

# Sexual Organs

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## Woman's sexual organ

Women's outer sexual organ is the pudendum. It is composed of big (1) and little (2) vulvas. In between, on the upper side is the clitoris (3), and below it is the external part of the urine pipe (4), followed by a bigger opening leading to the uterus (5), and the beginning of the uterus.

The young girls' entrance of the uterus is covered by a membrane — hymen (hymen) which has a small opening for free flow of menstrual blood. During the first sexual intercourse the hymen bursts (defloration) and can cause some bleeding, not necessarily if the hymen is elastic.

The inner sexual organs are consisted of: vagina, uterus, ovaries and ovary pipe fallopian tube, located in the pelvis where they are protected. In front of them is the bladder and in the back is colon.

Behind the hymen is the vagina which looks like a shallow pipe with creased walls made of muscles. The entrance of the uterus is at the end of the vagina.

Cervix (cervix uteri) is located in the beginning of the uterus. Inside there is a small channel leading from the body of the uterus and serves for free flow of the blood of the uterus to the vagina and outside.

Uterus (uterus) is the organ in which the embryo is growing. The walls of the uterus are made of flexible muscle fibers, which is important for pregnancy since it is in the uterus where a child is growing until delivery. Inner part of the uterus is protected with mucus which peels off during a period, while during pregnancy generates the placenta.

Fallopian tubes are tender pipe-like structures of 1mm in diameter ending with the uterine tubes near the ovaries. The uterine tubes take hold of the ovary unit after it has been released from the ovaries (ovulation) and direct it through the uterine tubes towards the uterus.

Ovaries are a pair of women's sexual glands which secrete women's sexual hormones estrogen and progesterone, containing ovary units in the bubbles named follicles. At the birth, ovaries contain around 400,000 ovary units, but in woman's lifetime, from puberty to menopause, only 350-500 ovary units can mature. Every month, only one ovary unit is capable for fertilization, while all the others decay.

Breasts are important for motherhood and are related with sexuality. Milk glands produce mother's milk after the child is born.

A regular breast self-inspection is very important for diagnosing breast cancer. In case of occurrence of a lump inside the breasts, or secretion from the nipples, a doctor has to be consulted immediately. After the age 50, the woman has to take mammography regularly and ultrasound check of the breasts. In this way, the number of women affected can be decreased.

## Male sexual organ

Male sexual organ is made of sponge like tissue, blood vessels and nerves. During sexual excitement, the penis is filled with blood and becomes hard (erection). The glans is covered with skin folds and is very sensitive.

Testicles are situated in skin bags or in scrotum. This is where the male sexual hormone testosterone is produced and the male sexual units — sperms. They are capable of fertilization some 3-5 days after ejaculation.

Seminal ducts are small tubes through which the sperms are taken from the testis to urethra before ejaculation takes place.

Urine flows from the bladder through urethra and leaves the body through the urine tube.

Prostate gland and seminal vesicles have a secretion that is being mixed with the seminal fluid (sperm) and facilitate the mobility of the sperms.

The first ejaculation takes place between the age of 11 to 15, while the regular production of sperms may begin at the age 14-15. Ejaculate contains some 300 — 500 million of spermatozooids.

The smegma may appear under the and thus cause unpleasant smell and inflammation. Therefore it is necessary to wash the sexual organs every day.

Circumcision is a surgical measure for removing of the skin fold for religious and hygiene reasons. Circumcised men have less problems with the inflammation.

Alcohol intensifies the sexual desire, but also makes the erection and orgasm more difficult.

Men may ask for counseling or assistance in solving their problems from the andrologist or urologist. Andrologist is the specialist dealing with the diseases of urinal system for both sexes and for the diseases of male sexual organs. Medical check-up of urinary organs and prostate may reveal the problems and the necessary medical treatment may follow.