

# Men: Take Care Of Your Friend Downstairs And He Will Take Care Of You. Why And How To Take Care Of Your Penis.



The penis is one of the most important parts of a man's body. Not only does it play a vital role in urination and reproductive functions, but it is also an important part of a man's sexual health. Because of this, it is important for men to take care of their penis and to be aware of any changes that might occur.

## Penile cancer

While penile cancer is relatively rare, it is still one of the most common cancers in

men. According to the American Cancer Society, there will be about 2,470 new cases in 2019 alone.

Penile cancer usually starts with the growth of abnormal cells on the skin of the penis. These cells can then grow into tumors. If left untreated, penile cancer can spread to other parts of the body and eventually lead to death. Fortunately, there are several things that men can do to reduce their risk of developing penile cancer.

If anything seems unusual, they should see a doctor right away. In addition to being alert for signs of cancer, men also need to take care of their penis for overall good health.

## Safe Sex

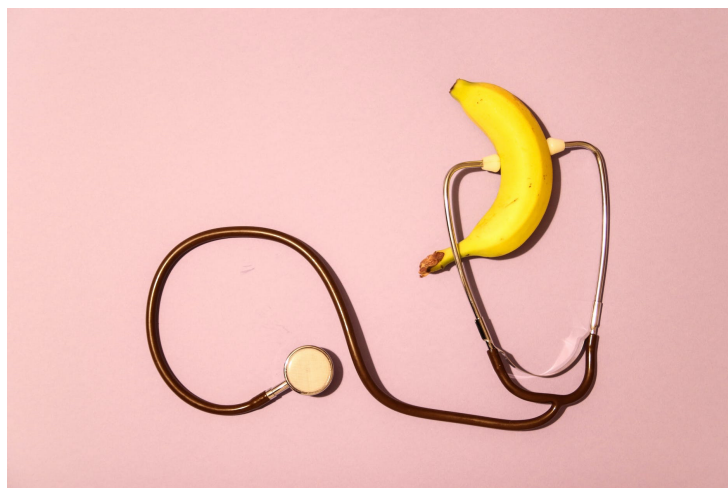
Perhaps most importantly, they should practice safe sex by using condoms during intercourse. In addition, they should avoid activities that put them at risk for HPV infection, such as unprotected sex with multiple partners or sharing needles for drug use. Men should also examine their penis regularly for any changes in appearance or symptoms such as pain or bleeding.

## Some other tips include:

A man's penis is a sensitive organ that needs to be cared for in order to keep it healthy and functioning properly. There are a few simple things that a man can do to take care of his penis and keep it in good condition.

Firstly, it is important to maintain good hygiene habits, so wash the penis regularly with warm water and mild soap. Avoid using harsh soaps or anything that could irritate the skin. It is also important to dry the penis thoroughly after washing, as moisture can lead to irritation or even infection.

Another important aspect of penis care is choosing the right underwear. This means wearing loose-fitting clothing. Tight fitting clothing can restrict blood flow and cause discomfort, so it is best to avoid these items. Instead, opt for loose-fitting boxer shorts or briefs that will allow your penis room to breathe and stay comfortable all day long. When at home, go around commando or if you live alone, go around naked.



Lastly, if you notice any redness, swelling, pain, or other changes in your penis, it is important to see a doctor right away as these could be signs of an infection or other serious issue.

Notice anything off... go to the doctor!

By taking good care of your penis and being aware of any changes, you can help ensure a happy and healthy life for both you and your partner!

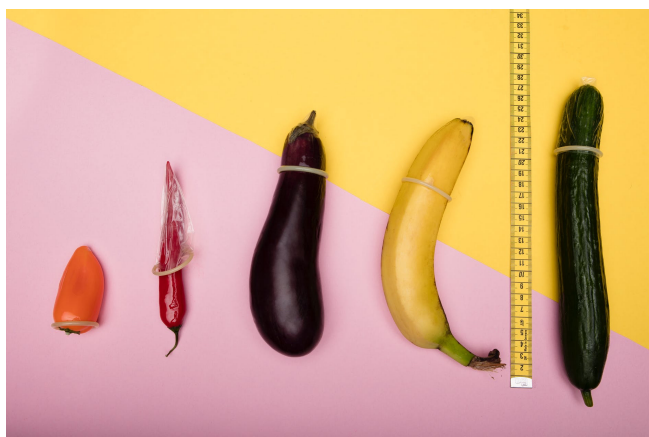
– Quit smoking cigarettes : Smoking damages blood vessels and therefore impairs blood flow , including circulation to the penis .

## When playing...

It's also important to eat a balanced diet and get regular exercise , which can help improve blood flow throughout the body , including to the penis which is important for the fun times .

When it comes to masturbation, most men think only about how they can please themselves.

However, it is important to take care of your penis when masturbating in order to maintain good sexual health. Here are a few tips on how to do so:



1. Use Lubricant Using lubricant during masturbation can help reduce friction and prevent the skin on your penis from becoming irritated. It can also make the experience more pleasurable. Be sure to choose a quality lubricant that is designed for use with sex toys and masturbators.

2. Go Slow at First If you go too fast or too hard at first, you could end up injuring your

penis. Start slow and increase the speed and pressure as you become more aroused. If you start to feel pain, slow down or stop altogether.

3. Don't Forget the Base When stroking your penis, be sure to include the base in your grip. This will help ensure that you don't put too much pressure on the sensitive head of your penis. Focusing the majority of your strokes on the shaft will also help prevent premature ejaculation

4. **Clean Up Afterwards** Wash your hands and penis with soap and water before masturbating, and again afterwards. This will help remove any bacteria that could cause irritation or infection .

It's no secret that the penis needs special care when it comes to sexual activity. After all, this is a sensitive area that can be easily injured. That's why it's important to follow some simple guidelines when engaging in sexual activities involving the penis.

1. Always use plenty of lubrication during intercourse. This will help reduce friction and prevent any potential injuries. Just make sure to avoid anything that could potentially irritate the skin, such as scented products or anything with chemicals.
2. When receiving oral sex, it's also important to use a condom. This will help protect against STDs and other infections. It's also a good idea to trim any pubic hair around the base of the penis beforehand, as this can also cause irritation during oral sex.

A man's penis is not only a physical organ, but also a powerful symbol of his masculinity. Consequently, the way a man cares for his penis can have a profound effect on his mental health.

## So the long and the short of it ...

The penis is a sensitive organ that needs to be cared for in order to keep it healthy and functioning properly. There are a few simple things that a man can do to take care of his penis and keep it in good condition. These include practicing good hygiene, choosing the right underwear, and being aware of any changes or symptoms.

Tips on how to take care of your penis and improve your mental wellbeing:

1. **Keep it clean** – Regularly wash your penis with warm water and mild soap. This will help to remove any build-up of bacteria and keep it free from infection.
2. **Check for STIs** – If you have unprotected sex, make sure to get tested for STIs (sexually transmitted infections) regularly. This way you can catch any infections early and treat them effectively.
3. **Use protection** – Always use condoms when engaging in sexual activity to reduce the risk of STI transmission. This will also help to keep your penis healthy and free from infection.
4. **Practice safe sex** – In addition to using condoms, always practice safe sex by avoid sharing needles or coming into contact with bodily fluids that could contain viruses or bacteria (e.g., blood, semen).
5. **5 Manage stress** – Stress can wreak havoc on your body and mind, so it's important to find ways to manage it effectively. Exercise, meditation and deep breathing are all great stress-busters that can also promote overall good health

