

Viagra (Sildenafil) Pills

The Complete Men's Guide to Erectile
Dysfunction Treatment, Safe Dosage, and
Better Sexual Performance

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CHAPTER 1

WHAT IS ERECTILE DYSFUNCTION?

Erectile dysfunction (ED), sometimes referred to as impotence, is the inability to get or keep an erection that is solid enough for sexual activity. It's a prevalent sexual health problem, particularly as men become older, but it's not necessarily an inevitable part of getting older.

An erection is a complex process that involves multiple physiological systems. When sexually aroused, the brain and the nerves send messages to the blood vessels of the penis to relax. This permits more blood to flow to the erectile tissue, and causes an erection. This process can be affected by hormones, blood flow, nerve function, emotional state and general health.

CAUSES OF IMPOTENCE

ED may be due to physical, psychological or a combination of both. Physical factors that lie beneath

may include cardiovascular disease, high blood pressure, diabetes, obesity, hormonal abnormalities, nerve damage, and some medical therapies. Some prescription drugs might potentially interfere with natural erectile function.

The psychological aspects can be equally essential. Erectile dysfunction can be caused by stress, worry, depression, relationship issues and dread of sexual performance. For some guys, one failed sexual experience may cause nervousness that makes future erections more difficult.

Lifestyle behaviors might also affect erectile health. Smoking can damage blood arteries and limit the flow of blood. Alcohol can affect sexual responsiveness – too much of it. Lack of physical activity, poor sleep and improper nutrition may have an indirect impact, raising the risk of illnesses such as obesity, diabetes and cardiovascular disease.

INTERMITTENT DIFFICULTY VS. CHRONIC ED

For example, having trouble achieving an erection once in a while doesn't mean a man has erectile dysfunction. Sexual performance can be affected by

fatigue, stress, alcohol use, illness or emotional problems.

But if you experience erection problems more than 50% of the time or they last for weeks or months, you should talk to your doctor. Persistent ED might often be a sign of another health condition that needs to be checked.

THE LINK BETWEEN ED AND HEART HEALTH

Good circulation is necessary for healthy erections. Erectile difficulties can often be the first sign that there are problems with blood vessel function. This is because the blood vessels that supply the penis are quite small.

Therefore, when assessing ED, a healthcare provider may consider blood pressure, cholesterol, blood sugar, weight, smoking history, medications, and other cardiovascular risk factors.

HOW ERECTILE DYSFUNCTION IS DIAGNOSED

A healthcare provider may start by asking about the frequency and duration of erection issues, sexual desire, medical history, medications, lifestyle and mental health.