

BED-TIME STORIES



SEX IS NOT A FOUR-LETTER WORD

by Dr Sudhakar Krishnamurti

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by Anvar Alikhan

THIS is a collection of educative articles on sexual issues written in a snappy, anecdotal style. An eminent andrologist and micro-surgeon, Krishnamurthy is a man of many parts: a WHO expert on sexual medicine, the only Asian to have won the Herbert Newman Award for clinical research in sexual medicine, the founder of India's first dedicated andrology centre, and a writer and columnist to boot.

He offers expert advice on a wide range of areas, from ejaculatory trouble to penis lengthening; from erectile dysfunction to trans-sexuality; from libido mismatches between partners to post-

heart-attack-sex. You learn, for example, that chocolate, honey, ice-cream, oatmeal and eggs are all certified sex-enhancers. And that there's a condition called sex addiction, where the patient is as dependent on sex as an alcoholic is on booze. Or that 63 per cent of men and 30 per cent of women in the 80-100-year age group continue to have sex. Or that cholesterol, despite its nasty reputation, is the basis of all sex hormones, and a low-cholesterol diet affects your sex drive. Or that the longest human penis recorded was 18 inches long, but that long penises suffer from major mechanical problems. And, finally, that overly acrobatic sex could possibly result in—ouch!—a fracture of the penis. ■