

# Частота половых актов и мужское здоровье

## Научное исследование о частоте эякуляции и последующем риске рака простаты:

<https://pubmed.ncbi.nlm.nih.gov/15069045/>

### Выводы из статьи:

Results: During 222 426 person-years of follow-up, there were 1449 new cases of total prostate cancer, 953 organ-confined cases, and 147 advanced cases of prostate cancer. Most categories of ejaculation frequency were unrelated to risk of prostate cancer. However, high ejaculation frequency was related to decreased risk of total prostate cancer. The multivariate relative risks for men reporting 21 or more ejaculations per month compared with men reporting 4 to 7 ejaculations per month at ages 20 to 29 years were 0.89 (95% confidence interval [CI], 0.73-1.10); ages 40 to 49 years, 0.68 (95% CI, 0.53-0.86); previous year, 0.49 (95% CI, 0.27-0.88); and averaged across a lifetime, 0.67 (95% CI, 0.51-0.89). Similar associations were observed for organ-confined prostate cancer. Ejaculation frequency was not statistically significantly associated with risk of advanced prostate cancer.

Conclusions: Our results suggest that ejaculation frequency is not related to increased risk of prostate cancer.

То есть в рамках данного исследования сделан вывод о том, что частота эякуляции не связана с повышенным риском рака предстательной железы. Также в рамках исследования был сделан вывод, что люди которые эякулируют примерно 21 раз на месяц имеют на 20% ниже риск заболевания раком простаты.

## Научное исследование о связи частоты половых актов и риске смерти:

<https://www.bmj.com/content/315/7123/1641>

### Вывод из статьи:

Result: Mortality risk was 50% lower in the group with high orgasmic frequency than in the group with low orgasmic frequency, with evidence of a dose-response relation across the groups. Age adjusted odds ratio for all cause mortality was 2.0 for the group with low frequency of orgasm (95% confidence interval 1.1 to 3.5, test for trend  $P=0.02$ ). With adjustment for risk factors this became 1.9 (1.0 to 3.4, test for trend  $P=0.04$ ). Death from coronary heart disease and from other causes showed similar associations with frequency of orgasm, although the gradient was most marked for deaths from coronary heart disease. Analysed in terms of actual frequency of orgasm, the odds ratio for total mortality associated with an increase in 100 orgasms per year was 0.64 (0.44 to 0.95).

Conclusion: Sexual activity seems to have a protective effect on men's health.

В статье делается вывод о том, что здоровая, разумная сексуальная активность оказывает защитное действие на мужское здоровье.

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