culture places enormous value on *the erection* and links it to definitions of manhood and power through social and cultural conditioning of young men and boys.

An erection is far from automatic – a number of things need to be in place for erection to occur – interaction between blood vessels, nerves, muscles, stimulation – physical and mental, and the context in which sex is occurring.

The term *erectile dysfunction* can be a bit of a misnomer – it implies that a hard throbbing erection is a normal state for all men, all of the time.

Obtaining or maintaining an erection can be a problem at times for both male workers and male clients of sex workers.

There can be a number of reasons for erectile difficulties:

Blood vessels:

High blood pressure, smoking, diabetes and high cholesterol are the most common causes of impotence. An erection not only requires more blood to reach your penis through arteries, but you must also keep the blood from getting out to sustain your erection. Blood is held in your erect penis because veins constrict and prevent it from getting out. If your veins can't constrict (a condition known as "leaky veins") your erection will not happen or not last.

Nerves:

Injuries or surgery (especially prostate surgery) can affect the ability to obtain an erection. Other causes include nerve damage from diabetes, Parkinson's disease, multiple sclerosis and back injuries.

Hormonal:

Hormone abnormalities are another common cause of impotence -- most notably in men with HIV who have low testosterone levels. Problems with your thyroid and pituitary glands also contribute to impotence. Guys who take steroids also frequently become impotent because supplements destroy your natural hormonal balances.

Drug use:

Drugs (either prescribed or recreational) are another major cause of erectile problems. The list is long, but some of the biggest culprits are antidepressants in the Prozac family (called SSRIs), tranquilizers, heart and blood pressure medications, depressants (narcotics, barbiturates, alcohol, cocaine and marijuana) and some diuretics and ulcer medications. If you can tie your impotence to the start of a new drug, chances are you've found the culprit.

Anal sex:

Anal sex requires a harder erection than vaginal or oral sex. The anal sphincters contract and your penis must push through. Condoms can also decrease sensation and make it more difficult to maintain an erection, especially if too tight. Try using a larger fitting condom such as the Ansell Lifestyles range or any of the large/extra large condoms.

Psychological factors:

Your dick can be a good barometer of how you are feeling. Repeatedly experiencing a soft-on can be a sign that you might need to take a little time to take care of yourself and address issues of stress, tiredness and burnout in your life.

Keeping it up

A hard throbbing rod is only one of a range of things a worker can offer a client. If there are times when you have difficulty obtaining an erection try something else – use it as an opportunity to be creative with your client – try massage, fantasies, talking.

Fuck the client with a dildo or vibrator.

Cockrings (leather, rubber, metal) can assist – make sure that they are taken off after sex to allow blood flow – if the cock is bright purple and cold, it is on too tight and can cause permanent damage.

Workers can sometimes feel under pressure to blow their load with clients – this can be fun, but it can become a bit of an expectation and there will be times when you just don't feel like it. If you feel like cumming, then do so, but it is something you are in control of, not something that a client can expect at every booking. Blowing your wad all day and night can feel you feel totally whacked.

Constantly thinking about others' needs instead of your own can leave you feeling drained. If you are feeling 'over it all', try to take time off, even if only the occasional day – have time to yourself and get your thoughts in order. Learn to recognise the signs of burnout and have strategies in place to deal with stress. Try putting aside a few dollars from each booking for a 'time-out fund' so you can treat yourself when you need to.

If you have clients who are experiencing difficulties with erections, a visit an understanding sex worker who takes off the pressure to perform and provides a caring and understanding services is probably much better for men with erectile problems to than one of many 'men's health' clinics which tend to offer medical interventions.

You may come across clients who have various ways of dealing with erectile problems and impotence. Some men use vacuum pumps with rubber rings so they can obtain an erection – the client will usually be well informed about their use. Other clients will use injections into base of penis. Other alternatives include the new area of HRT (hormone replacement therapy) for men – testosterone injections, implants, and Viagra

Viagra:

The little blue pill know as the Pfizer Riser (Pfizer is the manufacturer of Viagra) has recently gained popularity, but its use requires caution.

Viagra works by helping the arteries in the penis to open wider to bring even more blood into the dick. Viagra only helps you get an erection if sexually stimulated; guys won't get hard just by swallowing a pill.

When sexually excited, a dose of Viagra can help produce an erection in about 30 to 60 minutes. An erection may last for up to four hours

The most common side effects of Viagra include headache, flushing of the face and stomachache. Some men have problems with vision, causing a blue haze.

Rarely, Viagra may bring about an erection doesn't go down even after ejaculation. This is a serious condition known as priapism, which needs to be seen by a doctor or accident and emergency staff as soon as possible. If not treated, it will cause permanent damage to the penis.

A dangerous reaction can occur if you combine Viagra with drugs containing nitrates, which are often used in people with heart disease to improve blood

flow through their blocked arteries. Common examples of nitrates include anginine (a pill under the tongue or a patch, taken to relieve chest pain) and amyl nitrite (amyl or poppers). Combining Viagra and nitrates can drop blood pressure to dangerous levels, which may result in dizziness, heart attack, stroke and death.

Another potentially dangerous interaction exists where HIV+ men are taking protease inhibitors. Taking Viagra with protease inhibitors can raise Viagra levels to dangerous levels and this combination has been linked with deaths in the US.

Some workers who have difficulty obtaining erections at times or want to remain constantly hard have been asking clients to obtain Viagra on their behalf. This is a dangerous practice especially where a medical reason does not exist for its use. Taking the pill to stay hard for hours on end can lead to priapism. If you are having problems getting it up, it is your body's way of telling you there is something wrong – you may need to take time off and reduce stress, or you may have an underlying medical condition such as diabetes that you are not aware of.