

5 things every man with ED should know

1 ED is common

Around 1 in 10 men have an erection problem (referred to medically as erectile dysfunction: ED), so you are not alone.

2 You could have an underlying illness

The most important reason to get your ED checked out is because in around 80% of cases, there is an underlying illness.

If there is an underlying illness causing your ED, it could be something like diabetes or high blood pressure, and in all likelihood your doctor may be able to deal with this also.

3 Talk about it

ED may have a potentially serious effect upon your relationship, so it is important to talk to your partner about it. You may both find it easier to deal with by talking about it.

Your doctor will be able to talk to you about this common, medical condition that could be a sign of an underlying illness. There is absolutely no need to be embarrassed.

4 Treat it

There are now over 10 different treatments available for your ED. These include: oral tablets, injections, insertions, vacuum pumps, hormones, surgery and counselling.

Your doctor is the best person to talk to about the treatments now available and the differences between them.

5 A healthy approach to life and love

You should also remember that receiving an ED treatment is not the 'end of the story'. As well as keeping a regular check on your general health and fitness, you may also need to consider ways to bring the intimacy and romance back into your relationship.

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ManMatters can provide further, confidential information and advice about erection problems.

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