

Viagra Sildenafil Guide

The Complete Guide to Effectively Treating
Erectile Dysfunction, Maximizing
Performance, and Building Lasting
Confidence

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Chapter 1

Erectile Dysfunction Understanding

Erectile dysfunction (ED) is the recurring inability to get or keep a firm erection for sexual engagement. Some men get erections but lose them fast. Some get erections rarely, while others never do.

Erectile dysfunction may not be caused by occasional erection issues. Tiredness, stress, worry, alcohol abuse, illness, lack of privacy, and marital strain might cause temporary problems. Erection issues that last weeks or months should be evaluated by a doctor.

Erectile dysfunction is medical. Not a personal failing, weakness, or manhood. Doctors can diagnose and cure erectile dysfunction, even though many men are afraid to talk about it.

Once the cause is found, the illness often improves.

A Normative Erection

An erection requires brain, emotion, hormone, nerve, blood vessel, and muscle cooperation. The brain and spinal cord send nerve signals to the penis from sexual ideas or stimulus.

These signals expand penis blood vessels. More blood in the erectile tissues makes the penis bigger and firmer. The penis' blood-removal veins are squeezed, keeping the erection hard.

After sexual stimulation or ejaculation, muscles relax, blood flows out of the penis, and the erection fades.

Any issue with this mechanism can impact erectile function. Erections might be problematic due to reduced blood flow,

damaged nerves, hormonal changes, mental stress, or drug adverse effects. Physical and psychological factors affect many guys.

Recognition of symptoms

Erectile dysfunction symptoms differ by man. Common indicators include difficulties gaining an erection, only getting one sometimes, a weak erection, or losing it before sexual activity.

Some guys develop erections during sleep or masturbation but not during partner sexual activity. Anxiety, stress, or relationship issues may be to blame. Proper medical evaluation is needed to determine the cause.

Erectile dysfunction is not low sexual desire, premature, delayed, or infertile ejaculation. A man may have normal sexual drive but trouble erections. Some men have strong erections but

no sex interest. Different causes and therapies may apply to these illnesses.

Physical causes of ED

Blood, nerve, and hormone levels can be affected by several physical diseases.

Blood flow to the penis can decrease due to cardiovascular illness. A firm erection may be harder with high blood pressure, cholesterol, and artery narrowing.

Diabetes is another major erectile dysfunction reason. Blood arteries and nerves can be damaged by high blood sugar. Men with poorly controlled diabetes may have diminished penile feeling or blood flow.

Erection nerve signals may be disrupted by kidney disease, multiple sclerosis, Parkinson's disease, spinal cord injury, and other

neurological diseases. Important nerves and blood vessels may be affected by pelvis, bladder, prostate, or spinal cord injuries or surgery.

Hormones can cause erectile dysfunction. Low testosterone may cause mood swings, erection issues, low energy, and sexual desire. Thyroid problems and other hormonal issues might influence sexual function.

Scar tissue, penile curvature, painful erections, and sexual difficulties can result from structural diseases such as Peyronie's disease.

Erection dysfunction and medications

Drugs may cause ED. There are treatments for high blood pressure, depression, anxiety, seizures, prostate issues, and cancer.

Men who think a drug is harming their libido should see a doctor. He should consult a

doctor before stopping or changing his medicine. Stopping medications suddenly can be dangerous.

A doctor may change the dose, drug, or side effect treatment.

Psychological and emotional causes

Emotional health affects sexual function. Stress, melancholy, anxiety, low self-esteem, sorrow, relationship conflict, and sexual trauma can affect sexual arousal and erection.

Performance anxiety is prevalent. A male may worry about losing his erection or not satisfying his lover. After one failed sexual experience, he may fear it will happen again. Erections can be harder due to fear.

Psychological and physical reasons often occur concurrently. Due to diminished blood flow, diabetic men may have erection problems. He may then worry about sexual

performance. The physical issue may worsen with anxiety.

When emotional or relationship issues cause erectile dysfunction, counseling, psychotherapy, or sex therapy may assist. Involving a partner may increase communication, eliminate blame, and foster support.

Risk factors related to lifestyle

Smoking damages blood arteries and reduces circulation. Poor circulation reduces penile blood flow and increases erectile dysfunction risk.

Excessive alcohol can disrupt nerve signaling and sexual responsiveness. Heavy drinking can make it hard to get or keep an erection, although a little helps calm some guys.

Recreational drug use may impair sexual performance. Some compounds affect

hormones, blood pressure, and the nervous system.

Diabetes, high blood pressure, high cholesterol, and cardiovascular disease are linked to obesity, inactivity, and poor diet. Each of these can cause erectile dysfunction.

Regular exercise, proper nutrition, weight control, smoking cessation, and alcohol reduction may improve sexual and cardiovascular health. However, lifestyle improvements may not satisfy all men. Medical assessment is needed for persistent erectile dysfunction.

Erection dysfunction and aging

Erectile dysfunction increases with age. This is mainly because diabetes, hypertension, and cardiovascular disease become increasingly common with age. Prescription drugs may potentially impact sexual function in older men.

Erectile dysfunction is not inevitable with age. Many elderly guys have pleasant sexual relationships. Erection issues should not be discounted as old age.

A medical exam may identify a treatable illness, pharmaceutical side effect, or emotional issue. The man's health, medical history, and preferences should determine treatment, not his age.

Erectile dysfunction should not be ignored

Erectile dysfunction may indicate a larger health issue. Penis arteries are tiny. Thus, penile circulation issues may appear before other symptoms.

Therefore, persistent erectile dysfunction may be linked to cardiovascular disease, diabetes, high blood pressure, or excessive cholesterol. Men with regular erection problems should evaluate their blood pressure, diabetes, and cholesterol.

Erectile dysfunction affects mental health also. Men may feel embarrassed, frustrated, anxious, or depressed. Some shun sexual contact or emotionally withdraw from relationships.

Partners may mistake the issue for a loss of attraction, affection, or faithfulness. Honest communication reduces misunderstandings and helps partners coordinate treatment.

Diagnosing erectile dysfunction

A thorough medical and sexual history usually precedes diagnosis. A doctor may ask when the condition began, how often it occurs, and if erections occur during sleep or masturbation.

Sexual desire, ejaculation, physical conditions, previous surgery, current medications, alcohol usage, smoking, emotional stress, and relationship issues may also be asked.

Blood pressure, circulation, nerve function, and hormonal issues may be checked during a checkup. Penis and testicles may be evaluated for structural problems.

Diabetes, excessive cholesterol, kidney problems, low testosterone, and other disorders can be detected by blood tests. Urine testing may be advised. Ultrasound may be used to study penile blood flow.

Medical examination goes beyond prescribing erection drugs. It also involves finding the cause, ensuring sexual safety, and choosing the best treatment.

When To Get Medical Help

Erection problems that last weeks, occur regularly, or cause emotional or relationship issues should be addressed by a doctor.

Erectile dysfunction with chest pain, shortness of breath, severe weariness, reduced sexual

desire, penile pain, atypical curvature, urinary symptoms, or diabetes requires medical attention.

Men shouldn't acquire unlicensed sexual enhancement goods from unknown sellers. Some items have concealed ingredients, wrong doses, or harmful substances. Proper medical care is safer and more reliable.