

## SEXUAL DYSFUNCTION - ERECTILE DYSFUNCTION

Erectile dysfunction, or ED, is a very common sexual condition affecting as many as 30 million men with approximately 3 million cases reported annually. ED is defined as difficulty achieving or maintaining an erection sufficient for sexual intercourse.

Although erectile difficulties can occur from time to time with normal stressors, long-term problems should be discussed with your physician and evaluated for treatment, especially if they cause other symptoms of distress between a man and his partner, decreased confidence or depression.

### PHYSICAL REASONS ERECTILE DYSFUNCTION CAN OCCUR INCLUDE:

- Decreased blood flow in the penis or damage to nerves
- Stress or emotional reasons
- As an early warning of a more serious illness, such as: hardening or blocked arteries know as atherosclerosis, heart disease, stroke, heart attack, circulatory issues in the legs, high blood pressure, high blood sugar, diabetes

### EMOTIONAL CAUSES INCLUDE:

- Depression
- Anxiety
- Relationship conflicts
- Stress at home or work
- Stress from social, cultural or religious conflicts
- Concern about sexual performance

### RISKS FOR DEVELOPING ERECTILE DYSFUNCTION INCLUDE:

- Men age 40 and over
- High blood sugar (Diabetes)
- High blood pressure
- Cardiovascular disease
- High cholesterol
- Smoking
- Drugs use or excessive alcohol consumption
- Obesity
- Sedentary lifestyle

### TREATMENTS OPTIONS

The most important treatment for men with erectile dysfunction is diet and exercise to prevent progression of underlying cardiovascular disease. Since erectile dysfunction is one the earliest sign of cardiovascular conditions, it is

imperative to eat healthy foods and maintain an active lifestyle. Exercise is also a critical component. We are happy to offer EMSculpt, the first FDA approved device to build and sculpt your body through high intensity electromagnetic therapy. It is the perfect tool to supplement your healthy lifestyle and improve your future well being. Ask us for a complimentary consultation and 5 minute trial!

BEFORE



AFTER EMSculpt®



AFTER 4 TREATMENTS

Treatment options available to directly improve erections include oral medications (such as Viagra, Cialis, Levitra), injectable medications (Papaverine, Phentolamine, Alprostadil), intraurethral medication (Muse), Vacuum Erection Devices, ultrasound therapy, and prosthetic implantation (semi-rigid or inflatable implant).

More Questions? Schedule an appointment today to discuss the best treatment options for your condition.