

# Erectile Dysfunction (ED)

With, **erectile dysfunction (ED)**, a male can't get or keep an erection firm enough for sex in 25% or more of attempts. Sometimes, ED is called **impotence**. Impotence can be ED, but can also mean a lack of sexual desire and problems with orgasm.

## Signs & Symptoms

- Not being able to get an erection at all.
- An erection is too brief, weak, or painful for satisfying sex.
- An erection loses strength with penetration.

## Causes

Blood vessel diseases, diabetes, and other physical problems are the usual cause of ED. Other causes are smoking and a side effect of some medicines, such as beta-blockers and water pills. Only 10% to 20% of ED cases are due to emotional factors, such as stress and fear of not being able to perform. Suspect this cause if erections occur during sleep or when waking up.

## Treatment

- Treatment for conditions that cause ED.
- Medication.
- A vacuum erection device.
- Self-injection therapy or a penile implant.

## Questions to Ask

Did ED occur with prostate or other surgery, trauma to the pelvis, or after taking prescribed medicines?



NO

Does ED cause a problem for you or your partner?



NO



## Self-Care / Prevention

- Take medicine for ED as prescribed.
- Check with your doctor before you take herbs, etc. sold for ED. These include Actra-Rx, ginko biloba, yohimbe, Siberian ginseng, and Yilishen.
- If you have diabetes, follow your treatment plan.
- Don't smoke. Don't use street drugs.
- Don't have more than 2 alcoholic drinks a day.
- Relax. Manage stress. Get plenty of rest.
- Share your fears, needs, etc. with your partner.
- Don't focus just on performance. Find pleasure when you hug, kiss, and caress your partner.



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