

Ask the "Sexperts" Part 1

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Q: Is it bad if your left testicle is bigger than your right testicle?

A: It is normal for most men to have one testicle larger than the other and for one testicle to hang lower than the other. Testicles are on average two inches long and an inch and a half across.

Q: Also, what if the penis angles slightly to one side?

A: Curvature in the penis is normal. It has nothing to do with handedness or masturbation patterns. Abnormal curvature as seen with Peyronie's disease is usually painful with erection and with sexual activity.

Q: Is fisting actually a thing?

A: Yes, but just like anal sex, it is a slow activity that takes a lot of communication and presence. Fisting begins with fingering then progresses to more in depth penetration, if possible, with the entire hand. Gradually, the side of the hand is curled on itself with the fingers pressed together. Not everyone can tolerate the width of penetration offered by a fist. But plenty of folks appreciate the sense of fullness that fisting provides.

Q: Does anal sex ever stop hurting?

A: If anal sex hurts, something is going wrong. Try having an orgasm prior to anal play and continue genital stimulation throughout. Remember that timing is essential; you may be too stressed out to focus and relax. Or you had enchiladas for lunch. Use a lot of lube on the anus and inside the rectum. Silicone will maintain its viscosity over time and it gets flushed out with your next BM. Water based lubes can be quickly absorbed by the rectal tissue so use a thick water-based gel or a hybrid of silicone and water-based lube. The anus consists of two sphincters that are quite close to each other. The outer sphincter is under voluntary control. The inner sphincter is not; it requires slow, mindful attention to relax. When you attempt insertion, put yourself onto the finger or toy not the other way around. The receiver needs to be in control. Open your mouth and breath out like you are cleaning your glasses. And bear down as if you are moving your bowels. The angle of insertion is important. The rectum is a sinusoidal curve towards the navel then towards the backbone. Use a pliant toy or a finger until you learn what works in terms of insertion. Also, if you have any hesitations about anal play, that mental block will create a physical one. The anus never lies!