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Reproductive health of a men- A major threat

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Introduction: Our society and culture is always reflected in our thoughts, beliefs and in the way we act. Along with these diversifying thoughts our culture and society also play a negative role by continuously reinforcing same idea and stereotypes regarding some important unaddressed issues in our country and one of those are sexual health of men. There are many apprehensions of male reproductive health that are not conversed in our society e.g. important pubertal changes in a man's life, infertility, nocturnal emission, unmet sexual needs, masturbation, protective sex education and many more.

Objective: The aim of this study was to discuss the Socio-cultural causes and factors that aggravate the severity of this issue.

Methodology: Literature review from (2004-2014) was done to rule out the root cause of male reproductive health issue.

Result: Masculinity of a man, gender inequality, stereotypical thinking, parent's uncomfotibility to converse with their male child, lack of therapeutic communication skills of our

health care providers, lack of confidence and awareness in females to talk to their man about their reproductive health were the most common issues. This paper hopes to indicate that by working on three modifiable factors we can reduce its severity. on cognitive level by increasing awareness about changing the attitude and thinking from childhood by enhancing the quality of parent teen communication, by arranging school campaigns on pubertal changes, on environmental level guidance about how they can access different treatments, than lastly on behavioral level to promote awareness among our health care providers about the effective skills of therapeutic communication and will teach them about showing them good gesture that can assure them trust, confidentiality regarding their problem.

Conclusion: Healthy live and wellbeing is the right of everyone, if we can teach and run campaigns about menstruation than why not about nocturnal emission. Breaking those stereotype, and coming out of the nutshell will only help to eradicate these issues.

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