



# ERECTILE DYSFUNCTION MYTHS VS. FACTS

Erectile dysfunction (ED) is a medical condition in which the male cannot maintain or achieve the ideal erection. The condition is often experienced by men usually by the age of 40 but it might occur at any point in time.

## MYTH #1: ERECTILE DYSFUNCTION MOSTLY AFFECTS OLDER MAN



### FACT:

According to the American journal of medicine, 15% of men ages between 20 and 59 have difficulty maintaining an erection

## MYTH #2: IF YOU STRUGGLE TO GET AN ERECTION THEN YOU HAVE ERECTILE DYSFUNCTION

### FACT:

If you are getting stressed from your job or drinking too much alcohol can cause a temporary issue. If you experience a bad erection symptoms for more than 3 months, you should consult an Erectile Dysfunction specialist



## MYTH #3: SOMETHING IS WRONG WITH JUST THE PENIS



### FACT:

Erectile Dysfunction also occur due to side-effects from a medication or underlying pathologies. Such pathologies also include

- Chronic Alcoholism
- Kidney Diseases
- Obesity
- Multiple Sclerosis
- Thyroid Diseases
- Prostate Issues
- High Cholesterol
- High Blood Pressure
- Diabetes

## MYTH #4: BAD LIFESTYLE DO NOT AFFECT OR CONTRIBUTE ERECTILE DYSFUNCTION

### FACT:

Some bad lifestyle can contribute to develop erectile function

- Blood vessels are damaged by smoking therefore impeding the blood flow to the penis
- Usage of too much alcohol can affect your sexual performance & can lead to chronic Erectile Dysfunction
- Bad oral health can affect your sex life
- Cans foods are too dangerous to eat or drink. Cans contain BPA, a chemical known to inhibit testosterone



## MYTH #4: IF VIAGRA DOESN'T WORK THEN THERE IS NO OTHER OPTION



### FACT:

You have so many options such as Alprostadil, an inject able medication that works by relaxing the penis muscle which helps boost blood flow to the penis. This might sound painful but many patients say it doesn't hurt as much as they feared

## TREATMENT

The first measures are lifestyle changes, however, depending upon the case, the doctor might recommend invasive techniques. The doctors may recommend cutting down on alcohol, certain drugs, enhancing physical activity and so on. Psychotherapy and behaviour modifications are also recommended to specific patients



# Fast Facts Erectile Dysfunction Fast Facts

**J Ma**



**Fast Facts Erectile Dysfunction Fast Facts:**

Delve into the emotional tapestry woven by in **Fast Facts Erectile Dysfunction Fast Facts** . This ebook, available for download in a PDF format ( \*), is more than just words on a page; it is a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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