



Erectile Dysfunction

An Insight Into Man Sexual Health

With the stress of day to day life, many men of today are facing different kind of problems. There is a topic that most men feel uncomfortable to talk about, but it still exists and is a fact that affects a large number of men around the world. Most men find themselves isolated and, thus, try to keep the problem to themselves and hide it from people. The most embarrassing problem a man could face who is involved in sexual relationships is **erectile dysfunction**.

Erectile dysfunction (ED) is a nightmare and a phrase guaranteed to strike fear into vast majority of men. **The National Institutes of Health** estimates that **15 millions to 30 millions men** in the U.S. alone have some form of erectile dysfunction over a broader age range.

Erectile dysfunction is a serious problem, which affects the sexual life of a person. Sex is really important to all relationships and it is the ultimate way to share one's loves and vulnerabilities. Achieving and maintaining a healthy, firm erection throughout sexual activity is among the most wonderful experiences a man can have in his life. It reaffirms his identity, virility, ability to pleasure his partner and himself, but most importantly, his ability to naturally father a child.

While sex is a very intimate act there are lots of expectations that go along with it. Men want to be virile and seen that way by their women. So, when men are affected by erectile dysfunction, which includes erection problems, it can be very psychologically damaging not to mention negatively impact relationship. This will lead to stress within the relationship and snuffs out the romantic fire during lovemaking. If this problem remains for a long time, it may cause mental and emotional relationship problems.

Many men do not know why this happen or what can be done to solve or treat this problem. For those men (...or maybe you,) who are confused about the why and the how to cure this problem, this is your chance to enlighten yourself.

Please read through.

What is Erectile Dysfunction?

Erectile dysfunction is to do with **Men's Sexual Health** wherein an affected man is either *lack of ability or fail to maintain proper erection during the sexual intercourse*. Erectile dysfunction is not restricted to the old people but anyone can get affected from this health problem.

Though sometimes mistakenly called '**impotence**', erectile dysfunction is actually an entirely different medical condition. Erectile dysfunction and impotence are actually *two different faces of the same coin*. Impotence includes a lack of sexual desire and trouble ejaculating or having an orgasm, which is not true of erectile dysfunction. Erectile dysfunction usually characterized as a medical condition where a person is unable to achieve or sustain normal erection for sexual intercourse.

Experiencing erectile dysfunction is never easy. But in most cases, **erectile dysfunction can be treated**, and it needs to be treated on time. It is a problem that should be addressed and not hidden. So men who are suffering from erectile dysfunction do not bear it in shame. It should be understood that most men will experience this and that there are ways and methods to cure and treat erectile dysfunction.

However, there are a lot of imitation drugs out there that claim they can heal erectile problems. Beware of these claims and only get prescriptions from the expert or medical doctor. Generic brand imitations of reputed pharmaceutical drugs can sometimes be more dangerous than helpful in the long run as they may be manufactured in countries where high quality and safety standards are not followed, or they may include controversial and at times harmful chemical ingredients.

Cause of Erectile Dysfunction

“Not tonight dear, I have a headache...”

You need not suffer in silence because there is a reason for **erectile dysfunction**. The following paragraphs will give you an insight on the **medical, emotional and lifestyle factors** that cause erectile dysfunction.

MEDICAL CONDITIONS

Many cases of erectile dysfunction are caused by physical causes. This includes nerve damage from longstanding diabetes, operations for cancer of the prostate, fractures that injure the spinal cord and many other common physical factors that contribute to male ailments.

Here's a rundown of some of these medical conditions.

i) Diabetes

The link between **diabetes** and **erectile dysfunction (ED)** is well-known - diabetes is one of the more common physical causes of erectile dysfunction. As many as 3 out of 4 men with undiagnosed diabetes have erectile dysfunction to some degree. In fact, the two conditions are so closely related that ED is the first visible sign of diabetes in 12% of men with diabetes. An erection is dependent on two factors, firstly, the blood flow to the penis and secondly, localized nerve stimulation. Diabetes causes blood vessels to harden and the nerves surrounding the penis to lose sensation, thereby restricting blood flow and eliminating the stimulation response of nerve endings that help cause erections.

ii) High Blood Pressure

High blood pressure not only makes your heart work harder, but also puts unnecessary strain on your blood vessels, which may become hard or narrow as a result. When this happens, the arteries are less able to deliver the amount of blood that the body's organs (*like the penis*) need. Without sufficient oxygen and nutrients, the tissues of organs like the penis can become damaged and less able to function.

iii) Heart Disease

If you have **heart disease** and its complications, your arteries are less able to deliver the amount of blood to the organs of your body. Without sufficient oxygen and nutrients, these organs can become damaged and function less. Since erections are dependent on an adequate amount of blood flow to the penis, thus, any disorder that affects the blood vessels may be associated with the development of **erectile dysfunction**. It is estimated that erectile

dysfunction may occur on as many as 8 out of 10 men who have vascular difficulties, 2 out of 3 who have had heart attack and more than half who have coronary heart disease.

iv) Spinal injury and Trauma

A **spinal injury** can affect virtually every system of the human body. Because of this, many people who suffer from serious spinal injuries have concerns about how their injuries may affect their ability to enjoy a sexual relationship. Because healthy, intact nerves and blood vessels are necessary for an erection to occur, **erectile dysfunction** can be associated with trauma or surgery that affects the nervous system or interferes with the blood supply to the penis. In patients with a spinal injury, the degree of erectile dysfunction depends on the severity of the injury and the site of the injury on the spinal cord. Generally, patients with serious injuries to the lower part of the spinal cord will generally have a higher incidence of erectile dysfunction than those patients with less serious injuries to the upper part of the spinal cord.

v) Prostate Health

When a man makes the decision to have **prostate surgery**, he takes a huge step toward solving an important medical problem. However, after the surgery, he may find that his life is disrupted by an upsetting new problem - **erectile dysfunction**. Because healthy intact nerves and blood vessels are necessary for an erection to occur, erectile dysfunction can be associated with trauma or surgery that affects the nervous system or interferes with the blood supply to the penis. It is estimated that up to 57% of men who have had **radical prostatectomy** develop erectile dysfunction.

Enlargement of the prostate gland can result in problems urinating (known as lower urinary tract symptoms). Symptoms include weak or intermittent urinary system, straining when urinating, a hesitation before urine flow starts, dribbling at the end of urination or leakage afterward, painful urination or even blood in the urine and an increased frequency of urination particularly at night. All this can adversely affect one's ability to perform.

PSYCHOLOGICAL FACTORS

Experts believe that 10% to 20% of cases of **erectile dysfunction** are caused by psychological (emotional) factors. This doesn't necessarily mean that you are losing your mind, but rather your emotional well-being is being affected by certain circumstances that are plaguing your life which in turn affect your sexual health.

Here's a rundown of some of these psychological factors.

i) Depression

In patients with **depression**, the causes of erectile dysfunction may be psychological, physical or a combination of both. For many men, erectile dysfunction creates additional **depression, loss of self-esteem, poor self-image, anxiety and tension** between themselves and their partners. These emotional disturbances can create physical conditions that lead to increased difficulty in getting an erection.

ii) Lack of emotional well-being

Sex is not just a physical function - it is also an emotional experience. Just as how 'feeling good' can stimulate sexual appetite, and negative feelings can have the exact opposite effect. Feelings such as **anxiety, fear, anger, sadness and resentment** are just some of the negative feelings that can overcome you in some stage in your life thus resulting in psychological impotence. The very fear of impotence can be enough to cause the problem. Once a problem occurs, fear of failure can add worry.

iii) Stress

Stress is any demand or pressure that induces physical or mental tension. Stress in itself is not negative but too much stress is bad for us. Symptoms such as **headaches, heartburn, dizziness, muscle spasm, chest pains, cold sweats and loss of sex drive** are some of the most common symptoms faced by people who are stressed. Stress and sex don't mix as it can adversely affect arousal and intimacy.

iv) Poor sexual self-esteem

Good sexual self-esteem is about feeling confident about your own individual sexuality. It's about identifying your own needs, wants and desires and communicating them to your partner. It's also about having pleasurable sexual thoughts and fanning your flames of desire to feeling confident about your body and making the most out of it.

v) Inadequate sex education

There is a certain people are taught by their parents and other caregivers that sex is bad, and sexual feelings are wrong. The cultural situation may also not allow for free talk on sexuality thus inhibiting one's desire and freedom. Cultural and religious taboos relating to sex have also been known to have an impact on sexual activity especially among older couples who have passed their reproductive cycles.

LIFESTYLES FACTORS

It's bad for us but we do it anyway – **smoking (tobacco)** and **excessive drinking (alcohol)** often cause erectile dysfunction and with decreased sexual drive. Smoking in addition to causing cancer adversely affects circulation, and it also affects blood flow in veins and arteries.

Drinking can sedate your nervous system and interfere with your ability to get an erection. Prolonged heavy drinking can damage the nerves and liver which further causes hormonal abnormality.

Both of these can lead to **erectile dysfunction**.

In addition to numerous other health risks, the use of **drugs such as marijuana and cocaine** has been reported to cause **erectile dysfunction**.

Erectile Dysfunction Treatment

There are many types of treatments for **erectile dysfunction**, everything from medications, simple mechanical devices to psychological counseling & therapy. The only way to manage and solve erectile dysfunction problems is to get to the root of the cause. By understanding the cause factors and severity of the condition could help in determining the best treatment or combination of treatments.

Here is a rundown of some treatment to erectile dysfunction.

Medical Treatment

Erectile dysfunction (ED) is now easily treated with oral medication such as **Sildenafil Citrate** or its popular name - **Viagra**. Viagra is an example of the category of drugs called **PDE5 inhibitors**, and it treats ED by relaxing the smooth muscles of the penis during arousal, leading to a successful and sustained erection. Viagra can produce this effect for 4 hours from the time of ingestion. This small blue pill has a proven safety record and has been beneficial for men with ED who have had wide ranging health issues.

The huge success of **Viagra** led to further research and soon other drugs like **Cialis**, which is Viagra's greatest competitor, were introduced. Cialis is one of the most successful anti-ED

drugs that can help men with **erectile dysfunction (ED)** get and keep an erection satisfactory for sexual activity. Cialis should be taken an hour before sexual intercourse, it sometimes starts working within 16 minutes and its effects lasts for 24 to 36 hours, several times longer than other anti-ED drugs such as, **Viagra**. Because of its extended period of effectiveness, you do not have the pressure to perform within a few hours. You and your partner can relax and choose the suitable moment that is right for both of you.

However, Viagra and Cialis is only beneficial to some men.

Although these medications can help many people, not all men can or should take them to treat **erectile dysfunction**. If you are under other medications, these drugs are not at all advisable. This is because these drugs, on combining with the medications that are taken everyday may cause **blood pressure problems** and **heart attacks**. Don't take Viagra or Cialis with nitrate medications, such as the heart drugs nitroglycerin (Nitro-Bid, others), isosorbide mononitrate (Imdur) and isosorbide dinitrate (Isordil). The combination of these medications, which work to widen (dilate) blood vessels, can cause **side effects** such as dizziness, low blood pressure and heart problems.

Though, there is another alternative like **Zenerx** can undo the side-effects. **Zenerx** works to increase blood flow to the penis (similar to **Viagra** and **Cialis**), but it provides you with even more. The herbal ingredients in **Zenerx's unique formulation** is 100% natural which is what sets it apart from products like *Viagra*, *Cialis*, *Levitra* and others. Zenerx is 100% herbal and chemical free which means, all the benefits of better health is the key areas that most improve and impact sexual ability and performance - only without any unpleasant side effects. Zenerx has more advantages on treating erectile dysfunction than other well known brand in the market. You can find more information on Zenerx at Zenerx.com

Others such as **vacuum devices**, **injections**, **penile implants** and **blood vessel repair** are also options to treat Erectile Dysfunction (ED). Remember, all medical conditions can be treated.

Therapy & Counseling

In cases where the sexual function has been inhibited by psychological reasons, **therapy and counseling** can help address the feelings of anxiety and guilt. An open dialogue with your doctor can help you overcome such anxieties and over time, release you from such inhibitions.

Some people think that it might be embarrassing to talk about sexual health to doctor. Just remember that erectile dysfunction is a common problem, and your doctor won't be surprised when you mention the topic. Discussing it with your doctor before a problem occurs can help you prevent or delay erectile dysfunction. Being open with your doctor can also help determine the best treatment for you.

Communication

Men who suffer from poor sexual health such as erectile dysfunction may find themselves distancing from their partners; **physically** and **emotionally**. This can give the mistaken impression that they've lost interest or no longer find their partner attractive. If you find yourself relating to such a scenario, **learn to communicate** with your partner. As in all relationships, **communication** is the key, so address the issue with your partner. It takes two for a healthy sexual relation and that means being open and frank about your needs and concerns.

Communication is an important part of sexuality and close relationships. It involves talking clearly, listening carefully and fully understanding each other. Bridge the gap between you and your partner and you will discover that not only will she be the support that you need; you will

most likely be more open to explore new ways to enjoy an even more healthy and stimulating sex life.

Lifestyle Modifications

Lifestyle modifications such as **reducing the intake of alcohol, avoid smoking tobacco, ensuring a proper diet, control your blood sugar, managing work stress and spending quality time with your family** will likely to decrease chances of erectile dysfunction. Learn to prevent erectile dysfunction before it happen to you.

Re-Examine Your Attitude

As you grow older, two of the things that brought you the greatest joy - your children and your career are no longer prevalent in your every day life. This means that your **personal relationship** takes an increased importance. This is the time for you to re-examine your attitude towards sex. **Sensual closeness** and **sexual intimacy** is a way to affirm the love of life. It is an expression of the satisfaction gained from the present. It expresses the closeness of your relationship and is an important measure of the quality of life. *Ageing just signals a change in sexual life - not the end of it.*

When You Should See Your Doctor About Erectile Dysfunction

Erectile Dysfunction may occur within a man's life for a variety of reasons. Some of these reasons are related to non-medical causes and do not warrant a visit to your physician or health care professional. Some issues such as fatigue or excessive drinking may cause temporary Erectile Dysfunction (ED) that will clear up as soon as the man is rested or becomes sober. However, some situations may arise that signal that the Erectile Dysfunction a man may be experiencing may be caused by more serious factors. Knowing when you should see a doctor could help relieve the anxiety commonly associated with ED.

One way to determine whether or not you are experiencing significant **Erectile Dysfunction** is to assess how much Dysfunction you are experiencing. A brief stint here and there is not cause for alarm, but if you are experiencing ED more than **25% of the time**, you should schedule an appointment with your doctor. Some men feel uncomfortable discussing the condition with their doctor. If this is the case then ask your physician for a recommendation to an urologist. An urologist specializes in treating ED and will have access to tests and treatments that your doctor may not have.

If you have a predetermined health condition and begin to experience **Erectile Dysfunction**, it is imperative that you see your doctor or urologist right away. Some conditions may increase your chances of developing ED and your doctor or urologist will be able to offer various treatments and remedies. **Diabetes, high blood pressure, hardening of the arteries, and heart disease** can increase your risk of developing Erectile Dysfunction. Your urologist can prescribe medications or other erectile dysfunction treatment that will help improve your sexual health.

Sometimes Erectile Dysfunction is the cause of emotional issues, such as **anxiety, fear, and depression**. Often these emotional issues will subside naturally. However, if the emotional issues seem to increase or if they begin to affect your daily life, then you should contact your doctor right away. There are a number of medications that may be prescribed to help treat depression and anxiety disorders and seeking the advice of your health care professional is instrumental restoring your emotional health. Your doctor may also recommend that you see a psychiatrist or psychologist as well and you should not find this discouraging. Treating

depression and other anxiety disorders are not just beneficial to your sexual health, but untreated depression and anxiety disorders can lead to life threatening issues.

If you are suffering with depression or other anxiety issues that lasts for longer than 2 weeks, schedule an appointment with your health care professional immediately.

Only a qualified health care professional can assess the exact cause of your **Erectile Dysfunction**. Though there are many benign causes, the fact that ED can signify a serious underlying health condition makes it a necessity to seek treatment. Also, if you are taking medications for another condition, it is possible that the medication that you are currently being prescribed is contributing to the Erectile Dysfunction. Only a qualified health care worker can make the adjustments necessary to either change your dosage or prescribe a different medication entirely. Though you may feel uncomfortable discussing your sexual health with your doctor, you will feel better once you have determined the cause of the problem and have appropriated methods to resolve Erectile Dysfunction.

Prevention On Erectile Dysfunction

You can prevent **erectile dysfunction** by changing your lifestyle slightly. This is the easiest way that will **cost you nothing** but strong will, although it takes longer until the results occur. Abide by the rules below and you will have the chance to build a healthier life overall not just to prevent ED.

Just follow these simple steps:

Exercise Regularly

The Harvard Health Professionals Follow-up Study found that men who do some exercise **3 to 5 hours a week** face 30% less risk of having ED. Regular exercising keeps your heart fit and also maintains the normal blood circulation (especially walking, running, biking).

Stop Smoking

Smoking and other tobacco can cause a decrease in nitric oxide levels. Smoking causes narrowing of blood vessels, contributing to blockage that affects the required blood flow in the *penis* that can lead to erectile dysfunction.

If you have any attention to stop smoking, we highly recommend you to try '**Cigarrest**' at CigArrest Official Site This site has helped over 1 millions customers since 1986 and remain the leading homeopathic stop smoking program.

Reduce The Excessive Consumption Of Alcohol

Avoid drinking more than two alcoholic drinks a day if you are a man, or more than one alcoholic drink per day if you are a woman. Alcohol has a significant impact on your nervous system and it also damages your blood vessels thus affecting the sexual function. The same goes for drug abuse.

Get Appropriate Nutrition

Try to avoid foods that contain saturated fats (cholesterol) and sodium. The best option would be a diet rich in fresh fruits, vegetables, fiber and whole grains. You should concentrate on a diet that is friendly to you heart as **erectile dysfunction** is often related to circulation problems.

You can try to get effective appropriate nutrition including medical-grade diet foods, liquid protein diet drinks and shakes, natural diet pills, vitamins, health supplements and much more at DietDirect.com.

Control Your Blood Sugar

Watching and controlling blood sugar levels can prevent the nerve and blood vessel complications that cause erectile dysfunction. Your doctor can help you to devise a good strategy for controlling your blood sugar.

Control Your Stress And Fatigue

Stress, anxiety and depression can cause erectile dysfunction. Even the fear of having erectile problems can make them worse.

Get Sufficient Sleep

Without sleeping long enough your body will be under stress and anxiety for the rest of the day and if this persists a longer period, the stress will definitely have an effect on the proper function of the penis. 8 hours of sleep a day should be fine with adults.

Start Doing Kegel Exercises

This is a simple exercise usually performed by pregnant women. To perform such exercise you'll have to tighten and release the pelvic muscles, which are responsible for the control of urination.

Regularly Check Your Blood Sugar

Optimal blood sugar levels may prevent the complication of blood vessels and nerves that usually cause erectile dysfunction. Ask your doctor for advice.

Erectile Dysfunction - Getting Help

If you are experiencing problems with your sex life but are not sure who to talk to, your best option would be to consult with your local or family physician or general practitioner. As long as you are willing to talk about your problem, he/she would be able to counsel you or prescribe treatment for your condition. Should they be unable to do so, they would be in a position to refer you to a specialist who can.

Experience erectile dysfunction can be a source of embarrassment, but it's important to seek treatment. Often, erectile dysfunction can be treated.