



# **Erectile Dysfunction**

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## Common Causes of Erectile Dysfunction

There are many different reasons why a man may suffer from erectile dysfunction. This means he won't be able to maintain an erection for sexual activity to take place. Men need to understand most of these problems aren't anything they caused but that they can benefit from various types of treatment.

Discovering the underlying cause of the problem is very important though. A male suffering from erectile dysfunction needs to see a doctor rather than attempting to self medicate. By putting off medical attention you could be allowing problems to get worse when they could have been offset very early on.

There are many different medical conditions such as diabetes where erectile dysfunction is a symptom of it. Your doctor can help you to find ways to control your diabetes through exercise, diet, and often medications. As a result this can help to naturally resolve the erectile dysfunction concerns. If you are taking medications for any type of medical concern that could be the reason for the erectile dysfunction.

That doesn't mean you are never going to be able to get an erection while you have such medical problems though. You certainly don't want to make the decision on your own to stop taking such medications. That can have adverse effects on your overall health condition. Instead you need to speak with your doctor about it.

They may need to adjust the dose of the medication you are taking. It is also possible to switch you to another type of medication. There are several for every type of medical concern out there so you aren't going to be limited only to the one you currently use. Be patient and willing to experiment with the guidance of your doctor so you can get erections but also the medications you need for other health concerns.

Certain types of injuries to the genital area can result in erectile dysfunction. If you have been hit in that area you definitely need to let your doctor know about it. There may be internal damage that is preventing the penis from filling up with the blood it needs for an erection to take place.

In many instances various types of nerve damage can also create erectile dysfunction. This is because messages are sent that tell the veins close to the corpora cavernosa to open up. If they don't do so then that additional blood flow can't reach the penis. Without it an erection is not possible. It doesn't matter how physically or mentally stimulated the man is.

Your overall lifestyle can result in erectile dysfunction as well. Studies show males that smoke, are overweight, don't eat a healthy diet, and that don't exercise have a higher chance of it occurring. Smoking is a key factor as it can cause the blood not to flow like it should through the veins and arteries. It is also connected with lower testosterone levels.

By making significant changes to these areas of your life the problem will often cure itself. Work with your doctor to design a diet and exercise plan that you are willing to stick to. You want it to become a complete lifestyle change for you instead of just something you do for a short period of time.

It is also possible that psychological problems can result in erectile dysfunction. Some men readily dismiss this but it is factual. Too much stress can definitely cause it to occur. That can create even more stress for the male and so the cycle continues. Anxiety and depression are also known to cause erectile dysfunction to occur.

It is important to also realize that erectile dysfunction is very common. However, it isn't the type of topic most males sit around and discuss with each other. Due to this fact a man can feel isolated and alone with such a problem. Take the initiative to seek medical attention for your erectile dysfunction. That way the problem can be identified and you can get the help you need to take care of such concerns.

## **Common Medical Conditions that can lead to Erectile Dysfunction**

Men tend to focus only on one thing when they suffer from erectile dysfunction – the fact that their sex life has taken a turn for the worst. Many men view this scenario as one of their worst nightmares come true. They tend to overlook the very important concern here that they may have a medication condition that is responsible for that occurring.

There are more common medication conditions that can lead to erectile dysfunction than one might know about. That is why it is so very important to discuss the issue with your doctor. Early intervention can help to offset any future problems with erectile dysfunction. It can also help you to get your main medical concerns under control. The longer you let them go the more damage that may have taken place.

Heart disease is one of the major causes of death for men. It is also a leading cause of erectile dysfunction. The arteries can become clogged which means blood isn't flowing through them like it should. This blocked blood flow is going to prevent the penis from getting all it needs for a man to maintain an erection. High blood pressure and diabetes are also other common medical conditions where erectile dysfunction is a known symptom.

Obesity is at an all time high in our society, and it can be linked to erectile dysfunction for men. A reduction in body weight of even 10 or 15 pounds can make a significant difference. If you have put on weight recently and then the erectile dysfunction started or got worse this is an indication you need to get rid of those additional pounds.

Addictions to medications that are either legal or illegal or to alcohol have a profound effect on the body. They will definitely affect a man's natural ability to be able to get and maintain an erection. If you suffer from such addictions there are wonderful treatment programs available. Some of them are in house while others are for outpatient treatment. Find one that can help you get past this burden in your life.

A hormonal imbalance can be present when a man is suffering from erectile dysfunction. Generally it involves not producing enough testosterone. If you are taking other medications it can lead to this situation. Your doctor may have to recommend additional medications to help you get your hormones back in check. If

you are using steroids your hormone balances will be altered which can lead to erectile dysfunction.

There are a variety of medications given to men that have been diagnosed with Parkinson's disease and prostate cancer. While those medications are extremely effective they also have plenty of adverse side effects. Erectile dysfunction has been found to be common in patients that take medications for these medical concerns. You can work with your doctor to find a better option for you. It may be possible to reduce the dose of those medications and you can get your ability to maintain an erection back.

Injuries that a man may experience to the genital area can lead to erectile dysfunction. Surgery may be necessary in order to correct it. You may not realize it but spinal injuries can also lead to erectile dysfunction. That is due to the fact they interrupt the signals that the body must give for an erection to take place. This may get better on its own or your doctor may need to prescribe medication to help your body go through the process for a successful erection.

What is important to understand is that erectile dysfunction is very commonly associated with other medical needs. Avoiding the fact that it is taking place allows those medical problems to compound. At the same time you are dealing with being unhappy about your current sex life. Turn to your doctors in order to get your medical concerns taken care of. This proactive approach can make all the difference for you when it comes to handling erectile dysfunction.

## **Curing Erectile Dysfunction with Alternative Medicine**

For centuries the use of alternative medicine has been around. It has been linked to very early civilizations including the Egyptians and the Chinese. There are plenty of natural remedies that men claim have helped them to take care of erectile dysfunction problems. They have been able to do it inexpensively and without the harsh side effects of prescription medications.

There are quite a few different types of alternative medicine you can use for erectile dysfunction. Irexis is one that is commonly used. This is a pill you take daily in order to help you naturally be able to have erections. Some men only take it prior to engaging in sexual activity though. Generally a man can get an erection within 30 minutes of taking it.

In addition to helping with erectile dysfunction, these herbal supplements offer more. They help to enhance the stamina of a man so he can perform sexually for longer periods of time. Most men agree this is a very amazing benefit of such products that they and their partners enjoy. It can also help to raise the libido of a man which can be helpful. For example many men with diabetes have a very low libido. These types of alternative medicine can change all of that though.

Many men are more willing to take these types of products for their erectile dysfunction than prescription medications. They feel that if they are from all natural ingredients that they will be the best course of action. You need to be very particular about the purchase of such products though. The quality of them isn't always going

to be comparable. Make sure you take the time to read labels. Only buy herbal supplements for erectile dysfunction that have 100% all natural ingredients.

There are plenty of men out there that feel there is quite a conspiracy between the medical professionals and pharmaceutical companies. They certainly don't believe they should have to pay a fortune to get the medication they need. They also know that the medical offices are out there pushing particular types of medications for erectile dysfunction. It is no secret that they make money for doing so. That often leaves a bad taste in their mouths.

Knowing you can get the same benefits for an affordable cost is what often sends men in search of such forms of alternative medicine. Since they can afford it, they get more benefits, and there aren't side effects they can't imagine why anyone wouldn't want to try it for themselves.

There is quite a bit of controversy out there about the use of alternative medicine. On one hand you have those that claim it has completely changed their life. You also have the medical community complaining that this method of taking care of erectile dysfunction results in men not getting the medical care they need. As a result they can end up with very severe health problems that they have let go for too long and the damage can't be reversed.

There haven't been enough studies done on alternative medicine and how it can help with erectile dysfunction. If you take a look around the internet you will find plenty of testimonials about it though. Some of them tell you how wonderful these forms of alternative medicine have worked for them. You will find just as many that state these types of herbal medicine didn't work for their needs. You will have to decide for yourself it is something you want to try.

## **Emotional and Psychological Problems can Cause Erectile Dysfunction**

For many men out there, erectile dysfunction isn't the result of any health problem with their body. Instead it is the result of emotional or psychological problems they are experiencing or have experienced in the past. This makes sense because in order for a man to get an erection signals must be sent to the nerves from the brain. If the messages there aren't what they should be the end result will not be what he had in mind.

Stress is a huge factor when it comes to erectile dysfunction. It can be hard to concentrate on the enjoyment of sexual activities when you have too much on your plate. While we can't eliminate all of the stress from our lives we can certainly reduce plenty of it. Take a serious look at your life. If you continue to have too much stress due to work, finances, relationships, or other concerns you need to find solutions.

Some men feel that there is too much pressure on them to perform sexually. They may really want to be with someone but have low self esteem. As a result of that they have too much anxiety about how they will perform in the eyes of the other person. Such expectations can result in erectile dysfunction. Some males have been

belittled by previous partners so they aren't confident in their abilities to satisfy the person they are with now.

Being completely worn down can result in erectile dysfunction. Some people view this as a physical problem but it doesn't always fit that profile. It is possible for a man to be mentally exhausted. This is most common when a serious situation has taken place. For example the emotions that come with the loss of a loved one, a divorce, or even the loss of their job. Depression can also result in a man suffering from erectile dysfunction.

Being sexually abused as a child can have life long effects on a man. Sometimes these events are known but buried into the subconscious. As the male becomes of age when he starts to take part in sexual activity they can become an emotional response. Anxiety and guilt can be associated with the excitement of it. As a result they may not be able to maintain an erection. This is going to be a very difficult type of experience to overcome but it can be done.

Some males are raised in an environment that tells them it isn't proper to have sexual intercourse unless they are married. Those values may be instilled by the family or as part of their religious beliefs. Either way it can create a psychological dilemma for them to deal with. Even if they don't realize that internal conflict is present, it can result in erectile dysfunction occurring.

Talking to a therapist or a counselor can help you to identify the various emotional and psychological problems that are causing the erectile dysfunction. A man needs to be very open to this type of assistance. He also needs to be patient because it can take time for results to occur. Being able to explore inner thoughts and feelings though can be rewarding in a number of ways.

For some men, counseling with their partner is the best course of action. The problems with erectile dysfunction may be due to that relationship. For example some men aren't able to get or maintain an erection after they discover their partner has cheated on them. They may have repressed anger for other aspects of the relationship that aren't being shared yet either.

The idea that emotional and psychological problems can be responsible for erectile dysfunction is very important. An appointment with your doctor can help to rule out any physical problems that may be responsible. An assessment is often given to help determine if it is a mental concern that needs to be looked at. Following the advice of your doctor in this area can help you get your sex life as well as other elements of your world into a more positive position.

## **Erectile Dysfunction can cause Psychological Damage**

It is very possible for a man suffering from erectile dysfunction to suffer psychological damage. The longer the situation goes on the more difficult it can be for them to recover from it. For many men, erectile dysfunction affects their self esteem. The view they have of themselves as a man is dramatically changed. This is often due to the fact that sexual behavior is such a big part of the focus in our society.

Some men fear that they may be homosexual when they suffer from erectile dysfunction. Since not everyone out there is accepting of such a choice this can result in emotional turmoil for them. As a result they continue to do all they can to hide this particular situation in their lives.

A man that is afraid he can't perform sexually is going to withdraw emotionally from intimate relationships as well. In fact, some men start to fight with their spouse just so they don't have to deal with the real issue. For those men that aren't in a serious relationship, they avoid them. They may make excuses not to date so they aren't put into a situation where they have to attempt to perform sexually. Some men will blow off wonderful women after a couple of dates so she doesn't have a clue about his concerns.

A man can start to withdraw from people in other respects as well. The issue of erectile dysfunction is going to continually be on his mind. As a result he may not find pleasure in activities he once did. This can be sports, social gatherings, and even his job. It may be gradual at first but then escalate into a more serious concern.

Some people may choose to remove themselves from the presence of a man suffering from such psychological concerns. They may show emotions of anger and their personality has changed. When that occurs other people may not feel comfortable around them like they used to. As those relationships end it only compounds the overall issue for these males.

Depression can result as a man continues to struggle with the physiological damage from erectile dysfunction. This is a very serious psychological result of erectile dysfunction. For some men it can even go to the point where they consider suicide. Keeping the real problem hidden becomes a significant burden that they just get tired of trying to deal with day after day. It can take a long time to get to this point so identifying the problem early one can prevent it.

When a man is psychologically damaged due to erectile dysfunction it can lead to health problems. He may not be sleeping like he should or eating properly. It is also possible that alcohol or drugs are being used to help lessen the feelings associated with the real concerns. This in turn is only going to create more problems in his life.

Some men end up losing their partner or their family over the psychological damage caused from erectile dysfunction. This is generally due to their unwillingness to share what is really going on with that person. Yet they may view it is their partner left them due to the inability to get an erection. Most partners are very supportive of such concerns if they are included in the discussion about it.

It is very important for men to realize they aren't alone when they suffer from erectile dysfunction. It isn't a determination of who they are as a man or as a person. Getting early assistance from medical professionals can help to offset the psychological damage from erectile dysfunction. It may be necessary for counseling to take place in order for a man to get back into a healthier frame of mind.

The more information men have about the causes of erectile dysfunction the more likely they will be to seek help. Suffering from the psychological damage it can cause isn't healthy for a person. It can create an array of negative problems for them to deal with in their daily life. Knowing there is help for erectile dysfunction means they may not have to deal with them.

## **Erectile Dysfunction Medications are very Popular on the Black Market**

The black market is an umbrella term that involves where you can get your hands on products that aren't legal for you to have. In the case of erectile dysfunction medications, those products are legal to use but only if you have a prescription. You will find that you can get your hands on just about anything you want though including those products. You will be paying a very high price for them though. This is due to the demand for them as well as the risk the supplier takes to get them to you.

There are many different reasons why people decide to buy erectile dysfunction medication on the black market. Many males are too embarrassed to discuss this issue with their partner or with their doctor. So they turn to the black market to provide them with a product that allows them to continue hiding the issue.

Some women buy erectile dysfunction medications on the black market for themselves or for their partner. It is rumored that some of these medications can help a woman have more intense orgasms due to the increased blood flow to the genital area when she is aroused. The majority of them buy the products for their partner to try. They figure if they get good results from it they will be encouraged to go to a doctor to get a prescription for it.

The biggest risk takers though are those that have approached their doctor about medications for erectile dysfunction. They may not be a good candidate for them due to the overall health they are in. Some men aren't physically in a condition to be having sexual intercourse at all. Others have medical problems where taking such products could be extremely dangerous.

Rather than heeding the advice of their doctor though they choose to use these products any way. These men are often desperate to find a way to deal with their erectile dysfunction. Putting their overall health at risk though can result in a heart attack, stroke, or even death. If you do take such products and start to feel symptoms that you aren't doing well immediately inform medical staff what you took. If you have other pills left over take them with you for evaluation.

Actually, any one that uses erectile dysfunction medications they purchase on the black market is at risk. You don't really know what they are selling you and so it may not even be what you thought. It could also be a higher dose than your body is able to handle which can result in very serious health issues occurring.

Most of the erectile dysfunction medications that are sold on the black market come from Mexico according to the FDA. Some men have died from taking such products as they weren't healthy enough to do so. It is believed more deaths that are really known occur due to this type of situation each year. Yet in many instances the death is deemed to be due to the other health concerns that are discovered.

While buying erectile dysfunction medications on the black market can be tempting you want to stay away from it. In addition to costing you too much money it really

isn't worth the risk. The FDA has been getting tougher on such activities and you never know where they will be performing sting operations. You don't want to get yourself into legal problems for purchasing these products illegally.

It is estimated that millions of dollars worth of erectile dysfunction medications are sold annually on the black market. The true value of them can't be determined though because so much of it is hidden. These figures are estimated based on the amount of money and product confiscated. However, it is also believed a large amount of these erectile dysfunction medications are making it into the hands of consumers desperate for them any way they can get them.

## **Erectile Dysfunction Statistics**

It is estimated that approximately 30 million men around the world suffer from erectile dysfunction. Only about half of them actually get it diagnosed though. Too many others remain embarrassed by what has taken place so they hide it. They don't want to discuss with sexual partners or with medical professionals.

This means that 1 in 10 men out there have had to deal with this problem. There is a common misconception out there that only older men suffer from erectile dysfunction. However, it can affect men of all age groups. It may surprise you to learn that only 40% of those diagnosed with erectile dysfunction are over the age of 40. While there is a higher risk of it occurring when a man gets older it isn't the only factor that leads to it.

There are certain medical concerns that can result in a man suffering from erectile dysfunction. The most common one is diabetes. Statistics show that 50% of men with diabetes also end up with erectile dysfunction. By taking the time to get your diabetes under control though that risk is significantly reduced. Follow the directions of your doctor and make sure you ask any questions you may have.

Smoking is also a significant factor that can impact erectile dysfunction. Studies show men that smoke one pack per day have twice the chance of it occurring. If they smoke more than that their chances of experiencing erectile dysfunction can triple. For older men that smoke the risk of erectile dysfunction increases with each year that passes for them.

More men are willing to admit they have problems with erectile dysfunction online or with surveys where they don't have to be identified. In those studies up to 56% of the men in the survey admitted to some level of problem. However, the severity of it couldn't be identified from those reports. What could be determined though was that there is a significant need for this type of treatment.

Of all the different treatments out there for erectile dysfunction, the one men are the most familiar with is the use of prescription drugs. 89% of men said they would take the chance with them to see if they worked if they were suffering from erectile dysfunction. This is in spite of the known side effects, allergic reactions, and possible health risks. Just about any man will tell you that his ability to perform sexually is a key part of his life. This isn't something most men are willing to give up without a fight.

Each year more than 600,000 men are seen by medical professionals due to problems with erectile dysfunction. That can indicate to the general public that more men have it now than ever. The reality of it though is that with all of the educational information out there the subject isn't taboo any more. Men are seeking assistance for their erectile dysfunction at a higher rate than ever before. They now know that there are viable solutions available.

As more men begin to realize the importance of quality medical care for their erectile dysfunction the statistics will be more reliable. We will be able to accurately measure how large of a problem this really is in society. At the same time though we will also be able to see how effective the various types of treatment for it are. The good news is that more than 90% of men with erectile dysfunction can benefit from the various treatment methods offered.

## **Get the Support you need for Erectile Dysfunction**

The biggest mistake that a man can make when he is suffering from erectile dysfunction is keeping it to himself. Sure, it isn't the type of thing you want to discuss with everyone but getting support is a key way to make sure you don't suffer emotionally and physically from it. If you are in a serious relationship with someone you need to tell them what is going on.

If the relationship is to continue they will be supportive of it. If they aren't then it isn't a healthy relationship for you to continue. By sharing this information with your partner they can be there for you. They can help you to relax when sexual activity is in the works. By keeping your anxiety low about your ability to perform you will be less likely to have problems. You can also work on other ways to be intimate in your relationship so neither one of you are feeling frustrated or deprived.

You should have at least one friend or family member you feel comfortable discussing erectile dysfunction with. They can help you to feel better about yourself as well as listen to your concerns. Make sure you do trust this individual to keep your information private. That way you won't have anxiety about other people finding out unless you decide to share that information with them.

Scheduling an appointment with your doctor is important. Don't put this off as the longer you let the issue of erectile dysfunction go the more serious it can become. Most doctors out there are very well informed about erectile dysfunction. With so many men suffering from it there is no doubt they have diagnosed many cases. If you don't want to discuss the issue with your regular doctor you can schedule an appointment with a specialist.

Not every man out there considers their doctor to be a support system. Yet if you do turn to them for it you will get plenty in return. They have plenty of great information to offer that will help you realize you aren't alone with your concerns about erectile dysfunction. They will also work with you to find the right treatment solution to get past the ordeal.

Seeing a therapist or a counselor can definitely offer you support when you are dealing with erectile dysfunction. Your doctor will likely recommend it if your reasons for the erectile dysfunction are emotional or psychological. Even if they are physical

in nature though you will find this to be a very good source of support for you. There can be plenty of emotions involved with this issue when it is on a physical level as well.

The internet is a great place to get support for erectile dysfunction as well. Many men like this resource as they can remain anonymous. There are online support groups you can be a part of for free. Read stories from other men to learn all about this particular health concern. You will realize you aren't alone. You can also talk with other men that have been through it or are going through it right now.

This is helpful because even with other types of support they don't know what you are going through. When you can share that with other people in the same situation they can support you on a different level. You may be able to develop some great friendships this way as well. It may be the issue or erectile dysfunction that introduces you but in time you will discover other things you have in common that you can bond together with.

There are many different ways to get support for erectile dysfunction. Do yourself a favor and utilize at least one of them. The more support you have with erectile dysfunction concerns the less of an impact it is going to have on your life.

## **How does Erectile Dysfunction affect Intimate Relationships?**

Every intimate relationship out there is different. What brings people together is quite interesting. So are the reasons that drive them apart. It may be hard to understand how the issue of erectile dysfunction can affect an intimate relationship. While most men don't have any control over it occurring they can help the challenges become something positive for the relationship.

A man has the choice of how he will handle his problem with erectile dysfunction. However, he also has to realize when he is in an intimate relationship that it is also going to have a profound effect upon his partner. Those men that choose to allow their partner to help them with it can make the relationship much stronger. There is always the possibility that the partner won't stick around for the duration of the problem to be worked out.

Yet that is true with any type of crisis including medical concerns in an intimate relationship. It is easy to love someone and to have fun with them when things are going well. The true test of the relationship is when the waters get rough. Many couples may initially think that erectile dysfunction is the worst thing that could happen for them. Yet the later discover it allowed them to make their relationship much stronger.

Most partners do stick around to help out with the issue of erectile dysfunction. They want to feel like they are a part of the solution rather than a part of the problem. They are better able to understand mood changes too that the male may be experiencing. It can be an opportunity for them to talk about the situation openly and honestly.

When a couple isn't able to focus on what goes on inside of the bedroom they have to channel that energy in another direction. They can spend time doing other things that they really enjoy with each other. It can help a couple to decide if they really do want to be together. Hopefully they will discover they have much more in common than just a desire to enjoy each other sexually.

This isn't to say that the entire process of handling erectile dysfunction is going to be easy. There are going to be many choices that have to be made along the way. Being supportive and encouraging will be very important. The male will also have to show his partner affection in other ways. Just because sexual activity isn't taking place like it once was doesn't mean romance has to be a part of the past.

Many couples find that counseling can help them with their intimate relationship when erectile dysfunction is a problem. It can also help them with other issues that have been taking place in their relationship. Learning effective methods of communication can be the key to a long and happy relationship between them.

When a couple is faced with the issue of erectile dysfunction it doesn't have to be the end of their relationship. They can use this opportunity to be supportive of each other. They can work together to overcome the problem as it is going to affect both of them. Some couples find that working through this subject actually make their relationship better overall. They learn to appreciate each other in ways that they had taken for granted over time. Getting back to the basics of their relationship often helps two people discover how much they really care for each other.

## **If you have these Symptoms Medications for Erectile Dysfunction isn't a Good Idea**

We have all seen advertisements on TV and in magazines for various types of medications to assist with erectile dysfunction. While they can be very effective it is important to understand they aren't right for every man to take. That is why you should never use those prescribed for a friend or buy them on the black market. The use of medications for erectile dysfunction when they aren't right for you can result in serious health problems including death.

Not all males are healthy enough to engage in sexual activity. It is very important to avoid it if you fall into this category. The stress may be too much for your heart due to other health concerns. You shouldn't use these types of medications if you take nitrates for chest pain or heart problems. Doing so can result in a severe drop in blood pressure. As a result you could suffer from a heart attack or a stroke.

Men taking medications to thin their blood aren't going to benefit from the use of medications for erectile dysfunction. Some men take medications known as alpha blockers. They are generally prescribed for those with prostate problems or that have high blood pressure. Let your doctor know if you have ever suffered from a heart attack or a stroke. This doesn't necessarily mean you aren't a good candidate for erectile dysfunction medications but it will need to be closely evaluated.

High or low blood pressure is a serious health concern. You don't want to use erectile dysfunction medications if you have been diagnosed with either one. These medications can affect you differently and that can result in rapid changes to your

blood pressure. You want to keep it as balanced as you possibly can. Those men with diabetes may be able to use erectile dysfunction medications. However, if it is not under control it will be a huge risk. Be sure to discuss that with your doctor.

If you have ever suffered an allergic reaction to any type of medication you may have one with these types of drugs. It will depend on the type of allergic reaction you had and why. Your doctor will be able to let you know if the drugs for erectile dysfunction contain any ingredients that can increase your risk of suffering such an allergic reaction. That can have very serious effects such as swelling and not being able to breath normally.

Pay attention to your own body because it has plenty to tell you. If you haven't been feeling good for a while there may be an underlying health concern. Don't discredit those feelings. Share them with your doctor so that they can be evaluated. The more information you offer to your doctor the better determination can be made about the use of medications for erectile dysfunction.

While the various medications for erectile dysfunction can be helpful, there are some risks involved with using them. It is important to be honest with your doctor about your overall health. If medications aren't right for you there may be other options that do work. They include the use of a vacuum device or surgery. You will be putting your overall health at risk if you use medications for erectile dysfunction when you know you have any of the above mention symptoms.

## **Is Levitra a Good Medication for Men with Erectile Dysfunction?**

There doesn't seem to be as much hype about the erectile dysfunction medication Levitra as there is for Cialis and Viagra. This leads some to believe it isn't as effective of a treatment. Yet when you take the time to find out all about it you will discover that Levitra has plenty to offer. Many men that use it also get exceptional benefits so they continue to use it.

The starting dose of Levitra for erectile dysfunction is 2.5mg. If this isn't enough to help you then the dose can be increased to a level that does work for you. Starting with a low dose helps you and your doctor to discover how your body is going to react to this type of medication. The maximum dose offered is 20 mg. A man should not take more than one dose of Levitra in a 24 hour period. This particular medication has been approved by the FDA for use to fight erectile dysfunction.

Many men have found they can successfully get and maintain an erection with the use of Levitra. Even if they haven't been able to do so with other similar types of medications. If you have used such medications without success don't give up. It is important to realize that they are all similar but there is enough differences to make it worth your while to try Levitra.

It is normal for a man to be able to get an erection within 30 minutes of taking Levitra. Many men also report their erections are firmer and last longer than they used to. These types of benefits aren't usually found with other types of medications offered for erectile dysfunction. These are additional benefits that often encourage men to give Levitra a try.

While Levitra can help with erectile dysfunction there are some common side effects associated with it. They include headaches, nausea, and muscle pain. These side effects are normal and should subside as time goes by. If you experience blurred vision, loss of hearing, or you pass out then stop taking Levitra immediately. You also want to talk to your doctor about it immediately.

It isn't safe for men that take nitrates to use Levitra. Nitrates are a category of medications often prescribed for heart problems and chest pain. When these two types of medications are combined it can result in the person's blood pressure dropping to unsafe levels. As a result the person is at a very high risk for a heart attack or a stroke to occur.

Men that use alpha blockers for their prostate should also avoid using Levitra. Your doctor will have to evaluate your overall health to find out if you have other health problems that could be a problem. They include heart problems, diabetes, high blood pressure, and high cholesterol.

However, having such health concerns doesn't necessarily mean you can't use Levitra. As long as your diabetes, high blood pressure, and high cholesterol are under control you may still be a good candidate. You should expect your doctor to continue following up with these health concerns thought to be sure you are doing your part to control them as effectively as possible.

This is a type of medication for erectile dysfunction that can often be taken along with medications for those types of problems. The two won't interact with each other so you don't have to choose to care for your medical concerns or to be able to experience a happy and healthy sex life.

Levitra has proven to be a very effective medication for erectile dysfunction. However, it isn't right for all men to take. You should talk to your doctor about it to determine if this particular medication can benefit you. There is no reason for you to continue suffering from erectile dysfunction when there are great treatments out there including Levitra.

## **Libidus can be a Natural Way to Take Care of Erectile Dysfunction**

There are quite a few well known medications on the market for erectile dysfunction. You may not be as familiar with those that made from herbal ingredients. One of those products is known as Libidus. Many men that have used it as well as prescription medications will tell you this particular product is all you need.

It doesn't have negative side effects associated with it. Therefore you can actually feel good when you are engaging in sexual activities. Who wants to be a part of that when you feel sick from the medication? You may have an erection but you more than likely won't feel like doing much with it!

In addition to assisting a man with getting an erection, Libidus has some other great benefits. It works like prescription medications in the way that it allows the blood to

flow to the penis. It will increase the amount of testosterone your body produces. As a result you will have a higher libido.

There are other reasons why men take Libidus so it isn't just for erectile dysfunction. It also helps to improve blood circulation for your entire body. This is very important to your overall health. Most men that take it also report they have more energy than they have in the past. This means they can go about their daily routine without being exhausted. They can also increase their level of exercise and fitness with that new found energy.

In order to get the most benefit from the use of Libidus for erectile dysfunction you need to make sure it is 100% all natural. Most of the health food stores out there are very reputable when it comes to the quality of the products they offer. Yet you won't be able to be sure when you buy it online. Read all of the information on the site before you make your purchase.

What you will come across are sites that tell you that the Libidus they sell is made from natural ingredients. Yet when you read the information you will find it isn't all 100% natural ingredients. There is a difference so only spend your money on quality products that have a good chance of helping you to overcome erectile dysfunction.

You also want to purchase it from websites that offer you a money back guarantee. That way if you don't get the desired results from the use of Libidus you aren't losing your money as well. Even though this is an all natural supplement you don't want to take more than one capsule per day. You won't get any additional results by doing so.

If you suffer from erectile dysfunction then you may find that Libidus is a very good way for you to take care of it. If there isn't any other medical reason for your problem then you can't cure it. Most males will agree they would rather take something that is natural than prescription medications in order to maintain an erection.

There have been some warnings out there that Libidus is linked to heart attacks. However, it has been decided that these men weren't physically in a condition to perform sexually. They also had other existing heart conditions that they weren't getting medical care for. That is why you should take the time to see your doctor about your erectile dysfunction. It could be a symptom of another health issue that you need to get assistance for.

## **Surgery may be Necessary in Order to Resolve Issues with Erectile Dysfunction**

Surgery may be a necessary process in order to resolve your issues with erectile dysfunction. Your doctor will be able to determine this after a complete physical examination. Surgery is generally the last option when nothing else has worked. If the problem with maintaining an erection is nerve damage due to an injury then even medications aren't going to help.

There are different types of surgery for erectile dysfunction. The one that is right for you will depend on what your cause of it is. If the arteries to the penis are being

blocked then they may have to be reconstructed. Once this is done blood will be able to flow to the penis like it should for an erection to occur.

Most males that need to have this type of surgery to correct erectile dysfunction are quite young. The primary cause of it is an injury to the penis or even to the pelvis. The blockage is generally minor and can easily be corrected.

Some men have a problem where blood is leaking from the penis tissues. If this is the case then surgery may need to take place in order to block certain veins. This is a very rare type of surgery for erectile dysfunction though. It doesn't seem to have a very high success rate and so it is only considered as a last resort. A common problem is that scar tissue can form and over time that results in more problems with being able to get and maintain natural erections.

There is also a type of surgery for erectile dysfunction where a device is implanted into the penis. This will allow a man to get an erection when he is mentally or physically stimulated. Over the years these implants have become better designed. Even so, there are some complications that can arise with them. You need to be aware of those risks before you decide that such a surgical procedure may be right for you.

Some men suffer from infections as their body rejects the implant. Some of these implants have to be pumped manually by the male in order for a full erection to take place. Nerve damage can result with such penis implants. There is still plenty of research to be done in order to make such procedures less risky and more beneficial to males with erectile dysfunction.

As with any type of surgery, there are risks involved. Your doctor will discuss with you the possibility of surgery for erectile dysfunction. It can be very expensive and very few health insurance programs will pay for it. Some of the risks involve damage to the penis and an allergic reaction to the anesthesia used.

Most males recover within a few weeks from surgery for erectile dysfunction. They may need to avoid physical activity during that period of time. The recovery period can be longer if an infection occurs. The results from such surgical procedures are going to vary by individual.

The decision to proceed with a surgery for erectile dysfunction is a very personal decision. You want to make sure you have all the facts about it before you make your decision. It is a good idea to get a second opinion as well. Most specialists will offer a free consultation so all it is going to cost you is some time.

## **The Benefits of Cialis for Erectile Dysfunction**

Cialis is one of the top prescribed medications for men suffering from erectile dysfunction. This particular medication is getting terrific reviews from the men that use it. In fact, don't be surprised if this particular product outsells the leader Viagra in the not so distant future. It is a mistake to think all of these types of medications for erectile dysfunction are the same. Cialis has many benefits over Viagra and that is why it is getting plenty of attention.

Cialis is offered in two different forms. A man can discuss with his doctor which one would be the best to take. For those that will be engaging in sexual activity only a couple of times per week a pill that they can take leading up to it is recommended. This type of pill allows them to engage in sexual activity up to 36 hours after they take it. That is quite a window of opportunity so the act can be more spontaneous than when another type of erectile dysfunction medication is being taken.

For those men that want to be able to have sex more often there is a daily pill. It comes in a very low dose – either 2.5 mg or 5 mg. It is taken around the same time every day in order to gain the most benefit. This is a great way for a man to be able to have as normal of a sex life again as possible. It is nothing more difficult than swallowing a pill and then going about your day.

Most men find that Cialis has fewer side effects than other types of medications for erectile dysfunction. This is good news because those types of side effects can make it very hard to go about your daily tasks. It can also leave a man feeling uncomfortable enough that sex is the very last think on his mind. With the lower doses on the daily pills many men find that those annoying side effects have completely disappeared.

This particular type of medication for erectile dysfunction doesn't automatically give a man an erection. He must still be mentally or physically stimulated in order for it to occur. This is good news for many men as they don't want to assume they will be walking around with an erection just because they take it. With Cialis the process is controlled and there won't be those embarrassing moments to worry about.

There are many different health concerns out there that can prevent a man from being a good candidate for most types of erectile dysfunction medications. This can be frustrating but their overall health has to be the main focus. Cialis offers a break for men that have certain types of medical conditions. As long as he is deemed healthy enough for sexual activity by his doctor he may be able to use Cialis. This includes men that have high blood pressure. It can also apply to men with diabetes as long as they have it under control.

Since insurance companies aren't going to pay for such medications, the cost of them can be a burden. Cialis is less expensive than Viagra or Levitra which means that more men can fit it into their budget. Some men fear that Cialis won't be as effective when they compare the prices. Yet this is a myth that they soon forget about once they use it and get amazing results with it.

There are several reasons why Cialis is less expensive. First, a great deal of the initial research was already done when they were approved by the FDA. Therefore they were able to make improvements to a product already out there. Second, they don't spend tons of money on advertising. That is why this product isn't as well known out there but it is definitely gaining loyal followers on its own merit.

These are some of the wonderful benefits a man can get when he uses Cialis for erectile dysfunction. Talk to your doctor to find out if Cialis can be the right treatment option for you. Most men find this is very effective for taking care of their erectile dysfunction. They get all the benefits with very little inconvenience at all.

## The Facts about Erectile Dysfunction

There is plenty of information out there about erectile dysfunction. However, not all of it is accurate which definitely leads to plenty of confusion. So many myths about erectile dysfunction have been circulating on a large scale. Therefore they often are taken as fact instead of being investigated. Here you will find real facts about the issue so you can be well informed.

Erectile dysfunction doesn't mean that you can't ever have an erection on your own. Some men are able to do so 75% of the time. Others are able to do so 25% of the time and everywhere in between the two. If you aren't able to get an erection from time to time it is nothing to worry about. Yet if it seems to happen more and more then you need to see a doctor to discuss the issue.

Due to the overwhelming number of men that take medication for erectile dysfunction there is a myth that these products are 100% safe. While they can be extremely helpful with this issue there are side effects to know about. There are also some very serious problems such as your vision or hearing being affected. Understanding these possible effects is very important. That way you can make up your mind if you want to use such medication or not.

One of the reasons why younger men don't seek assistance for erectile dysfunction is that it is often assumed this is something that happens to older men. You may be surprised to learn how many men from the ages of 20 to 40 are also struggling with the issue of erectile dysfunction. Fully understanding that this is a problem men of all ages suffer from can encourage them to get the help they need instead of hiding their concerns.

What is scary is that more than 160 million men out there do have some form of erectile dysfunction. Yet only about 30% of them seek assistance for it. The fact that there are treatments to assist with 90% of these men means that too many of them aren't enjoying a great sex life when they really should be.

In many instances erectile dysfunction can be cured. If there is an underlying medical condition for it then that needs to be controlled. This can result in the erectile dysfunction going away on its own. Even changing the medications you are currently on can make it go away. If the cause of it is some type of injury then surgery may be able to successfully rectify it.

In approximately 40% of erectile dysfunction cases though it can't be cured. Yet it can be treated with the use of the use of a vacuum device or medications. This means that the male will go back to having the same problems if they stop using such products. That is why it is so important to find the treatment that is right for you. That way it can be as minor of an inconvenience for you as possible.

The various treatments for erectile dysfunction continue to be evaluated. Due to the high number of men that need them research and development continues to be done. This means what we have in place right now can only be improved upon. As a result men will find it easier to control erectile dysfunction in the future. Hopefully the success rate will improve and side effects will decrease. Many men also hope that the price of such treatments will be reduced.

Now that you have the facts about erectile dysfunction you can seek help if you need to. You can do so with confidence as you don't have to worry about being the only one out there with such concerns. Medical professionals are well educated in this area and they can help you to identify treatment options for your own needs. Don't give up on having such an enjoyable part of your life. Erectile dysfunction is a common problem but that doesn't mean it is one you can't overcome.

## **The Risks of using Viagra for Erectile Dysfunction**

When you see the advertisements out there for Viagra it may seem like the perfect solution for your erectile dysfunction situation. While that may certainly turn out to be the truth, you do need to be aware of the risks involved with using it. This is why you should never take it without first consulting with your doctor. They can do a complete exam and assessment to determine if Viagra is right for you.

It is important to understand that Viagra doesn't increase your libido. It also doesn't cure erectile dysfunction. However, it can help you to get and maintain an erection when you are mentally or physically stimulated for such activity to take place. Even so, you don't want to take Viagra if your body isn't healthy enough for you to be having sexual intercourse.

Some individuals have an allergic reaction when they take Viagra. This is why you need to disclose to your doctor any medications you have used in the past and had such a reaction to. Your doctor will also prescribe the lowest dose of Viagra for you to begin with. This is 25 mg and from there they will increase the dose until you are getting results. They won't increase the dose to more than 100mg.

There are side effects associated with the use of Viagra. The two most common ones are headaches and upset stomach. If those side effects don't subside within a couple of weeks make sure you talk to your doctor about it. There are more serious types of effects though that you need to report immediately.

They include blurred vision, passing out, and the loss of your hearing. An erection lasting longer than four hours is very serious and needs to be addressed by a doctor. Otherwise permanent damage to the penis and the nerves leading to it can occur. If it is after hours go to the closest clinic or hospital offering emergency services.

A man should never take more Viagra than he is prescribed. Taking a higher dose of it won't help you get a better erection or for it to last longer. It shouldn't be taken more than once in a 24 hour period. Failing to follow such guidelines can result in severe side effects including dizziness and passing out.

A man should never use Viagra if he uses any kind of nitrates. This is a type of medication often prescribed for heart problems and for chest pain. The combination of the two can result in a drastic drop of the blood pressure. As a result a man can suffer from a heart attack or a stroke.

Pay close attention to these risks that are associated with the use of Viagra for erectile dysfunction. If your doctor tells you it can work for you then decide if you want to give it a chance. Pay attention to how your own body reacts to the Viagra. Stop taking it and consult with your doctor if it isn't working for you like it should.

Make sure you understand when to take the Viagra and how much to take. Even pharmacies can make mistakes so be sure the medication you get is the right dose. Each pill will have the dose clearly marked on it for your convenience. If your doctor says you aren't a good candidate for Viagra then respect that. Don't put your overall health at risk by going against their recommendation.

## **The use of a Vacuum Device to Cure Erectile Dysfunction**

For some men, the best course of treatment for their erectile dysfunction is a vacuum device. This is a type of mechanism that involves a vacuum used to pull the necessary blood for an erection to occur into the penis. There are three parts to a vacuum device for erectile dysfunction – an elastic band, a pump, and the cylinder to hold the penis.

The penis is placed into the cylinder in a flaccid state. Once this is done the pump is used to get the blood into the penis. The elastic band is placed at the base of the penis so that the erection remains in place. It is important that the band is properly in place so that the male isn't in pain. If it slips off then the blood will go out of the penis and the erection will be lost.

It can take some practice to get used to the process for using a vacuum device to get an erect penis. First, you need to apply water soluble jelly to the base of the penis. This way there isn't any air getting through the cylinder. You need to be able to build up pressure in it and that won't happen if air is getting through there. As an added tip, you should keep your pubic hairs well groomed. Trimming them will help you get a better seal as well.

In order to have the most comfort while using a vacuum device for erectile dysfunction you want it to be placed against the pubic bone. The amount of pumping that has to be done will depend on how much pressure it will take for you to get a full erection. This going to vary depending on what your particular needs are. Some men have a completely flaccid penis to work with while others have a partial erection.

It is very important to pay attention to the banding of the penis after an erection is obtained. If you don't all of your efforts will be lost. Keep in mind that these bands come in various sizes and shapes. You may have to try several of them before you find the one that is the best fit for you.

It should also be comfortable for you while wearing it as well. This band isn't going to affect the sexual satisfaction for either party during intercourse. You don't want to keep this band in place for more than 30 minutes. It is a good idea to discuss the use of a vacuum device with your doctor.

Men that take blood thinner medications shouldn't use them. Some men have a penis that is slightly bent or hooked. It may be extremely uncomfortable to use such a device on one that isn't straight. If you experience significant pain or bruising on the penis you will want to discontinue using a vacuum device until you discuss the situation with your doctor.

Some men are skeptical about using a vacuum device on their penis. Many of them out there have been approved by the FDA. You don't want to use one that isn't as you can risk harming your penis with it. Plenty of these devices are sold online but you need to do your homework. Know who you are making the purchase from and what their reputation is. Take the time to look for reviews from other consumers online. This way you can get an idea of who you can trust and who you can't.

You will need to talk to your doctor to determine if a vacuum device is a good option for you. With the technology we have today they are very well made. However, many men would rather than medication so they can get an erection naturally. They don't want to have to use this type of device in order to get one. Since medications for erectile dysfunction aren't right for all men though this may be a very good alternative.

## **The Use of Irexis for Erectile Dysfunction**

Irexix is a herbal supplement that is commonly used for erectile dysfunction. Many men have turned to it because they don't want to rely on prescription medications. They may not want to discuss their erectile dysfunction with a doctor or anyone else. You can get Irexis from a health food store or online without any written instructions by a doctor.

The main ingredient found in Irexis is Yohimbe extract. It has been used for many centuries as a natural aphrodisiac for men. This ingredient is mainly grown in Africa. It also contains Tribulus Terrestris which is a plant found in many locations in the world. It naturally helps to increase a man's sex drive.

The fact that the various prescription medications for erectile dysfunction are so expensive is another reason why men use Irexis. With the increased cost of everything else out there these days many people just don't have tons of money sitting around. They can't justify paying for expensive medications for erectile dysfunction when food and fuel are really taking a toll on the family budget.

There is no argument that most of the prescription drugs out there do work for erectile dysfunction. However, there can be some very harsh side effects. They include nausea, headaches, upset stomach, muscle aches, and more. A man can also be allergic to them which can result in a heart attack, stroke, or the inability to breath.

With the use of Irexis for erectile dysfunction you can avoid all of those problems. Since all of the ingredients are natural there is no risk if any of these problems occurring. There are some additional benefits as well. If you suffer from a low libido the use of Irexis will enhance it. This particular herbal supplement can also help your body produce more testosterone. That can make your semen production higher as well. Many men take it when they are trying to conceive a child.

Most men also claim that the use of Irexis for erectile dysfunction gives them more stamina as well. As a result they end up having a more interesting and enjoyable sex life than they did before. For a man that had his self confidence blow away due to erectile dysfunction, this can help him to get it back.

Irexis works fast too as most men find they can take it and have a full erection within 30 minutes or less. It is recommended to take it every day though instead of just when you want to have sexual activity. It won't result in a man walking around with an erection though when he isn't taking part in sexual stimulation.

If you suffer from erectile dysfunction you may discover the use of Irexis is very helpful. Even though you can get it without consulting a doctor it is a good idea to see one. You can let them know your decision to use this particular herbal supplement. The reason why you should see a doctor is because there are many health reasons that can lead to erectile dysfunction.

You want to make sure you don't have other health concerns that need taken care of. You also need to make sure you are healthy enough to take part in sexual activities. If you are taking care of your overall health, then Irexis may be able to help you get your sexual abilities back. It is worth looking into!

## **Treatment Options for Erectile Dysfunction**

Many men that suffer from erectile dysfunction feel that it is the end of the world. They aren't accepting the fact that they aren't going to be able to continue the sexual activities that they enjoy. Many men also define who they are by their sexual abilities so it can have a profound effect on their self image as well. Yet there are many great treatment options available for men with erectile dysfunction. That way it doesn't have to be so disruptive to their life.

The treatment option that is right for you will depend on what is causing the erectile dysfunction. A complete physical and assessment with your doctor will help you get things on the right track again. If it is determined you have a medical concern then efforts have to be made to resolve it. There are too many different medical problems to mention that have erectile dysfunction as a symptom. By taking care of them though your ability to maintain an erection will return.

Your doctor may connect the erectile dysfunction with current medications you are taking. As a result they may need to be changed or the dose modified. Too many men assume that they aren't going to be able to have sexual intercourse if they take the prescribed medication they are on. They decide to stop taking it without discussing it with their doctor. This can result in very serious health issues for you so don't go this route.

Various types of injuries can occur to the area surrounding the penis. Many of them are related to sports incidents. Others are the result of car accidents or even being beaten up. Surgery may need to take place in order to repair as much of the damage as possible. Your doctor will be able to give you the prognosis after fully examining you internally and externally in that area.

You emotional health can result in erectile dysfunction. That is why you need to be very honest with the answers on your assessment. It could be that stress, not getting enough sleep, anxiety, or even hidden feelings against your partner could be the cause. Counseling is a very effective type of treatment for this type of problem.

It can help a man overcome the obstacles that are preventing him from having a healthy and happy life.

It is no secret that many individuals in our society have poor lifestyle habits. These can result in a man not being able to get an erection as well. If you are overweight you need to work with your doctor. A combination of exercise and a balanced diet can help you to lose those unwanted pounds. It can also result in your ability to naturally get and maintain an erection returning. Many men find that this also occurs when they stop smoking.

The most known type of treatment for erectile dysfunction is the use of medication. This is only offered though when other causes of it have been ruled out. These types of medications have been proven to be very effective. You take them in a specific time frame before you want to engage in sexual activity.

They seem to get great results too but there are some known side effects. Your doctor can help you determine if such medications could be a viable treatment for your erectile dysfunction. Find out what they different types of erectile dysfunction medications can offer you. They don't all work the same and you may not be a good candidate for some of them based on your overall health.

It is important to realize that treatment options are available for erectile dysfunction regardless of your age. It also doesn't matter if this is something you have struggled with for a long time or a new problem. Be very honest with your doctor with the assessment so that they can correctly identify the cause of your erectile dysfunction. That way you can benefit from the right treatment option for you.

## **Viagra can help you to Overcome Erectile Dysfunction**

When most people think of medication for erectile dysfunction, Viagra is what comes to mind. It has been the top selling product for this problem since it was introduced in 1998. It is believed to be effective for at least 80% of men that take it. This particular medication is heavily advertised on TV and in magazines. Quite a few doctors also encourage their patients to take it.

It used to be taboo to talk about erectile dysfunction or the use of it. Now you will find many men are willing to provide their own testimonials in order to endorse such a product. There are many of these types of statements found all over the internet. Men want to help others that are in the same situation that they once were. Promoting Viagra is one way they are able to do so.

There are many different dosage offers of Viagra. Your doctor will start you out with the lowest possible dose which is 20 mg. This way you can see how your body responds to it. The dose can be increased until you are getting the desired results from it. The highest dose is 100 mg and if that doesn't help you with the erectile dysfunction Viagra may not be a good choice of medications for you to use.

Viagra is very effective and most men will find they can get a full erection within 30 minutes of taking it. This is a type of medication for erectile dysfunction that you only take when you are ready for sexual activity to take place. Since there is no cure

for erectile dysfunction if there isn't a medical link, using Viagra can be the next best thing. It can help a man to have a very satisfying sex life once again.

One of the downsides with Viagra though are the health concerns. Not everyone is a good candidate to take it. If you have heart disease, high or low blood pressure, or diabetes it isn't the right type of treatment for you. There are also some harsh side effects that some men experience. They should go away in a couple of weeks but if they don't you may need to try another medication.

Never take Viagra for erectile dysfunction without the consent of your doctor. Don't be tempted to buy it on the black market or to take pills prescribed for a friend. Talk openly and honestly with your doctor about your erectile dysfunction and they can help you to find the right treatment. Before your doctor will offer a prescription for Viagra though you will need to undergo a physical evaluation.

You will also be required to complete an assessment. This will help your doctor to rule out physical and psychological issues that may be causing the erectile dysfunction. They don't want to prescribe Viagra for you when that isn't really what is going to help you. Medical problems that don't get recognized will only continue to get worse.

There are other types of medications out there for erectile dysfunction as well. However, Viagra continues to be a name that men know and trust. This particular product helped to open up opportunities for those suffering from erectile dysfunction. It has also paved the way for other types of similar medications to follow. Billions of dollars worth of Viagra are sold annually even with these other products now on the market to compete with.

## **What is Erectile Dysfunction?**

Erectile dysfunction is a type of medical concern for men as they aren't able to get or maintain an erection. They may mentally want to be able to engage in sexual activities but their body isn't responding. In order for a man to be able to obtain and maintain an erection there has to be an increase of blood flow to the penis. There are many different reasons why this won't be possible.

The issue of erectile dysfunction has long been one that has concerned men. Women are bothered by it as well because it can affect their sex life as well. Many women blame themselves when their partner isn't able to get an erection. They feel that they are undesirable or that there are deeper problems within the relationship. It can be embarrassing for men to talk about their problems in this particular area.

There is more information out there now about erectile dysfunction though. Men are being educated that it isn't a sign that they aren't masculine. Understanding that there are many other men out there with the same problem can be encouraging enough for them to seek medical assistance. Most doctors have dealt with the problem of erectile dysfunction for a very long time. They are able to assess the situation and help a man get the right treatment to remedy the situation.

It is normal for a male to occasionally not be able to get or maintain an erection. There should be no reason for alarm unless the problem continues to repeat itself.

The medical definition of erectile dysfunction is that the male is unable to get an erection ¼ of the time or more. There is a myth that a man suffering from erectile dysfunction can never get an erection.

This isn't true but the fact that he may not be able to often hinders many of them from attempting to perform. The problem may be either physical or psychological. However, when the problem occurs it can result in additional problems occurring. For example if the reason is physical it can result in anxiety and stress for the male which means there are now physiological factors present as well.

Erectile dysfunction can be very upsetting to men from all walks of life. This isn't just something that affects older males either. A high percentage of young men in their 20's and 30's also have been diagnosed with erectile dysfunction. It doesn't have to be something you choose to live with though. Find out what your options are so you can start enjoying a very satisfying sex life once again.

If you don't want to discuss erectile dysfunction with your own doctor there are many great specialists out there. Take the time to do your own research about them. The internet is a great place to get feedback from other patients. You should also check their record with the medical board to see if any complaints have been filed against them by other patients.

It is important to put your personal feelings of inadequacy and embarrassment aside. There is plenty of help out there for those men with erectile dysfunction. The sooner you seek it the happier you will be. Be willing to work with your doctor as well to find the right treatment for you. It may take some experimenting with various types in order to get the situation under control.

## **What to Expect with an Evaluation for Erectile Dysfunction**

With the educational information out there about erectile dysfunction many men are realizing they can do something about it. The first step it is to schedule an appointment with your doctor. You should be comfortable enough with this person to talk about the issue.

Remember that they are professionals and they deal with similar cases all the time. A man can have plenty of anxiety waiting for that appointment to take place. Knowing what to expect with the evaluation though can help to reduce the stress of the unknown. If you don't have a regular doctor then start looking for one that has a great reputation.

You need to understand that there are many different reasons why erectile dysfunction occurs. Therefore the evaluation isn't going to be rushed though. You will be subjected to a complete physical exam. You will also need to answer a lengthy questionnaire. It is going to cover many aspects including your health history, family medical history, medications you use, lifestyle habits, and sexual habits.

You will also be asked about your stress levels and mental health because those factors can result in erectile dysfunction as well. Make sure you are 100% honest with your doctor during all of this. That way they help you get passed this issue. For

example if you take illegal drugs or even those prescribed for someone else you need to tell them about it.

The physical exam is part of the overall evaluation that many men don't like. This process involves touching the penis in a variety of ways. This is done so the doctor can find out how sensitive it is to touch. The problem could be with the messages getting to the nerve endings and this process allows your doctor to evaluate that factor.

Sometimes there can be physical characteristics in the genitals that indicate an injury or that the hormones in the body are out of balance. Some men have a curved penis which can make it harder to get and maintain an erection normally. Signs of swelling in various areas of the body can indicate that circulation isn't what it should be. That is important because poor circulation can prevent blood from flowing to the penis.

Blood will be taken to test for various types of medical problems. In most instances it is only one tube that needs to be extracted from the body. This blood will be transferred to a lab for evaluation. Within a couple of days your doctor will have those results back to share with you.

If your questionnaire indicates that you may have some type of psychological problem that affects your ability to get an erection it will be examined further. Your doctor may want to ask you a series of questions that can help to identify if you need to be referred for counseling. Once again you need to be very honest with your answers to such questions. Otherwise the true cause of the erectile dysfunction may not be discovered.

Some doctor's will go as far as to have your erections at night monitored. This can be done by a sexual partner or at a clinic. If you are able to get and maintain an erection as you sleep then it does indicate physiological factors are at the root of the problem. It will rule out a physical ability to get an erection.

It is your right to ask questions as you are being evaluated for erectile dysfunction. If you don't feel comfortable with what is taking place speak up. Have your doctor explain what is taking place and why it is necessary. Too many men are intimidated at the doctor's office though and they don't stand up for their needs.

By knowing what should be taking place with an erectile dysfunction evaluation you will be more prepared for the process and ready with your questions. The process isn't painful and it can help you to get the right treatment you need in order to enjoy sex again.

## **Who is at Risk for Erectile Dysfunction?**

It may surprise you to learn that all men are at risk for erectile dysfunction. It can affect very young or very old men. With a healthy lifestyle and the prevention of medical problems a man should be able to maintain erections well into the 70's or beyond. However, age is certainly a factor that increases the chances of erectile dysfunction occurring.

Most men will notice that their sexual drive decreases as they get older. It can start to take longer to get an erection and it may not last as long as it did in the past. As a person gets older they are at risk for more health problems which can result in these changes. So staying as healthy as you can will help you to avoid problems with erectile dysfunction.

Those men that fail to get annual check ups also have a greater risk. There are so many health issues with erectile dysfunction as a symptom. Yet if you aren't seeing the doctor for check ups or when such signs start to exist you are only allowing the condition to get worse. Men are far less likely to follow through with routine check ups than women. They become increasingly important as you get older.

When you get medical treatment early on you may not have to take medications daily. This is important because erectile dysfunction is often the result of the use of certain medications. You don't want to have to choose between taking them for your health or being able to perform sexually.

There are some types of chronic health problems that are genetic in nature. Men that have a family history of them have a greater risk of suffering from erectile dysfunction. There are indications this can also be hereditary but most men aren't discussing this with their children. Therefore it is very difficult to get figures and statistics to determine this or not.

There is a health condition called metabolic syndrome that can result in erectile dysfunction. This condition is due to excessive fat in the belly region, high blood pressure, and high cholesterol. Work with your doctor to keep such factors under control and erectile dysfunction at bay.

Playing dangerous sports or being a risk taker can increase your risk of erectile dysfunction. Sports such as wrestling and football should only be done with a protective cup in place. Injuries to the spine and to the genital area can prevent the proper blood flow to the penis needed for an erection to occur.

Statistics show men that ride a bicycle for long periods of time may end up with erectile dysfunction due to the pressure from the bike seat. If you enjoy riding a bike find out about replacing the standard seat with one specially designed. If you feel any numbness in the penile area then you need to make changes or it could lead to erectile dysfunction.

Poor lifestyle habits are a huge factor when it comes to erectile dysfunction. If you are overweight, drink excessively, smoke, don't eat right, and you don't exercise regularly you have an extremely high chance of suffering from erectile dysfunction. It is never too late to start making positive changes in these areas. Choose one area and focus on it. Have a support system in place so that you can start to look and feel much better. Your doctor can also help you devise a great exercise program.

Do your part to reduce the risks of being diagnosed with erectile dysfunction. Taking care of your body will ensure your overall health is going to be very good. As a result you will gain more benefits than just a satisfying sex life. There are many different factors out there that can place you at risk for erectile dysfunction. Many of them you can control so pay attention to the needs of your body.

## Why are Certain Drugs so Effective for Treating Erectile Dysfunction?

There are certain drugs out there offered by doctors to effectively treat erectile dysfunction. The top ones used are Viagra, Cialis, and Levitra. The use of such medications for this medical concern is a billion dollar industry. When other causes of erectile dysfunction can't be ruled out this type of treatment can help a man to be able to engage in sexual activity again.

There are many different reasons why these types of drugs are so effective. While they can be injected into the penis, the most common and convenient way to consume them is orally. These types of medications are known as PDE inhibitors. This accomplishes a couple of different things. The fact that a man can get an erection within 30 minutes of taking such drugs is very important for them.

When a man takes a PDE inhibitor the body is able to use nitric oxide to relax the muscles in the penis. This means that blood is able to rapidly flow into the area like it needs to for an erection to occur. It also blocks the enzymes that can result in the penis going flaccid again. As a result many men report they get an erection that is harder and lasts longer than before.

Men love the fact that they have to be mentally or physically stimulated in order to get an erection when they take such medications. They don't have to worry about walking around with an erection just because they are taking such medication. Many of these drugs give you a good window of time for sexual activity to take place too. That way you don't have to schedule it which can take a great deal of adventure out of the act.

The FDA has very strict guidelines in place for the medications used for treating erectile dysfunction. A complete evaluation of the male has to be done by their doctor. This way it can be determined if they are a good candidate for it or not. There are some types of health concerns that render a man physically unfit to engage in sexual activity. Those individuals won't be given a prescription for such medications.

A complete evaluation is given to try to identify what the cause of the erectile dysfunction is before such medications are offered. It is believed these guidelines have encouraged very high success rates for these types of drugs. Men that don't need such medication aren't getting it. Those that aren't healthy enough or that take other types of medications such as nitrates also aren't prescribed it.

There has been plenty of research about the effectiveness of these types of drugs for erectile dysfunction. There is a very high success rate out there for men from all backgrounds. This suggests that these types of medications are going to be around for a very long time. Even though there are some side effects with them most men agree that is better than not being able to have sexual intercourse at all.

Ongoing research and development continues with drugs for erectile dysfunction. That way men can get the most benefits from them. At the same time some of the side effects and inconvenience can be offset. You can be sure there will be significant advancements in these types of drugs in the future. The vast market for them is simply too large for the needs to be ignored.

## **Why are the Medications for Erectile Dysfunction so Expensive?**

There are many different questions out there answered about erectile dysfunction. It can be exciting for a man to realize treatment options are available. For approximately 40% of the men out there with erectile dysfunction their best option will be to use a type of prescription medication. Yet their excitement can be deflated when they realize just how expensive these types of medications really are.

Even if you have a very good health insurance plan there is only a slim chance they will cover such medications. The majority of health plans don't deem medications for erectile dysfunction as a necessary part of their coverage. Those that do cover them often have a high deductible and or co-pay associated with them. It is a good idea to find out if your insurance company will cover this type of medication though. More of them are considering it due to the number of requests they get for it.

The demand for erectile dysfunction medications is very high. More than 160 million men out there are believed to have a type of problem with it. However, only a small percentage of them seek medical assistance for it. Yet there is a huge black market out there selling these medications as well. The cost of them are even higher due to the risks involved with selling such products illegally. Yet many people do by them to avoid embarrassment at the doctor's office or the pharmacy.

Consumers have to realize these pharmaceutical companies are in the business to make money. Years of research and development took place before they were approved for patients to use. The cost of such developments is unbelievable and they are trying to recoup those investments. They also continue to do further research so they can enhance the benefits of their product for erectile dysfunction.

Advertising is also another expense they have to cover. They want to get the word out about what they can offer to men with erectile dysfunction. This involves expensive commercials, magazine ads, and infomercials. They also have to promote their products within the medical community. Some of these companies use celebrities in their materials to endorse them. It costs a huge sum of money to get them to do so. All of this overhead is passed on to the users of their products.

There is also a perceived value with this type of medication. You will notice that Cialis one of the least expensive types of erectile dysfunction medication on the market. You would think that would encourage more men to try it. Instead it can make them shy away from it. They feel that since it is priced less than Viagra and Levitra that it must not work as well. Manufacturers of such products know that this perceived value issue can cost them customers if they drop the price.

It is anticipated what with the ongoing research for more types of medications for erectile dysfunction the costs will go down. With more competition the top products will have to consider dropping their prices. Right now there are only a handful of FDA approved medications out there for erectile dysfunction. They know that men are going to continue paying what they have to in order to be able to have an active sex life again.