

ERECTILE DYSFUNCTION

Symptoms, Causes, Diagnosis, and Treatments



INDIANAPOLIS
MEN'S CLINIC

Having a satisfying, healthy sex life is an important part of the human experience. Sadly, many men suffer from sexual health issues that prevent this from happening. At Indianapolis Men's Clinic, we know that far too many men suffer unnecessarily from sexual health issues that don't allow them (or their partners) to have fulfilling sex lives. But we also know that many of these issues are completely treatable – and you don't have to live with Erectile Dysfunction (ED).

Erectile Dysfunction is one of many treatable sexual health issues that men face. At Indianapolis Men's Clinic, we help thousands of men overcome Erectile Dysfunction, as well as other sexual health issues. Don't allow frustration or embarrassment keep you from living a fulfilling sex life. You too could easily be treated, and have the wonderful sex life that you remember.

Symptoms

ED occurs when a man is unable to achieve and/or maintain an erection when trying to participate in sexual intercourse. Though this condition is extremely common, not many men are willing to discuss it, or seek help for it. In fact, ED is one of the most common health problems in men.

While it is not considered a dangerous health condition, it can be associated with several more problematic conditions from prostate cancer, to cardiovascular disease, to debilitating psychological symptoms such as depression and anxiety. And if you've been living with ED for some time, you may also have experienced some relationship issues between you and your partner.

The three primary symptoms of ED are:

- Trouble getting an erection
- Trouble maintaining an erection
- Lack of or reduced sexual desire

Although Erectile Dysfunction is most common among men age 40 and older, it can happen to men of all ages, and for many different reasons.

Causes

A wide variety of circumstances and health conditions can cause Erectile Dysfunction. The reason for this is because sexual arousal incorporates numerous different factors – not

just physical stimulation. Many physiological factors need to be working together to achieve and maintain an erection. These factors include hormones, the nervous system, psychological state, and the brain. Having an issue in even just one of these areas can lead to Erectile Dysfunction. And, typically, when a man is suffering with just minor symptoms of ED, those symptoms can be exaggerated when ED worries take over his thoughts.

Causes of ED could range from the very minor, to the more severe. A few possible ED causes may include:

- Being overweight or obese
- Having high blood pressure, high cholesterol, or diabetes
- Suffering from heart disease, Parkinson's disease, or Peyronie's disease
- Drinking too much alcohol
- Using tobacco
- Undergoing certain treatments, surgeries, or injuries
- Dealing with stress, anxiety, depression, other mental health issues

Though there are many reasons a man may regularly experience ED, there are treatment options available to him that could change his sex life forever.

Diagnosis

To diagnose Erectile Dysfunction, it is important to recognize the symptoms in yourself. At some time or another, all men may experience ED. But if ED happens on a regular basis, it is important to seek outside assistance. Visit a trusted, men's sexual health medical professional if the primary symptoms of ED persist.

Typically, ED can be diagnosed after a simple examination, testing, and a Q&A session with a health professional. But if there is an underlying medical condition causing a man's ED, more tests may be required. And when ED is caused by a more serious condition, then it is most important to receive treatment for the underlying condition – and then seek treatment for the ED (if ED treatment is still necessary).

Treatments

The first step in identifying the right treatment for your body is consulting with a men's sexual health professional. From there, the medical provider may recommend a number of treatments, including:

- Oral/sublingual
- Vacuum therapy
- Injection therapy
- Counseling
- Stress relief
- Implants
- Intraurethral suppositories

ED treatments are oftentimes easy to implement and highly effective. The key is finding the right treatment that your body reacts to best.

At the Indianapolis Men's Clinic, we work hard to identify the most comfortable, immediate treatments for Erectile Dysfunction while also coordinating care in cases where a more comprehensive health assessment may be needed. You don't have to suffer with Erectile Dysfunction. We help thousands of men experience a greater sex life for themselves and their partners. Contact us today and get on track to having the sex life that you deserve.

SCHEDULE YOUR APPOINTMENT

317.999.9000

info@indymensclinic.com

Springs Medical Center
11590 North Meridian Street, Ste. 405
Carmel, IN 46032

Mon – Fri: 9am – 5pm
(Closed Sat & Sun)



www.IndyMensClinic.com