

Why are some men at higher risk of erectile dysfunction?

Most males have erection problems every now and then. Erectile dysfunction (ED, impotence) varies in severity. Some men are unable to attain an erection, others are able to attain an erection at times, and however others can maintain only brief erections. But when erection problems grow regular, they can affect male self-esteem, intimate life, and relationship.

Below are common risk factors specified by specialists.

Age:

Erectile dysfunction is more common in 40-year-olds and those who are over. Nevertheless, even younger males are reported to suffer from erectile dysfunction now and then.

Blood vessels problems:

Because the penis needs sufficient blood flow to become erect, vascular problems, or hardening of the arteries - are frequently to put the blame on. Around half of men with diabetes that causes a constriction of the arteries are estimated to have erection problems. Hypertension or other vascular diseases, high cholesterol or low HDL (high-density lipoprotein) cholesterol put a male at risk of developing ED.

Endocrine profile:

Hormonal imbalances, triggered by thyroid gland problems and low testosterone levels, can result in erectile dysfunction.

Neurological problems:

Diabetes, multiple sclerosis, stroke, Parkinson's disease can damage penile nerves and trigger ED. Moreover, surgery or radiation to the prostate, bladder, rectum or urethra can interfere with nerve signals between the brain and sexual organs, therefore obstructing erections.

Side-effects of medications and substance abuse:

ABOUT 25% of males are reported to have ED caused by some prescription medicines, such as medications used to treat high blood pressure and depression. Alcoholism, drug abuse and chain smoking affect erections, regardless of age.

Psychological risk factors:

Men's performance in bed can be badly impacted on by depression, strain, fear of inability to satisfy a partner, relationship problems, major changes in life (divorce, marriage, loss or death of a partner).

Lowering the risk

• To quit smoking

• To stop using drugs or abusing alcohol

• To consume fat-free foods to keep the cholesterol level low

• To lose weight (in particular if you are overweight), to have a healthy diet, and do exercises regularly in order to lessen the risk of developing diabetes.

• To treat hypertension

• To reduce tension and anxiety by taking a more relaxed approach to lovemaking and by talking to your partner about your problems

• To spend more time on foreplay prior to intimacy to be able to get and maintain an erection, in particular as a man becomes older.

If you think you have erectile dysfunction, speak to your general practitioner. He or she can advise, treat and, if necessary, send you to a urologist, a medical practitioner who specializes in ED.

About the Author

[Online pharmacy](#) is a convenient way to order inexpensive drugs. Here you can find [viagra cialis online](#) used in treatment of a sexual dysfunction in men.

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