

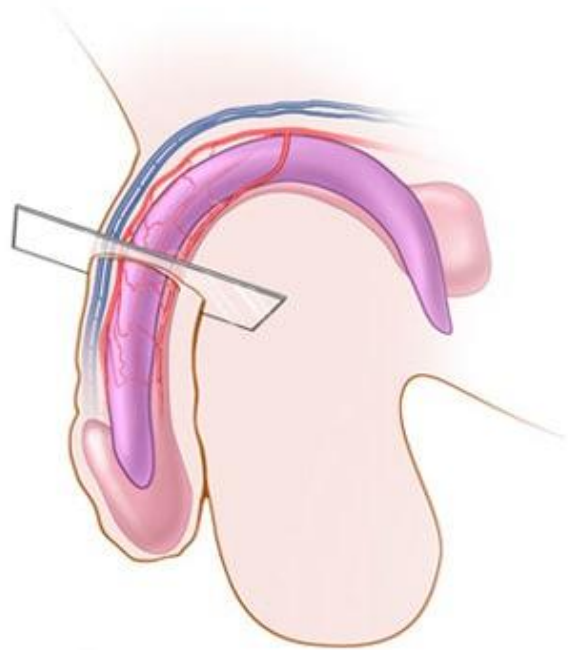
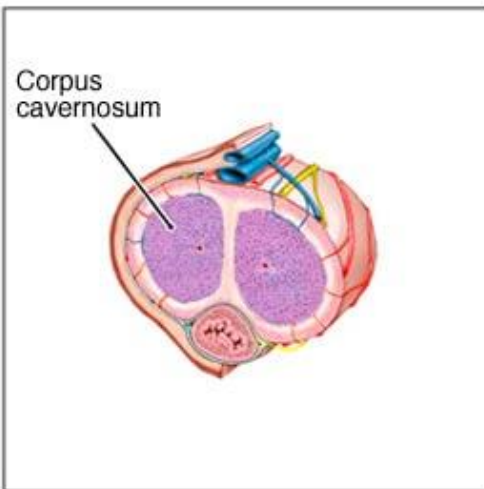
Erectile Dysfunction

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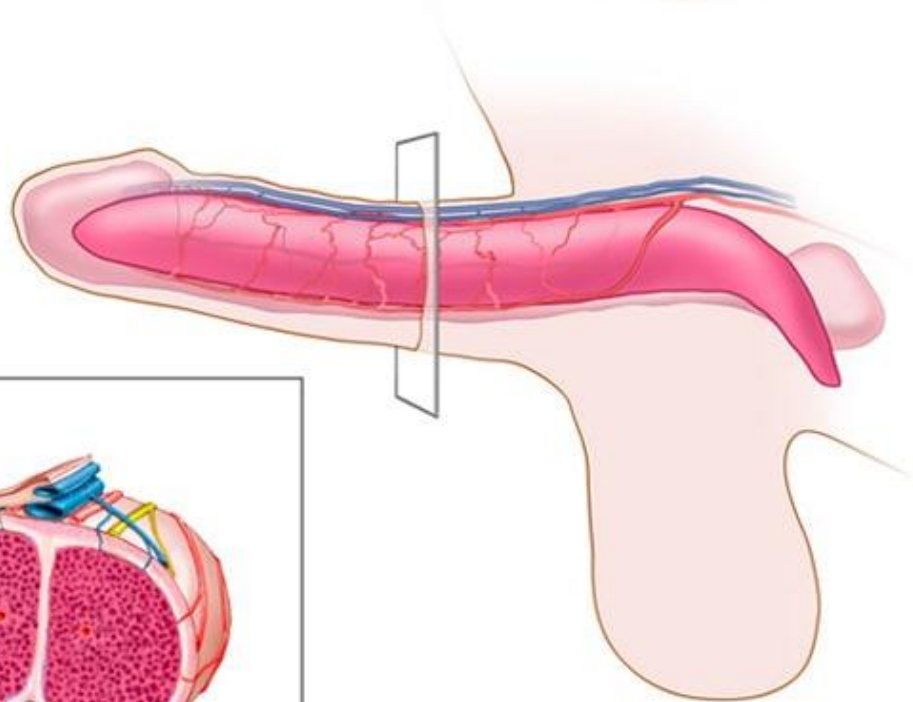
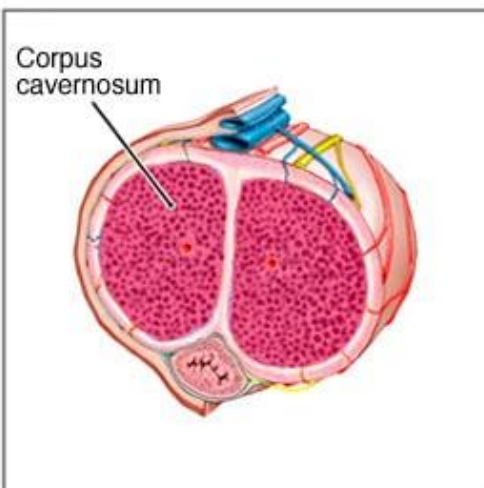
Overview

Erectile dysfunction is the inability to maintain an erection that is firm enough during sexual intercourse. A lot of men had experienced this issue if they are under stress. For some men, however, this can be an ongoing problem, and the underlying cause has to be determined.

Flaccid



Erect



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What are the causes of erectile dysfunction?

Many different reasons can cause erectile dysfunction. Some of these reasons include:

- **Diabetes** : Diabetes affects the blood flow to the penis.

- **Alcohol :** Excessive drinking can reduce blood flow to the penis in the short term and in the long term can lower sex drive and testosterone levels.
- **Stress :** Stress and other psychological causes such as anxiety and depression can lead to erectile dysfunction.
- **Reduced blood flow to the penis :** Reduced blood flow is most common for men over 40 years. Smoking, high levels of cholesterol and obesity may contribute to this.
- **Damage to nerves supplying the penis :** This can be an effect of a neurological condition such as a spinal injury or stroke.

What medications are available for erectile dysfunction?

Certain medications may also lead to erectile dysfunction such as antihistamines and antidepressants. It is strongly recommended to review the side effects of medications you are taking.

What measures can be done to prevent erectile dysfunction?

Lifestyle change especially weight loss are known to improve sexual function in men. Phosphodiesterase inhibitors are also commonly used as treatment. It works by increasing the blood flow in the male sexual organ. It is best to understand the cause of the dysfunction to address it better.