

dent yet, but promised to investigate and confirm it later.

KOKOMASTER AFTER THE FATAL SEX ROMP

By VINCENT KALU

NWACHIE, a young man of about 30, recently died in a hotel room, during a sex romp with his lover, Faith.

The two lovers had checked into a hotel in Surulere and had rounds of sex. When in the middle of the night, Faith raised the alarm that Nwachie collapsed while they were having sex.

Workers at the hotel rushed into the room and tried to revive the unconscious man to no avail. He was taken to a hospital, where he was later confirmed dead.

In the course of interrogation by the police, Faith admitted that they both had a very active sex life. She added that her late lover was no stranger to her sex routine, as he had been her lover for a long time. She, however, said that she suspected that her late lover might have been medically unfit on that fateful day.

Tongues wagged over this sex-related death of the young man, who had bubbled with life and vigour.

But, to medical experts, this is no mystery. From

research and expert opinion, the issue of people dying during sex has always been there except that the cases were not well reported, while a number of factors and reasons were adduced for them.

According to an online encyclopedia, sex is associated with a variety of benefits and also risks. Deaths during consensual sex account for approximately 0.6 per cent of all sudden deaths.

"The majority of deaths due to cardiovascular causes during sex do occur in males. A number of deaths during consensual sex have been linked to the use of other prescription or recreational drugs, such as cocaine."

These facts were corroborated by Medical Director of Ancel Hospital, Okoko, Ojo, Lagos, Dr. Celestine Anasudu. He noted that people had always been dying in the course of sexual intercourse, but the cases were underreported.

He said some of the victims might have had preexisting heart diseases, such as hypertension or disease of blood vessel in the brain.

He explained that the "disease of the blood

vessel in the brain could be hereditary, or developed as the patient grew older, adding: "The blood vessel may be diseased by way of what we call atherosclerosis."

Atherosclerosis, he said, had to do with hardening of the blood vessels, because of deposit of what we call plaque in the inside of the vessels arising from elevated cholesterol.

"So, if this thing affects especially the small vessels in the brain, it could, literally speaking, weaken some portions of the blood vessels and make them to be swollen. And if such a person has a high blood pressure, it could burst or rupture at intercourse or any time."

That rupturing, he said, could occur anytime in the course of anything that would make adrenalin increase in the system, such as sexual intercourse, annoyance, anger, argument, fighting and things that could make a person shout and get the blood pressure to suddenly rise. The blood vessel may rupture and if it affects the critical portion of the brain, may lead to stroke or death."

Dr. Anasudu said heart attack could also cause



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sudden death during sex. According to him, a person with the heart diseases could have a heart attack and die during sexual intercourse. Other causes he said included epilepsy.

"Someone who has convulsion can die during sex. Normally, when they convulse, they lose consciousness momentarily and can suffer choking or shock and die."

"These are the common things that can lead to death during sex - heart attack, stroke, rupture of congenitally malfunctioned blood vessel in the brain, convulsion and severe high blood pressure."

The doctor said both men and women are vulnerable: "Whatever men are subject to, the women are also subject to it too. It is the same thing that may trigger it - the excitement of the process."

He advised people with high blood pressure to consult cardiologists. "Someone whose blood pressure is very high and is aware of this should at least make effort to control it before engaging in sexual intercourse. Somebody with heart disease should see a cardiologist."