

Erectile Dysfunction

What is ED?

- **Erectile Dysfunction**- the inability to obtain an adequate erection for satisfactory sexual activity, formerly called impotence, common in men > 65



What are the Risk Factors?



- **Physical Diseases and Disorders**- low levels of testosterone (male hypogonadism)
 - **Chronic Diseases**- arteries (atherosclerosis), endocrine system disorders like: diabetes; Other diseases: heart, kidneys, liver, lungs, nerves, veins,
- **Trauma or Surgery**- damage to nerves that control erection, injury to pelvic area or spinal cord; bladder, prostate, or rectal cancer surgery; prolonged bicycle riding can cause temporary problems
- **Medications**- antidepressants, antihistamines to treat high blood pressure, pain and prostate cancer; sleeping aids, tranquilizers
- **Substance Abuse**- chronic use of alcohol, marijuana, other drugs; excessive tobacco use
- **Psychological**- Anxiety, depression, stress

Prevention:

- Limit alcohol, stop smoking, exercise regularly, reduce stress, get enough sleep, eat a healthy diet, deal with anxiety and depression, control or prevent disease



Facts:



- **Physical Problems**- diabetic neuropathy, cardiovascular disorders, prescribed medications, operations for prostate cancer, spinal cord fractures, multiple sclerosis, hormonal disorders, drug abuse, alcoholism

What can I do?

- **See your Physician**-regular medical screening tests and checkups- neurological evaluation, disease prevention and control with exercise and proper diet