

The Penis Book:

A Doctor's Complete Guide to the Penis – From Size to Function and Everything in Between



AARON SPITZ, M.D.
Urologist / Urologic Surgeon

Dr. Aaron Spitz of Orange County Urology Associates has long been a trailblazer in working with the national media to communicate with patients and their loved ones about men's health and fertility issues. He's been on dozens of local and national TV and radio networks, on national TV health shows (he recently taped his 40th appearance on *The Doctors* TV show), in many newspapers, and on leading national blogs such as *Huffington Post* and *USNEWS*. Now he has moved into another media dimension, partnering with consumer book publisher Rodale on a new book titled *The Penis Book: A Doctor's Complete Guide to the Penis – From Size to Function and Everything in Between*. We talked with him recently about the book.

Q&A

Q: What was the impetus behind your book?

A: I realized that as much as I enjoy one-on-one appointments with my patients, as well as the far-reaching impact of my television and radio appearances, a book is perhaps the most powerful way for me to convey important information to people about their health and well being. A book is not limited to a 15- or 20-minute time slot or a 5-minute sound bite, and it is always ready when the reader is. It allows for in-depth explanations and it allows the reader to return time and again to reinforce their understanding.

Q: Why did you write specifically about the penis?

A: I have been an expert in male sexual health for over 20 years. The penis is what I know best. Besides, it's still a taboo topic that causes a lot of confusion and, in some cases, anxiety or even depression. It's a topic that almost everyone could use better information about.

Q: What are some types of things we can expect to learn from the book?

A: You will learn everything there is to know about the penis. Some of the chapters include information on development and growth of the penis, circumcision techniques and controversies, normal sexual function and penis size, causes and treatments of sexual dysfunction, testosterone balance, infections and other diseases of the penis, and there is even chapters on supplements, penis enlargement, and pornography.

Q: How long did it take to write?

A: It took over a year to write this book, but my entire career to accumulate the expertise behind it.

Q: What new themes arose while you were researching the book?

A: I learned a great deal from writing this book. I was surprised to find a great deal of new and important

Q&A cont'd ...

information about the effects of pornography on sexual function, the impact of sleep on testosterone and erections, and the effects of exercise and nutrition on blood flow to the penis. Pornography is ubiquitous and it is immediately available in the palm of our hands on our smart phones, or on almost any computer. Worse yet it is consumed by ever younger children. Studies are now showing that frequent viewing of pornography shrinks and desensitizes critical areas of the brain that are necessary for normal sexual responsiveness with another real person. My book explores this shocking crisis in depth.

Q: Does your book include illustrations?

A: There are many illustrations throughout the book. A picture is worth a thousand words so this book is really packed with information. Emin Bakioglu, the brilliant artist who provided the illustrations, was able to create images that are eye-opening, easy-to-understand and scientifically complete.

Q: Who would benefit from reading this book?

A: Anyone with a penis or anyone who knows someone with a penis.

**Q: What would men get from reading the book?
Women?**

A: Men “stand” to gain a great deal from this book, and women will find it fascinating and helpful. This book allows men and women to understand how things work and why they don’t when they don’t. It dispels myths that have frustrated men and confused women. It provides essential information for maintaining a healthy penis, normal hormone balance, and satisfying sex. It also provides clear and comprehensive

explanations of the treatments for conditions the reader may be challenged with. It is written in a style that is fun and entertaining but scientifically robust, so it will empower men to be the master of their domain and provide women with the “intel” they need to understand and care for the men in their lives.

Q: You have used humor effectively in your media interviews. Is it an important part of this book as the penis is touchy subject?

A: I love to laugh. Who doesn’t? I find humor is a very effective way to get ideas across. After all, as Chaucer wrote “Many a true word is spoken in jest.” I use humor in the penis book to relate to my reader, break down barriers, and, like sugar, help the medicine go down. Throughout the book I will distill a scientific study down to a witty one-liner, but it will be a scientifically precise one-liner.

Q: Will the book be published in other countries and languages? How about in talking book form?

A: The book has been met with excitement and praise around the world probably because wherever you go around the world, they have penises! The list of languages that it will be published in is growing and includes Italian, Danish, Romanian, Czech, Slovak, and Turkish. There will be an audio book as well published by Brilliance Audiobooks and it will be read by yours truly!

Q: Will there be subsequent books from you?

A: Time will tell. My wonderful wife and children made a great sacrifice to give me the time and space to write The Penis Book. I love them dearly and if they are willing, I will be willing. Stay tuned...



Quick Facts About the Book

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