

Intact from Iraq – Circumcised in America

What It's Like to be Circumcised as an Adult

Simon came to the United States from Iraq with his family 13 years ago when he was 21. He savored the land of freedom and opportunity and made a better life here.

Then four years ago he walked into a surgeon's office in Oak Park, Michigan and had himself circumcised under general anesthesia. Simon didn't know then that he had become an unwitting victim in the study of the function of the foreskin. He says now that "getting circumcised was the biggest mistake of my life."

Despite having grown up in Iraq, Simon had remained intact (uncircumcised). He is a Chaldean Christian, and although circumcision is not required in the Chaldean Church, most Chaldean men in Iraq are circumcised anyway. They are a small minority among the Muslim population in Iraq and the practice of circumcision long ago passed from the Iraqi Muslims into the Chaldean culture.

According to Simon, his father refused to have his two sons circumcised because it is unnecessary. Simon's father followed his own personal opinion about circumcision, instead of the majority. So Simon arrived in the United States with an intact foreskin.

The American culture, however, proved to be a stronger influence than his father. All the information Simon encountered seemed to favor circumcision. Most of Simon's friends were circumcised. All of the men that he saw in American porn movies were circumcised. According to Simon, he thought that they enjoyed sex better. He began to believe that he would have a better penis if he too were circumcised.

His surgeon never told him that he would lose some sensitivity in his penis. His insurance company paid for his circumcision without any questions. "If I would have had to pay for it myself," he says, "I would not have done it."

After two weeks of being circumcised, Simon realized to his astonishment that something was very wrong. His penis had lost most of the wonderful sensations he had come to enjoy during sexual activities.

Orgasms became weak. Simon went back to his doctor suspecting that his circumcision had been performed wrong. The doctor could find nothing wrong with him.

When Simon had sexual intercourse a year later, he still did not enjoy it as before. In giving up his foreskin, he realized that something magical and vital had been cut away from him. "Sex went from a '10' to a '3'." The difference is like the distance between the earth and the sky." Something had died in his penis. He bitterly regretted allowing this terrible thing to happen.

Not all men who are circumcised feel a loss as deeply as Simon, but not all men are as keenly aware or felt the intensity that Simon once did. According to Simon, "Losing the foreskin is like losing the brain of the penis." Simon became very depressed. He continued to blame himself for his decision to get circumcised.

A Foreskin Restoration Support Group Now Meets in Ann Arbor

Find out what you lost.

Find out what you can restore.

Find out what hundreds of men are doing.

Meetings are the first Sunday of every month, 4 - 6 pm. Contact Bill Malone at 734 330-8338 or BMalone@umich.edu.

Simon felt that his family and friends did not understand his misery and that no one ever would. He had trouble communicating the depth of his loss and his despair. He was told that the problem was all in his mind.

At this point, Simon was so sad that he just wanted to die. He was struggling in another world, the world between being circumcised and being intact, unable to accept his fate. He attempted suicide by taking an overdose of pills and in December of 2002 found himself in a mental hospital.

Simon told the psychiatrist there that it was his circumcision that made him so depressed. The doctor did not believe Simon; he said instead that it was depression that had clouded his beliefs about circumcision.

Most people in circumcising cultures like the United States don't want to believe that circumcision causes harm, and so they would rather blame the victim. Simon was blamed for making "such a big deal out of his circumcision."

Simon went back to work, still depressed. He called the employee-assistance program offered by his employer. Fortunately, the case worker on the phone took him seriously and did some research on the Internet. He called back with contact information for *NOCIRC of Michigan* and for the *National Organization of Restoring Men*.

Simon was able to learn about the process of foreskin restoration and this gave him hope. He bought the *Restore Yourself!* kit from [www. RestoreYourself.com](http://www.RestoreYourself.com), anxious to get back what he had given up. He read all about the function of the foreskin.

All Simon wanted to do now was to restore his foreskin, but the process is slow. He lived in constant fear that he was never going to get his foreskin back. This continued to make him depressed and he missed work, lying in bed for days at a time. He later tried other restoration products until he found the one that was right for him.

Simon's foreskin restoration process has continued slowly, but it is progressing. He now says, "You can't regrow a finger, but you can regrow a foreskin." Restoration represents something real that can make up for his loss. Although he knows he can't get everything back, he also knows that he is doing the best he can.

Simon is now moving on with his life. "If I have a son," he says, "I will never allow him to be circumcised." Simon did not set out to be an anti-circumcision advocate, but he realizes now that he has become one. "I warn everyone I can about the harm of circumcision. No one knows what the loss of a foreskin means better than I do."

Simon lives in Sterling Heights, Michigan. He can be reached at skarana2000@yahoo.com or 586 873-6035.