

Montclair State University  
Counseling and Psychological Services (CAPS)

## **Alcohol and Sexual Functioning**

Despite the fact that at low doses alcohol often has a stimulating effect and may help many people unwind and socialize, alcohol can have a devastating effect on sexual functioning. So you should know that when a man consumes alcohol the liver is stimulated and in turn produces a substance that is alcohol is directly toxic to the testes and breaks down testosterone in men. Furthermore, this reduction in testosterone can lead to shrinking of the testicles and penis, enlargement of the breasts, and impotence!

Adapted From:

McKinley Health Center. Student Affairs/University of Illinois at Urbana-Champaign. (2002). What you should know about sex and alcohol but were afraid to ask, webpage.

*The information provided is for educational purposes only and in should not substitute consultation with a trained professional*

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