

Erectile Dysfunction

Definition: The inability to get or maintain an erection firm enough for sex

Causes

- Diabetes
- Heart disease
- Issues with blood flow
- Obesity
- Alcohol use or other recreational drugs
- Stress, depression, anxiety
- High cholesterol
- High blood pressure
- Tobacco use
- Parkinson's disease
- Multiple sclerosis
- Sleep disorders
- Metabolic syndrome
- Low testosterone
- Some prescription medications
- Surgeries or injury to certain areas of the spine or pelvis
- Relationship issues

Difficulty achieving or keeping an erection from time to time is usually nothing to worry about.



Don't let embarrassment get in the way of your physical health and sexual satisfaction

Treatments

- Treat the cause!
 - Example: control blood sugar and blood pressure. Getting testosterone if it is low
- Oral medications: relax muscles in the penis and increase blood flow
 - Sildenafil (Viagra), tadalafil (Adcirca, Cialis), Vardenafil (Levitra, Staxyn), Avanafil (Stendra)
- Alprostadil
- Penis pumps (pulls blood into penis with a vacuum force)
- Penile implant
- Exercise
- Psychological counseling

