



What is Erectile Dysfunction?

Erectile dysfunction (ED) is when a man finds difficulty with getting or keeping an erection firm enough for sex. ED can be caused by damage to the penile tissues, blood vessels or nerves, or can be caused by psychological issues such as stress, depression or anxiety. It affects about one out of two (1:2) men over the age of 50.*



Causes of ED

ED can signal an underlying health problem. ED happens when blood doesn't flow well to the penis, or when the nerves in the penis are harmed. ED can be caused by injury, surgery, heart disease, diabetes, hormone imbalance or high blood pressure. Some medicines may also cause ED. Emotional stress can cause or worsen ED.



*Reference: Urology Care Foundation, urologyhealth.org



ERECTILE DYSFUNCTION

Get Diagnosed

How Do I Lower My Risk of Getting ED?

To prevent ED, help your sexual function & improve your general health, you should:

- Exercise regularly
- Get to & keep a healthy weight
- Avoid smoking/vaping & recreational drug use
- Limit drinking alcohol
- Adopt better sleep habits



How Is ED Diagnosed?

Consult with your medical provider at the onset of changes in erectile function, as early intervention can be more effective than waiting. Several things are considered in making a diagnosis:

- Health & ED History
- Physical Exam & Lab Tests
- Advanced Erectile Function Tests
- Stress and Emotional Health Assessment



Reference: Urology Care Foundation, urologyhealth.org



ERECTILE DYSFUNCTION

Get Treated

What are My ED Treatment Options?

A change in your lifestyle habits or the medicines you use may be advised. At the same time, your healthcare provider will want to address any emotional problems you may be having. Always consult your medical provider before you start or stop any treatments, including medications.



After lifestyle changes, the most common medical treatment options are:

- Oral Medications such as PDE-5 Inhibitors
- Vacuum Erection & Penile Constriction Devices
- Prescribed therapies such as Testosterone Therapy, Penile Medication Injections, & Cognitive Behavioral Sex Therapy
- Surgery to insert penile implants

Feel Like Yourself Again!



Reference: Urology Care Foundation, urologyhealth.org