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Ask Dr. Bob: Going Long

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Mind & Body



Photo credit: Illustration by Joe McKendry

Q: Do male enhancement pills like ExtenZe actually work?

A: If these kinds of pills worked, they'd be the best-selling products of all time. The fact is, no medical society recommends them, the FDA doesn't approve them, and there is no compelling scientific evidence that they actually make your penis larger. That said, there are a few things that have been proven to give guys some extra length. Researchers at the University of Turin, Italy, recently found that men who wore a stretching device called the Andropenis for at least four hours a day for six months increased their flaccid length by an average of 32 percent, with few side effects other than bruising. Plastic surgery is another option, during which a

ligament holding your penis is cut, allowing it to hang lower. But that can cause loss of sensation. Here's my advice: Forget about making your penis bigger. As clichéd as it may sound, most women don't care how big you are; they're more concerned with how you use it. For that, maintain your cardiovascular health and lose the gut. There's nothing more unattractive than having belly fat roll over and hide your manhood.

Email your questions for Dr. Bob Arnot to dr.bob@mensjournal.com.

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