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Web Site Updates

If you haven't checked out the web site at www.dontfixit.org lately, you are missing several updates that could prove quite interesting. You will find an updated text for Post-Vasectomy Therapies that could prove quite helpful to men who are experiencing post-vasectomy symptoms and also for those who have not yet become symptomatic.

The Vasectomy Forum has been updated, with many men writing in about such subjects as post-vasectomy pain syndrome, post-vasectomy erectile dysfunction, and failed attempts at surgical correction for such problems. You will also find a posting by Dr. Lou Zaninovich, a male health specialist, who has agreed to accept questions from those who post messages to the web site.

"What Happens to a Man's Body After a Vasectomy" has been updated and can be downloaded from the web site and shared with others concerned about the procedure. A brochure form of this item should be available soon.

Of course, the humor section needed some updates and additions, which will hopefully give you a laugh, even if you are in pain. Remember to keep a sense of humor about all this, even if it becomes more than a little twisted like mine.

The web site is receiving over 2,000 visits per month on average, and by all measures is beginning to make an impact regarding this important health subject.

Vasectomy Video

Plans are currently underway to produce a documentary video for distribution to the media, doctors and patients which details the problems that can and do often occur following a vasectomy, which many of the readers of this newsletter know far too well. This will be an important step in sharing this information publicly and hopefully help to create enough pressure to find a solution and change disclosure practices. Anyone interested in participating in this project or being interviewed should contact Kevin at sadsacks@dontfixit.org for further information.

Gathering Data

It is surprising how little is actually tracked and documented in regards to post-vasectomy complications and what, if anything, is of actual benefit to the patients. Doctors will often not report this information for fear of being criticized by colleagues and other reasons, so it would appear that it is up to us as patients to reach our own conclusions.

Start making notes and gathering medical records in regards to your post-vasectomy experience(s). Details such as complications experienced, onset of pain, if any, doctor's responses, medications, therapies and procedures utilized, and your experience of what worked and what hasn't will be invaluable in the process of gathering this data.

Many aspects of each man's post-vasectomy experience may be unique, but there are also common threads that need to be identified, and uniform approaches to treatment that need to be developed. Be ready to share the information for the benefit of yourself and others.



Come on, it's no big deal. There are no more than three dozen serious diseases that can come of this simple and safe procedure.

Good Health To You!
Kevin