

Fast Facts

Erectile Dysfunction

- Unable to get and/or keep an erection that is firm enough to have sexual intercourse
- In order for a man to be sexually aroused, it requires input from his brain, hormones, emotions, nerves, muscles and blood vessels. If there is something wrong with any one of these, it can impact his ability to have or maintain an erection
- Physical causes: high cholesterol, high blood pressure, low testosterone levels, diabetes, obesity, tobacco use, alcoholism, sleep disorders, enlarged prostate, some prescription medications
- Psychological causes: stress, depression, anxiety, relationship problems
- As some men age, it might take longer to develop an erection and they might not be as firm
- It's normal for men of any age to occasionally have difficulty getting/maintaining an erection

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> -Unable to get an erection -Unable to keep an erection -Loss of sexual desire 	<ul style="list-style-type: none"> -Depends on the cause and severity -Treat any underlying health conditions <i>Oral medications:</i> <ul style="list-style-type: none"> -sildenafil -tadalafil -vardenafil -avanafil <i>Other medication:</i> <ul style="list-style-type: none"> -alprostadil (injectable) -alprostadil (suppository) <i>Non-Medicine Options:</i> <ul style="list-style-type: none"> -Penis pumps -Penile implants (surgical) <ul style="list-style-type: none"> --inflatable rods --bendable rods <i>Considerations:</i> <ul style="list-style-type: none"> -Get plenty of exercise (especially moderate to vigorous aerobic activity) -Talk to a psychologist or counselor, particularly if feeling stressed, depressed or anxious -Talk to your partner -Stop smoking -Don't drink too much alcohol -Don't use drugs -Avoid any alternative products (herbal Viagra) 	<ul style="list-style-type: none"> -Manage any existing health conditions -See your doctor regularly -Get help for anxiety, depression or any other mental health conditions -Reduce stress -Exercise several times a week -Don't smoke or use drugs -Limit the amount of alcohol you consume

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