

# MALE SEXUAL HEALTH – CLINICAL PERSPECTIVES ON DESIRE, DYSFUNCTION AND INTIMACY



## NSSM ANNUAL MEETING 2025

@ OSLO METROPOLITAN UNIVERSITY

7. NOVEMBER 2025 | 13.00-16.00

HYBRID EVENT HOSTED AND ORGANIZED BY  
THE NORDIC SOCIETY FOR SEXUAL MEDICINE (NSSM)

Join us for an engaging afternoon confronting prevailing discourses on male sexuality, focusing on sexual health, intimacy and emotionality through clinical insights and experiences from Nordic experts in the field.

### PROGRAM:

- 1300 - Welcome & Short Introduction
- 1310 - **Lust, sex and hormones, what is the connection?**  
*Anastasios Fylaktos (S)* - An endocrinological understanding of sexual desire in men
- 1345 - **Positive Psychosexual Factors and Traits in Men**  
*Jesper Bay-Hansen (DK)*
- 1420 - Break with snacks
- 1430 - **Why is male sexual health the way it is - and what can be done**  
*Simon Erzeid (NO)* - Experiences from Norway's largest sexual health center
- 1505 - **Male Sexuality in Transition; from Toxicity to Authenticity**  
*Jonas Hallberg (S)*
- 1540 - Discussion & Conclusion

**REGISTRATION: FREE** for NSSM-members and students attending the Master Courses in Sexual Health at Oslo MET. **NOK 250,-** for non-members. Live seats limited.

Registration: <https://link.webpolsurveys.com/S/D15E49AC01966C1E>

**QUESTIONS?** [sidse.l.schaller@gmail.com](mailto:sidse.l.schaller@gmail.com) / + 4791838518



## Presenters:



**Anastasios Fylaktos** is a MD, specialist in endocrinology and an EAA-certified clinical andrologist. He works as a senior consultant at ANOVA, Karolinska University Hospital since 2019. He is currently a PhD student at the Department of Women's and Children's Health at Uppsala University, focusing on sexual dysfunction in young men. He has been a board member of the Swedish Society of Andrology since 2022 and of the Nordic Society for Sexual Medicine since 2025.



**Jesper Bay-Hansen** is a Specialist in General Medicine and a Specialist in Clinical Sexology from Copenhagen University Hospital (Rigshospitalet). Also, Jesper has an American Certificate in Positive Psychology (CiPP). Since 2009 Jesper has worked with sex therapy and couples therapy in his private clinic in Charlottenlund, Copenhagen. Jesper also works as a clinical and educational supervisor for Danish doctors and psychologists in the field of clinical sexology. In Denmark Jesper became a public face for his work as a medical advisor in sexology and couples therapy for The Danish Broadcasting Corporation, DR, from 2013 - 2018. Furthermore, Jesper is the author or co-author of more than ten books about thriving, emotions and sexuality.



**Jonas Hallberg** is a Clinical Psychologist, PhD ANOVA, Andrology, Sexual Medicine & Transgender Medicine, Karolinska University Hospital, and affiliated at research at the Department of Medicine Huddinge, Karolinska Institutet. Expertise in clinical sexology, treatment of compulsive sexual behavior and cognitive behavior therapy.



**Simon Ertzeid** is a medical doctor working at Sex og samfunn, the largest sexual health clinic in Norway. He has been a dedicated sexual health educator for over a decade, working with Medisinernes Seksualopplysning (MSO) and Sex og samfunn. Ertzeid has hosted *Alfakrøll*, a podcast initiated by Sex og samfunn focusing on men and sexual health, as well as *Chemfriendly*, a podcast exploring the intersection of drug use and sexuality. He has delivered lectures, courses, and training sessions for healthcare professionals, students, and individuals working with youth across Norway. In addition to his educational work, Ertzeid has been committed to advancing sexual health through opinion pieces, public outreach, and participation in numerous events. His main area of focus is on young men, and the correlation between shame, emotions, societal norms and expectations with physical, mental and sexual health.