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Bad sex lives hurting Japan

Created: Friday, March 16, 2007

Stress from busy working lives may be one reason why many people in Japan have dismal sex lives, which is causing the country's birth rate to plunge, says a survey released this week by the Japan Family Planning Association.

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The November 2006 survey of 636 men and 773 women, ages 16 to 49, found that 39.7 percent had not had sex for more than a month. That's an increase of five percentage points from a similar

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Autoimmune disease increase of five percentage points from a similar survey done two years ago, the *Associated Press* reported.

Bacterial & Viral infections

Backache Among married couples, 34.6 percent said they hadn't had sex in more than a month.

Blood diseases

Brain/Neurological The survey findings come at a time when there's great worry over Japan's birthrate, which hit a record low in 2005 of 1.26 births in an average woman's lifetime, the *AP* reported.

Breast

Cancer "The situation is dismal. My research shows that if you don't have sex for a month, you probably won't for a year," said Dr Kunio Kitamura, director of the Japan Family Planning Association.

Contraception

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COPD Busy working lives may be one reason for the lack of sex, he said. Another factor may be a loss of physical communication skills in a society that's increasingly Web-based, the *AP* reported. ♦ (HealthDayNews)

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January 2007

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