



Erectile Dysfunction

MakingHealthHappen.com

What is erectile dysfunction?

Erectile dysfunction is when a man has trouble getting or maintaining an erection. Although it can happen at any age, the problem is more common among older men.

Why is it significant?

For many men, having an erection is not only crucial for sex, but also forms a key part of their male identity. As well, erectile dysfunction can sometimes be a sign of other health problems, such as high blood pressure, vascular disease or depression.

What else should I be aware of?

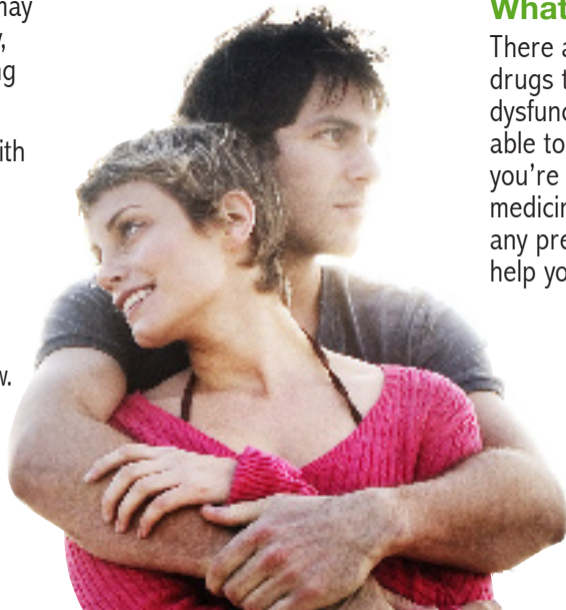
Elective surgery is an option if nothing else works. But talk to your partner first. Remember: there's much more to a healthy relationship, and even sex, than just the ability to have erections.



What can I do?

- ✓ Eat a healthy, balanced diet.
- ✓ Engage in daily physical activity.
- ✓ Don't smoke or use illegal drugs.
- ✓ Limit your alcohol consumption.
- ✓ Address any underlying emotional issues. Be honest and compassionate with yourself, and seek counselling if necessary.

- ✓ Talk to your partner. This may help to relieve your anxiety, which could be exacerbating the problem.
- ✓ Review your medications with your doctor to see if they could be contributing.
- ✓ Try relaxation or sensual exercises.
- ✓ Learn more about erectile dysfunction by going to www.makinghealthhappen.com.



What can I take?

There are many prescription drugs to treat erectile dysfunction. You may not be able to use them, however, if you're already taking certain medicines. Ask your doctor if any prescription drugs might help you.



Go to [MakingHealthHappen.com](http://www.MakingHealthHappen.com) and enter **hw112768** in the search box to learn more about **Erectile Dysfunction**.