



COSMOPOLITAN

EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"What are blue balls?"

Q What exactly happens when a guy gets blue balls? Or is this just a myth?

A Blue balls are not just a figment of a male's imagination or a lame excuse to try and get you in the sack. Though it doesn't happen to all men, it is a very real condition that results from a prolonged state of sexual arousal. When a guy is physically turned on, blood flows to his penis, which is what gives him an erection, and his testicles, causing them to swell. If he doesn't ejaculate, there is a buildup of pressure, and his supersensitive balls feel the brunt of it. The sensation can range from a mild ache to worse-than-getting-kicked-in-the-crotch pain. But the bottom line is, it's not dangerous, and he can deal with it, whether that means giving himself a helping hand or just waiting it out. The blood will eventually drain, and any discomfort will disappear on its own.

In case you were wondering, it's called blue balls because the blood that's been in the scrotum for a while loses oxygen and can give the appearance of a bluish tinge -- although it sounds like something guys came up with to express just how sad they are that they can't come!

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