ED (Erectile Dysfunction)

Erectile Dysfunction (ED) is a very common condition occurring in almost all men at various times in their lives. It can be caused by fatigue, overwork, preoccupation with work, alcohol and numerous other drugs. This problem can also be *psychogenic*. That means the problem is caused in your mind. Do not worry, this problem is extremely common. Sometimes with failure of sexual function on a couple of occasions a man will worry enough so that this normal bodily function fails again. There are other problems with sexual function that may be caused by organic problems, such as diabetes, nerve disorders, and hardening of the arteries (*arteriosclerosis* and *atherosclerosis*).

DIAGNOSIS OF ED

Your caregiver can often diagnose ED by taking a history and doing a physical exam. Once your caregiver has made sure that you do not have an *organic* (caused by disease) problem you may be given medications to try.

TREATMENT

Once your caregiver has determined there are no other causes for your ED, medications may help with this problem. Your caregiver may even wish to give you medication and bypass some of the former work ups used in evaluation. A number of medications have been approved in recent years to help with this problem. **These medicines should not be taken more than once a day. There may be severe side effects if taken by men who are also taking nitroglycerin medications or alpha blockers. These are used for blood pressure control and prostate problems**. Other injectable and topical medications have been approved for ED. Vacuum devices and implants have also been used. Contact your caregiver and arrange for further evaluation as recommended.

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