

Coital death: Why many meet their end during sex

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A couple

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- Experts say excitement from stolen sex, anxiety, alcohol, drugs, other factors responsible
- ‘It’s the body’s condition before sex that kills, not the sex itself’

By Henry Umahi

It is not known for sure if it was a case of sex-for-marks. But what is not in doubt was that a senior lecturer at Kogi State University, Anyigba, Dr Olabode Abimbola Ibikunle, recently died during a sexual encounter with a 22-year-old 200-level student of the institution. The student was identified as Miss Glory Ojochegebe.



Ibikunle and Glory

Ibikunle and Glory were inside a hotel room in Anyigba when he gave up the ghost on July 15, 2025. The matter was later reported to the police by the hotel manager.

The police said the hotel manager, Moses Friday, reported that the student rushed to the reception to alert the staff that the lecturer had collapsed after their encounter.



Dr Ify

The lecturer, a married man with children, was taken to a hospital, where he was confirmed dead by a doctor. It was gathered that he checked into the hotel earlier that day with the student, who is of the department of Social Studies Education.

Few weeks earlier, a man identified as Mr Louis Nwachukwu was found dead in a hotel located in Mpape area of the Federal Capital Territory (FCT).

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The deceased, said to be an employee of the Transmission Company of Nigeria (TCN), had checked into the hotel with a lady, identified as Helen Raymond.

But Nwachuckwu could not wake up after he and Miss Raymond engaged in sexual intercourse. He died in the throes of pleasure.

The family of Lawal Ibrahim, a police inspector, started 2025 with bad news. He died in January while having sex with a woman, Maryam Abba, in a hotel at Gwagwalada, near Abuja.

Reports said Ibrahim, who was attached to Kwali Division, had invited Maryam to Abuja from her Jigawa base after both met on social media.

It was during the second lovemaking session that the Inspector lost consciousness. Maryam attempted to revive him by sprinkling water on him. When her efforts couldn't yield fruit, she raised the alarm.

When the hotel room was searched, watermelon, a natural aphrodisiac and a substance believed to be a synthetic sexual enhancer was found alongside his Identity Card, and phone charger. .

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In February 2025, the Ogun State Police Command launched a manhunt for an unidentified woman after Inspector Haruna Mohammed, an officer serving with the Ishashi Division of the Lagos State Police Command, was found dead in a hotel at Akute, Ogun State. It was gathered that the woman had checked into the hotel room with the victim but fled shortly afterwards.

The police classified Mohammed's death as "unnatural."

These are not the only incidents of police officers dying while performing illegal actions. Sometime ago, Sunday Eguakhide, a 56-year old police superintendent reportedly convulsed and died while having sex with his mistress right in his office at the Police College, Ikeja, Lagos.

It was gathered that the incident took place just a week to his retirement. Perhaps, he decided to "cut the last show" in the office before bowing out.

The lady, in whose bosom Eguakhide had the last outing volunteered that the late officer was in the habit of taking sexual enhancement concoction whenever he wanted to have an encounter with her. She said that she had warned him severally to stop doing that but her plea fell on deaf ears.

The woman, who revealed that the late police officer regularly had sex with her in his office, added that he always did it as if they were at war.

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She said: “I didn’t like it because I was the one that used to bear the brunt of it.”

Like Inspector Ibrahim, Superintendent Eguakhide was riding his woman a second time that fateful day when he suddenly joined his ancestors.

It is not only men that die when eating the forbidden fruit. In August 2023, the police in Abia State arrested the General Overseer of the Agape Evangelical Ministry, Bishop Timothy Otu, over the death of a female evangelist, Mrs Happiness Echieze, in a hotel in Aba.

It was learnt that Otu had checked into the hotel in Obingwa council area with the 43-year-old woman but she was later found dead in the room with her clothes removed. She was foaming in her mouth.

According to reports, Otu, who hails from Ugep, Cross River State, checked into the hotel to allegedly have sex with the female evangelist in his church. She was a mother of three while her husband was based in Bayelsa State.

After the woman died, the cleric bolted and was caught while ministering to his congregation.

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Why people die during sex

A sexpert, herbalist and writer, Dr Ify-Asia Chiemeziem, said that there are several reasons people die suddenly. According to her, death during sex is on the front burner because of its salacious nature.

Chimeziem, who is the owner of Libido Lounge, a place where remedies for sexual related issues are offered, stated: “This year alone, I have received shocking news of the sudden deaths of several men that we know. They dropped dead just like that either while jogging, playing football, just came back from work and sat down, or just taking a walk. Some went to bed and never woke up. None of them died during sex.

“The only news of a sudden death I came across that is related to sex is that of a young man that recently passed in a motel. And he died before having the sex, after taking plenty alcohol and energy drinks.

“This is to tell you that sex itself doesn’t kill. It is the condition of the body before sex that causes death.

“A man that has a heart condition, or suffering from a serious case of high blood pressure is likely to die on top of a woman while having vigorous sex, just as he could also keel over and die while riding a bicycle or jogging, or even when he receives a bad news or gets too excited with a good news. Many have died in their own party, while preaching or driving.

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“In fact, comparatively, only few percentage of men and women have died while having sex. Because normally, sex with a loving companion is relaxing, calming makes people happy.

“Majority of these sex deaths occur because the men took too much of alcohol, medication or sex enhancement drugs. And they didn’t put their health status into consideration while swallowing these drugs. And they likely have been doing it too frequently: taking drug and having sex.

‘The most vital fact we need to note here is that most of them didn’t die on top of their spouses. They normally die in motels or hotels while committing adultery. This is because of the excitement in stolen sex. And some of these older men want to impress their younger mistresses or prostitutes.

When they make love with their wives, they have calm sex. Sex that do not require them to try to over impress their wives. They have the sex they need and go to sleep. But when they are with their mistresses, they are in another level. They want to go for many rounds instead of the one round that their wife manages at home. And majority of them hardly take their health into consideration.

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“I make natural aphrodisiacs. The customers who are using it on their wives are more relaxed and calmer. The ones that are planning away marches with their mistresses are more jumpy and filled with anxiety.

“Combine anxiety, guilt, alcohol, drugs, high blood pressure/diabetes, excitement and age, it makes a deadly cocktail. So, it is safe to say that most men who die during sex are adulterous, or those in their latest younger wife.

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“Two years ago, I lost my neighbour; he only went out to take a walk. They brought back his dead body. He was suffering from high blood pressure and was controlling it with medication and his doctor advised him to start exercising. The first day he started exercising was the day he died. Just imagine if he was having vigorous sex with a girlfriend or side chick whom he wanted to impress, at that particular time, he would have died on top of her.

“Married men are normally satisfied with having good sex once or twice a week. They are okay. So, even if they are taking aphrodisiacs, it means they use it four to eight times a month, with their wife.

“But when a man has multiple girlfriends outside and is frequently using sex enhancers almost every day, and he probably has a health condition, which he may or may not be aware of. He is likely to kaput while on top of a woman. So, it is safe to say that why people die while having sex is because they are already sick, or made themselves sick before having the sex.

“There are few cases whereby some people suffer stroke, aneurysm or cardiac arrest during sex, which isn’t common. There are also situations where some men suffer headaches when they are aroused or after ejaculations. These are not normally dangerous. But sometimes headaches can occur if they took overdose of sex enhancers, or drugs that enhance sexual stamina.

Knowing someone’s health status is quite important before embarking on sexual adventures, especially people involved in some fetishes. Like beating, whipping or choking during sex. Some people have died like that. They should know how to play safe during such acts. Many people watch extreme porn nowadays and they want to put them into practice and end up with a dead body or they end up dead themselves. And they hide the exact cause of death.

“I once lodged in a small hotel and a couple were having vigorous sex in the next room. I heard something hitting against the wall for hours. The next day, the lady was found dead. It happened that what I was hearing the night before was her head been hit against the wall for hours. The man had paid her plenty money for sex, so he took very strong sex enhancement drug so he could get his money’s worth. He must have learnt of a new style from videos that involves hitting a woman against hard surface. But then, he didn’t check how healthy the woman was to withstand such ordeal.

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“Some of the girls found dead in hotels, tied up in ropes may not be ritual killing. It could be some kind of fetish sex practice that went awry: the one that involves tying, choking, beating and widening.”

Emeziem advised that people should not also ignore the fact that young men, even boys now are seriously into hard drugs just to maintain erections or to be bold enough to approach a woman or

prostitutes for sex, and may engage in some wild stuff that could be dangerous.

A humanitarian worker, James Ameh, said that deaths occur because people do not check their health conditions regularly, describing it as a common problem related to poverty and lack of access to medical services in the country generally.

He said: “Sex is a physical exercise and a very much exerting kind of activity. So, most people who have silent sickness of high blood pressure or high cholesterol may have problems. Also when you have underlining medical conditions that have not been taken care of, it can also be related to that.

“I also think that because of the socio-economic conditions people are going through, most people use sex like a therapy. So, even before approaching sex sometimes, people are already in a bad condition and that can be one of the reasons we have that situation that we are describing.

“But all we have said are more like educated guesses because there is limited data to monitor what it used to be before and what the specific conditions of the victims have been for us to be able to draw conclusive evidence that this is the situation.

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“But looking at the way things are, the pressure that people go through and poor access to medical services, it is reasonable to conclude that people die during sex because of poor health conditions or underlining conditions and other socio-economic pressures.”

Another respondent, Paschal Oryima, put it in capsule form: “Too much excited adrenaline rush, people confronting historical and contemporary BP issues, aphrodisiac or sex enhancement drugs, misuse of kayan mata, the lady saying ‘more, more, more’ and ‘God catching’ cheaters among others.”

A retired police officer, Gabriel Mvendaga, blamed it on people not paying attention to their health. He said: “Sexual intercourse starts from the heart. You start reasoning it in your heart before going into

action. For some people, even though they are not healthy, once they are anxious for sex and their body is giving them signs, if they see a woman, they jump at her, forgetting they are not healthy.

“To have sex, you need your whole strength to do it. So, if you are sick and you are using the little energy you have to do more than what you should have done or what your heart and body can take, it can result to death.”

For Mrs Ruth Baaki, a teacher, men are dying during sex because a lot of them are abusing drugs to enable them perform. In cases of drug abuse, for some, the result is death while many have gone into partial or full stroke because of the drugs.

She said: “For a lot of men, when they are much younger, they perform very well but at some age, that strength begins to decline. It’s natural but some of them don’t want to accept it. When they are no longer able to perform, they begin to use drugs and before you know it, they begin to depend on drugs and continue to abuse it.

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“When you go to the pharmacies, you see different drugs that will enable men to perform well and many of them are dangerous to the general wellbeing of the body. Today they take this one tomorrow they take another one. Some even go as far as taking herbal medicine.

“Sometimes, they take the orthodox medicine, at other times they take the herbal medicine and before long they begin to abuse it without knowing it’s affecting their system. If it is not affecting their liver, it is affecting their kidney and some other organs of their body. When they are in the mood, they go on drugs thinking they are enjoying themselves and for those unlucky ones, death become their penalty.

“Again, men should be careful with their lives. It’s not every woman you see that you should take to bed. The reason is that some of such deaths are not ordinary. Some women use voodoo, they patronise

herbalists for one reason or another. Some use voodoo so that the man will enjoy it, some do it so that the man would give them money whenever they request. Others do it so that the man would love them.

“So when a man meets such woman anything can go wrong. Some do it so that you won’t see another woman or if you continue to jump from one woman to another, you will die.

Another respondent, who identified herself as Mama Janet, told a story of how a man died in Makurdi after he ignored a doctor’s warning. According to her, the man was warned by his doctor not to have too much sex but he ignored the warning.

She stated: “I’m not a doctor so I don’t know when sex is too much but he didn’t pay attention and he died. At some age or because of certain health conditions, doctors advise people to take certain foods or diet; they tell you not to engage in certain strenuous duties. Sex is also a strenuous act, even more strenuous than certain exercises. When you are jogging and you start panting so much, you should know when to stop but because it is sex, some people won’t pay attention. That is one of the causes of such deaths.

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“For some people, it’s a curse from the wife, family or someone they have wronged, mostly a lady. Behind their husband’s back, some women go to consult herbalists, who give them juju and makes some pronouncement that after taking it, if he sleeps with another woman, he will die. People are doing a lot of things and men need to be careful.”

She also noted that excessive drinking of alcohol without proper feeding is also a factor and urged men to drink and eat healthy to stay alive.

Dr Olugbenga Alabi told a newspaper: “Death during sex is more common with patients that have a background of certain illnesses, and the commonest in this part of the world is cardiovascular diseases; hypertension and diabetes.

“They can be predisposed to death during sexual intercourse. It’s commoner with men than women because, according to the orgasm ladder, men reach orgasm faster than women. A woman may just be in stage 2 during sex while a man may have reached stage 5 and come back to zero.

“The commonest cause of death during sexual intercourse is patients having subarachnoid hemorrhage (SAH). It’s a form of stroke and also a form of blood vessel taking blood to brain bursting during sex,” he stated.

“We have cases like that of people who were rushed to the hospital. If they are rushed to the hospital on time, they may still survive but if not, it’s something very lethal.”