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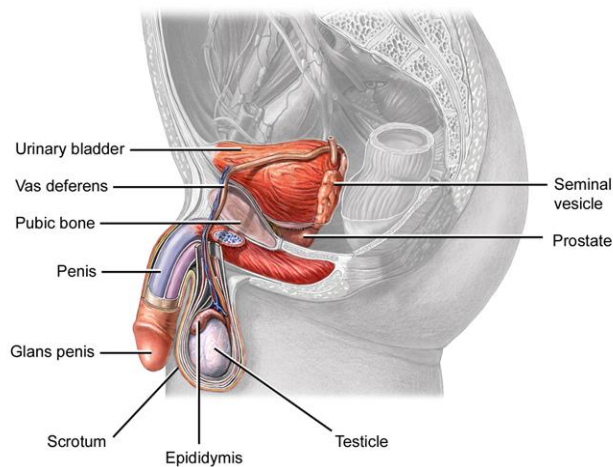
## Erectile Dysfunction

### What is It?

**Erectile Dysfunction (ED)** is the inability to get or keep the penis firm enough to have sexual intercourse. ED is also known as “impotence.”

Some men are unable to have an erection at all. Others can get an erection but not consistently. Other men can have an erection but stay erect only for a brief time.

The condition affects about 30 million men in the United States.



### What Causes It?

There are many factors that can cause this condition. These include:

- Heart disease.
- High blood pressure.
- Diabetes.
- Kidney disease.
- Emotional problems.
- Some medicines.
- Prostate surgery.
- Pelvic injuries.

- Smoking.
- Alcoholism.
- Hormone problems.
- Depression.
- Atherosclerosis (hardening of the arteries).

## **What are the Symptoms?**

The main symptoms of ED include:

- Being unable to get or keep an erection.

Symptoms can start suddenly or may occur over time.

## **What Tests Will I Need?**

Your doctor will perform a complete exam. He will look at your penis and testes. He will also perform a digital rectal exam. This is done to check your prostate gland.

You may also need blood tests. Blood tests can show a hormone levels or other health problems.

If you need more advanced tests, your doctor may refer you to a urologist. This is a doctor who treats diseases of the urinary system. You may also need to visit an endocrinologist. This is a doctor who treats hormonal conditions.

Your doctor may recommend that you speak to a therapist or other mental health professional. These specialists can address relationship problems, depression, or anxiety. All of these problems can contribute to ED.

## **How is it Treated?**

The treatment you receive depends on the cause of your symptoms. Treatments include:

- Medication.
- Self-injection treatment.
- Counseling.
- Penile implants.
- Vacuum devices.
- Surgery.

## **What Else Can I Expect?**

Your doctor can tell you what to expect based on your condition. Always ask your doctor if you have any questions about your health.