

## Erectile Dysfunction - How to cure Erectile Dysfunction - Natural Remedies for Erectile Dysfunction

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## Disclaimer

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## Common Causes of Erectile Dysfunction

There are many different reasons why a man may suffer from erectile dysfunction. This means he won't be able to maintain an erection for sexual activity to take place. Men need to understand most of these problems aren't anything they caused but that they can benefit from various types of treatment.

Discovering the underlying cause of the problem is very important though. A male suffering from erectile dysfunction needs to see a doctor rather than attempting to self medicate. By putting off medical attention you could be allowing problems to get worse when they could have been offset very early on.

There are many different medical conditions such as diabetes where erectile dysfunction is a symptom of it. Your doctor can help you to find ways to control your diabetes through exercise, diet, and often medications. As a result this can help to naturally resolve the erectile dysfunction concerns. If you are taking medications for any type of medical concern that could be the reason for the erectile dysfunction.

That doesn't mean you are never going to be able to get an erection while you have such medical problems though. You certainly don't want to make the decision on your own to stop taking such medications. That can have adverse effects on your overall health condition. Instead you need to speak with your doctor about it.

They may need to adjust the dose of the medication you are taking. It is also possible to switch you to another type of medication. There are several for every type of medical concern out there so you aren't going to be limited only to the one you currently use. Be patient and willing to experiment with the guidance of your doctor so you can get erections but also the medications you need for other health concerns.

Certain types of injuries to the genital area can result in erectile dysfunction. If you have been hit in that area you definitely need to let your doctor know about it. There may be internal damage that is preventing the penis from filling up with the blood it needs for an erection to take place.

In many instances various types of nerve damage can also create erectile dysfunction. This is because messages are sent that tell the veins close to the corpora cavernosa to open up. If they don't do so then that additional blood flow can't reach the penis. Without it an erection is not possible. It doesn't matter how physically or mentally stimulated the man is.

Your overall lifestyle can result in erectile dysfunction as well. Studies show males that smoke, are overweight, don't eat a healthy diet, and that don't exercise have a higher chance of it occurring. Smoking is a key factor as it can cause the blood not to flow like it should through the veins and arteries. It is also connected with lower testosterone levels.

By making significant changes to these areas of your life the problem will often cure itself. Work with your doctor to design a diet and exercise plan that you are willing to stick to. You want it to become a complete lifestyle change for you instead of just something you do for a short period of time.

It is also possible that psychological problems can result in erectile dysfunction. Some men readily dismiss this but it is factual. Too much stress can definitely cause it to occur. That can create even more stress for the male and so the cycle continues. Anxiety and depression are also known to cause erectile dysfunction to occur.

It is important to also realize that erectile dysfunction is very common. However, it isn't the type of topic most males sit around and discuss with each other. Due to this fact a man can feel isolated and alone with such a problem. Take the initiative to seek medical attention for your erectile dysfunction. That way the problem can be identified and you can get the help you need to take care of such concerns.

### Common Medical Conditions that can lead to Erectile Dysfunction

Men tend to focus only on one thing when they suffer from erectile dysfunction – the fact that their sex life has taken a turn for the worst. Many men view this scenario as one of their worst nightmares come true. They tend to overlook the very important concern here that they may have a medication condition that is responsible for that occurring.

There are more common medication conditions that can lead to erectile dysfunction than one might know about. That is why it is so very important to discuss the issue with your doctor. Early intervention can help to offset any future problems with erectile dysfunction. It can also help you to get your main medical concerns under control. The longer you let them go the more damage that may have taken place.

Heart disease is one of the major causes of death for men. It is also a leading cause of erectile dysfunction. The arteries can become clogged which means blood isn't flowing through them like it should. This blocked blood flow is going to prevent the penis from getting all it needs for a man to maintain an erection. High blood pressure and diabetes are also other common medical conditions where erectile dysfunction is a known symptom.

Obesity is at an all time high in our society, and it can be linked to erectile dysfunction for men. A reduction in body weight of even 10 or 15 pounds can make a significant difference. If you have put on weight recently and then the erectile dysfunction started or got worse this is an indication you need to get rid of those additional pounds.

Addictions to medications that are either legal or illegal or to alcohol have a profound effect on the body. They will definitely affect a man's natural ability to be able to get and maintain an erection. If you suffer from such addictions there are wonderful treatment programs available. Some of them are in house while others are for outpatient treatment. Find one that can help you get past this burden in your life.

A hormonal imbalance can be present when a man is suffering from erectile dysfunction. Generally it involves not producing enough testosterone. If you are taking other medications it can lead to this situation. Your doctor may have to recommend additional medications to help you get your hormones back in check. If you are using steroids your hormone balances will be altered which can lead to erectile dysfunction.

There are a variety of medications given to men that have been diagnosed with Parkinson's disease and prostate cancer. While those medications are extremely effective they also have plenty of adverse side effects. Erectile dysfunction has been found to be common in patients that take medications for these medical concerns. You can work with your doctor to find a better option for you. It may be possible to reduce the dose of those medications and you can get your ability to maintain an erection back.

Injuries that a man may experience to the genital area can lead to erectile dysfunction. Surgery may be necessary in order to correct it. You may not realize it but spinal injuries can also lead to erectile dysfunction. That is due to the fact they interrupt the signals that the body must give for an erection to take place. This may get better on its own or your doctor may need to prescribe medication to help your body go through the process for a successful erection.

What is important to understand is that erectile dysfunction is very commonly associated with other medical needs. Avoiding the fact that it is taking place allows those medical problems to compound. At the same time you are dealing with being unhappy about your current sex life. Turn to your doctors in order to get your medical concerns taken care of. This proactive approach can make all the difference for you when it comes to handling erectile dysfunction.

### Curing Erectile Dysfunction with Alternative Medicine

For centuries the use of alternative medicine has been around. It has been linked to very early civilizations including the Egyptians and the Chinese. There are plenty of natural remedies that men claim have helped them to take care of erectile dysfunction problems. They have been able to do it inexpensively and without the harsh side effects of prescription medications.

There are quite a few different types of alternative medicine you can use for erectile dysfunction. Irexin is one that is commonly used. This is a pill you take daily in order to help you naturally be able to have erections. Some men only take it prior to engaging in sexual activity though. Generally a man can get an erection within 30 minutes of taking it.

In addition to helping with erectile dysfunction, these herbal supplements offer more. They help to enhance the stamina of a man so he can perform sexually for longer periods of time. Most men agree this is a very amazing benefit of such products that they and their partners enjoy. It can also help to raise the libido of a man which can be helpful. For example many men with diabetes have a very low libido. These types of alternative medicine can change all of that though.

Many men are more willing to take these types of products for their erectile dysfunction than prescription medications. They feel that if they are from all natural ingredients that they will be the best course of action. You need to be very particular about the purchase of such products though. The quality of them isn't always going to be comparable. Make sure you take the time to read labels. Only buy herbal supplements for erectile dysfunction that have 100% all natural ingredients.

There are plenty of men out there that feel there is quite a conspiracy between the medical professionals and pharmaceutical companies. They certainly don't believe they should have to pay a fortune to get the medication they need. They also know that the medical offices are out there pushing particular types of medications for



erectile dysfunction. It is no secret that they make money for doing so. That often leaves a bad taste in their mouths.

Knowing you can get the same benefits for an affordable cost is what often sends men in search of such forms of alternative medicine. Since they can afford it, they get more benefits, and there aren't side effects they can't imagine why anyone wouldn't want to try it for themselves.

There is quite a bit of controversy out there about the use of alternative medicine. On one hand you have those that claim it has completely changed their life. You also have the medical community complaining that this method of taking care of erectile dysfunction results in men not getting the medical care they need. As a result they can end up with very severe health problems that they have let go for too long and the damage can't be reversed.

There haven't been enough studies done on alternative medicine and how it can help with erectile dysfunction. If you take a look around the internet you will find plenty of testimonials about it though. Some of them tell you how wonderful these forms of alternative medicine have worked for them. You will find just as many that state these types of herbal medicine didn't work for their needs. You will have to decide for yourself if it is something you want to try.

#### Emotional and Psychological Problems can Cause Erectile Dysfunction

For many men out there, erectile dysfunction isn't the result of any health problem with their body. Instead it is the result of emotional or psychological problems they are experiencing or have experienced in the past. This makes sense because in order for a man to get an erection signals must be sent to the nerves from the brain. If the messages there aren't what they should be the end result will not be what he had in mind.

Stress is a huge factor when it comes to erectile dysfunction. It can be hard to concentrate on the enjoyment of sexual activities when you have too much on your plate. While we can't eliminate all of the stress from our lives we can certainly reduce plenty of it. Take a serious look at your life. If you continue to have too much stress due to work, finances, relationships, or other concerns you need to find solutions.

Some men feel that there is too much pressure on them to perform sexually. They may really want to be with someone but have low self esteem. As a result of that they have too much anxiety about how they will perform in the eyes of the other person. Such expectations can result in erectile dysfunction. Some males have been belittled by previous partners so they aren't confident in their abilities to satisfy the person they are with now.

Being completely worn down can result in erectile dysfunction. Some people view this as a physical problem but it doesn't always fit that profile. It is possible for a man to be mentally exhausted. This is most common when a serious situation has taken place. For example the emotions that come with the loss of a loved one, a divorce, or even the loss of their job. Depression can also result in a man suffering from erectile dysfunction.

Being sexually abused as a child can have life long effects on a man. Sometimes these events are known but buried into the subconscious. As the male becomes of age when he starts to take part in sexual activity they can become an emotional response. Anxiety and guilt can be associated with the excitement of it. As a result they may not be able to maintain an erection. This is going to be a very difficult type of experience to overcome but it can be done.

Some males are raised in an environment that tells them it isn't proper to have sexual intercourse unless they are married. Those values may be instilled by the family or as part of their religious beliefs. Either way it can create a

psychological dilemma for them to deal with. Even if they don't realize that internal conflict is present, it can result in erectile dysfunction occurring.

Talking to a therapist or a counselor can help you to identify the various emotional and psychological problems that are causing the erectile dysfunction. A man needs to be very open to this type of assistance. He also needs to be patient because it can take time for results to occur. Being able to explore inner thoughts and feelings though can be rewarding in a number of ways.

For some men, counseling with their partner is the best course of action. The problems with erectile dysfunction may be due to that relationship. For example some men aren't able to get or maintain an erection after they discover their partner has cheated on them. They may have repressed anger for other aspects of the relationship that aren't being shared yet either.

The idea that emotional and psychological problems can be responsible for erectile dysfunction is very important. An appointment with your doctor can help to rule out any physical problems that may be responsible. An assessment is often given to help determine if it is a mental concern that needs to be looked at. Following the advice of your doctor in this area can help you get your sex life as well as other elements of your world into a more positive position.

### Erectile Dysfunction can cause Psychological Damage

It is very possible for a man suffering from erectile dysfunction to suffer psychological damage. The longer the situation goes on the more difficult it can be for them to recover from it. For many men, erectile dysfunction affects their self esteem. The view they have of themselves as a man is dramatically changed. This is often due to the fact that sexual behavior is such a big part of the focus in our society.

Some men fear that they may be homosexual when they suffer from erectile dysfunction. Since not everyone out there is accepting of such a choice this can result in emotional turmoil for them. As a result they continue to do all they can to hide this particular situation in their lives.

A man that is afraid he can't perform sexually is going to withdraw emotionally from intimate relationships as well. In fact, some men start to fight with their spouse just so they don't have to deal with the real issue. For those men that aren't in a serious relationship, they avoid them. They may make excuses not to date so they aren't put into a situation where they have to attempt to perform sexually. Some men will blow off wonderful women after a couple of dates so she doesn't have a clue about his concerns.

A man can start to withdraw from people in other respects as well. The issue of erectile dysfunction is going to continually be on his mind. As a result he may not find pleasure in activities he once did. This can be sports, social gatherings, and even his job. It may be gradual at first but then escalate into a more serious concern.

Some people may choose to remove themselves from the presence of a man suffering from such psychological concerns. They may show emotions of anger and their personality has changed. When that occurs other people may not feel comfortable around them like they used to. As those relationships end it only compounds the overall issue for these males.

Depression can result as a man continues to struggle with the physiological damage from erectile dysfunction. This is a very serious psychological result of erectile dysfunction. For some men it can even go to the point where they consider suicide. Keeping the real problem hidden becomes a significant burden that they just get tired of trying to deal with day after day. It can take a long time to get to this point so identifying the problem early one can prevent it.

When a man is psychologically damaged due to erectile dysfunction it can lead to health problems. He may not be sleeping like he should or eating properly. It is also possible that alcohol or drugs are being used to help lessen the feelings associated with the real concerns. This in turn is only going to create more problems in his life.

Some men end up losing their partner or their family over the psychological damage caused from erectile dysfunction. This is generally due to their unwillingness to share what is really going on with that person. Yet they may view it is their partner left them due to the inability to get an erection. Most partners are very supportive of such concerns if they are included in the discussion about it.

It is very important for men to realize they aren't alone when they suffer from erectile dysfunction. It isn't a determination of who they are as a man or as a person. Getting early assistance from medical professionals can help to offset the psychological damage from erectile dysfunction. It may be necessary for counseling to take place in order for a man to get back into a healthier frame of mind.

The more information men have about the causes of erectile dysfunction the more likely they will be to seek help. Suffering from the psychological damage it can cause isn't healthy for a person. It can create an array of negative problems for them to deal with in their daily life. Knowing there is help for erectile dysfunction means they may not have to deal with them.

### Erectile Dysfunction Medications are very Popular on the Black Market

The black market is an umbrella term that involves where you can get your hands on products that aren't legal for you to have. In the case of erectile dysfunction medications, those products are legal to use but only if you have a prescription. You will find that you can get your hands on just about anything you want though including those products. You will be paying a very high price for them though. This is due to the demand for them as well as the risk the supplier takes to get them to you.

There are many different reasons why people decide to buy erectile dysfunction medication on the black market. Many males are too embarrassed to discuss this issue with their partner or with their doctor. So they turn to the black market to provide them with a product that allows them to continue hiding the issue.

Some women buy erectile dysfunction medications on the black market for themselves or for their partner. It is rumored that some of these medications can help a woman have more intense orgasms due to the increased blood flow to the genital area when she is aroused. The majority of them buy the products for their partner to try. They figure if they get good results from it they will be encouraged to go to a doctor to get a prescription for it.

The biggest risk takers though are those that have approached their doctor about medications for erectile dysfunction. They may not be a good candidate for them due to the overall health they are in. Some men aren't physically in a condition to be having sexual intercourse at all. Others have medical problems where taking such products could be extremely dangerous.

Rather than heeding the advice of their doctor though they choose to use these products any way. These men are often desperate to find a way to deal with their erectile dysfunction. Putting their overall health at risk though can result in a heart attack, stroke, or even death. If you do take such products and start to feel symptoms that you aren't doing well immediately inform medical staff what you took. If you have other pills left over take them with you for evaluation.

Actually, any one that uses erectile dysfunction medications they purchase on the black market is at risk. You don't really know what they are selling you and so it may not even be what you thought. It could also be a higher dose than your body is able to handle which can result in very serious health issues occurring.

Most of the erectile dysfunction medications that are sold on the black market come from Mexico according to the FDA. Some men have died from taking such products as they weren't healthy enough to do so. It is believed more deaths that are really known occur due to this type of situation each year. Yet in many instances the death is deemed to be due to the other health concerns that are discovered.

While buying erectile dysfunction medications on the black market can be tempting you want to stay away from it. In addition to costing you too much money it really isn't worth the risk. The FDA has been getting tougher on such activities and you never know where they will be performing sting operations. You don't want to get yourself into legal problems for purchasing these products illegally.

It is estimated that millions of dollars worth of erectile dysfunction medications are sold annually on the black market. The true value of them can't be determined though because so much of it is hidden. These figures are estimated based on the amount of money and product confiscated. However, it is also believed a large amount of these erectile dysfunction medications are making it into the hands of consumers desperate for them any way they can get them.

## Erectile Dysfunction Statistics

It is estimated that approximately 30 million men around the world suffer from erectile dysfunction. Only about half of them actually get it diagnosed though. Too many others remain embarrassed by what has taken place so they hide it. They don't want to discuss with sexual partners or with medical professionals.

This means that 1 in 10 men out there have had to deal with this problem. There is a common misconception out there that only older men suffer from erectile dysfunction. However, it can affect men of all age groups. It may surprise you to learn that only 40% of those diagnosed with erectile dysfunction are over the age of 40. While there is a higher risk of it occurring when a man gets older it isn't the only factor that leads to it.

There are certain medical concerns that can result in a man suffering from erectile dysfunction. The most common one is diabetes. Statistics show that 50% of men with diabetes also end up with erectile dysfunction. By taking the time to get your diabetes under control though that risk is significantly reduced. Follow the directions of your doctor and make sure you ask any questions you may have.

Smoking is also a significant factor that can impact erectile dysfunction. Studies show men that smoke one pack per day have twice the chance of it occurring. If they smoke more than that their chances of experiencing erectile dysfunction can triple. For older men that smoke the risk of erectile dysfunction increases with each year that passes for them.

More men are willing to admit they have problems with erectile dysfunction online or with surveys where they don't have to be identified. In those studies up to 56% of the men in the survey admitted to some level of problem. However, the severity of it couldn't be identified from those reports. What could be determined though was that there is a significant need for this type of treatment.

Of all the different treatments out there for erectile dysfunction, the one men are the most familiar with is the use of prescription drugs. 89% of men said they would take the chance with them to see if they worked if they were suffering from erectile dysfunction. This is in spite of the known side effects, allergic reactions, and possible health risks. Just about any man will tell you that his ability to perform sexually is a key part of his life. This isn't something most men are willing to give up without a fight.

Each year more than 600,000 men are seen by medical professionals due to problems with erectile dysfunction. That can indicate to the general public that more men have it now than ever. The reality of it though is that with all

of the educational information out there the subject isn't taboo any more. Men are seeking assistance for their erectile dysfunction at a higher rate than ever before. They now know that there are viable solutions available.

As more men begin to realize the importance of quality medical care for their erectile dysfunction the statistics will be more reliable. We will be able to accurately measure how large of a problem this really is in society. At the same time though we will also be able to see how effective the various types of treatment for it are. The good news is that more than 90% of men with erectile dysfunction can benefit from the various treatment methods offered.

### Get the Support you need for Erectile Dysfunction

The biggest mistake that a man can make when he is suffering from erectile dysfunction is keeping it to himself. Sure, it isn't the type of thing you want to discuss with everyone but getting support is a key way to make sure you don't suffer emotionally and physically from it. If you are in a serious relationship with someone you need to tell them what is going on.

If the relationship is to continue they will be supportive of it. If they aren't then it isn't a healthy relationship for you to continue. By sharing this information with your partner they can be there for you. They can help you to relax when sexual activity is in the works. By keeping your anxiety low about your ability to perform you will be less likely to have problems. You can also work on other ways to be intimate in your relationship so neither one of you are feeling frustrated or deprived.

You should have at least one friend or family member you feel comfortable discussing erectile dysfunction with. They can help you to feel better about yourself as well as listen to your concerns. Make sure you do trust this individual to keep your information private. That way you won't have anxiety about other people finding out unless you decide to share that information with them.

Scheduling an appointment with your doctor is important. Don't put this off as the longer you let the issue of erectile dysfunction go the more serious it can become. Most doctors out there are very well informed about erectile dysfunction. With so many men suffering from it there is no doubt they have diagnosed many cases. If you don't want to discuss the issue with your regular doctor you can schedule an appointment with a specialist.

Not every man out there considers their doctor to be a support system. Yet if you do turn to them for it you will get plenty in return. They have plenty of great information to offer that will help you realize you aren't alone with your concerns about erectile dysfunction. They will also work with you to find the right treatment solution to get past the ordeal.

Seeing a therapist or a counselor can definitely offer you support when you are dealing with erectile dysfunction. Your doctor will likely recommend it if your reasons for the erectile dysfunction are emotional or psychological. Even if they are physical in nature though you will find this to be a very good source of support for you. There can be plenty of emotions involved with this issue when it is on a physical level as well.

The internet is a great place to get support for erectile dysfunction as well. Many men like this resource as they can remain anonymous. There are online support groups you can be a part of for free. Read stories from other men to learn all about this particular health concern. You will realize you aren't alone. You can also talk with other men that have been through it or are going through it right now.

This is helpful because even with other types of support they don't know what you are going through. When you can share that with other people in the same situation they can support you on a different level. You may be able to develop some great friendships this way as well. It may be the issue of erectile dysfunction that introduces you but in time you will discover other things you have in common that you can bond together with.

There are many different ways to get support for erectile dysfunction. Do yourself a favor and utilize at least one of them. The more support you have with erectile dysfunction concerns the less of an impact it is going to have on your life.

### How does Erectile Dysfunction affect Intimate Relationships?

Every intimate relationship out there is different. What brings people together is quite interesting. So are the reasons that drive them apart. It may be hard to understand how the issue of erectile dysfunction can affect an intimate relationship. While most men don't have any control over it occurring they can help the challenges become something positive for the relationship.

A man has the choice of how he will handle his problem with erectile dysfunction. However, he also has to realize when he is in an intimate relationship that it is also going to have a profound effect upon his partner. Those men that choose to allow their partner to help them with it can make the relationship much stronger. There is always the possibility that the partner won't stick around for the duration of the problem to be worked out.

Yet that is true with any type of crisis including medical concerns in an intimate relationship. It is easy to love someone and to have fun with them when things are going well. The true test of the relationship is when the waters get rough. Many couples may initially think that erectile dysfunction is the worst thing that could happen for them. Yet they later discover it allowed them to make their relationship much stronger.

Most partners do stick around to help out with the issue of erectile dysfunction. They want to feel like they are a part of the solution rather than a part of the problem. They are better able to understand mood changes too that the male may be experiencing. It can be an opportunity for them to talk about the situation openly and honestly. When a couple isn't able to focus on what goes on inside of the bedroom they have to channel that energy in another direction. They can spend time doing other things that they really enjoy with each other. It can help a couple to decide if they really do want to be together. Hopefully they will discover they have much more in common than just a desire to enjoy each other sexually.

This isn't to say that the entire process of handling erectile dysfunction is going to be easy. There are going to be many choices that have to be made along the way.

Being supportive and encouraging will be very important. The male will also have to show his partner affection in other ways. Just because sexual activity isn't taking place like it once was doesn't mean romance has to be a part of the past.

Many couples find that counseling can help them with their intimate relationship when erectile dysfunction is a problem. It can also help them with other issues that have been taking place in their relationship. Learning effective methods of communication can be the key to a long and happy relationship between them.

When a couple is faced with the issue of erectile dysfunction it doesn't have to be the end of their relationship. They can use this opportunity to be supportive of each other. They can work together to overcome the problem as it is going to affect both of them. Some couples find that working through this subject actually make their relationship better overall. They learn to appreciate each other in ways that they had taken for granted over time. Getting back to the basics of their relationship often helps two people discover how much they really care for each other.

If you have these Symptoms Medications for Erectile Dysfunction isn't a Good Idea



We have all seen advertisements on TV and in magazines for various types of medications to assist with erectile dysfunction. While they can be very effective it is important to understand they aren't right for every man to take. That is why you should never use those prescribed for a friend or buy them on the black market. The use of medications for erectile dysfunction when they aren't right for you can result in serious health problems including death.

Not all males are healthy enough to engage in sexual activity. It is very important to avoid it if you fall into this category. The stress may be too much for your heart due to other health concerns. You shouldn't use these types of medications if you take nitrates for chest pain or heart problems. Doing so can result in a severe drop in blood pressure. As a result you could suffer from a heart attack or a stroke.

Men taking medications to thin their blood aren't going to benefit from the use of medications for erectile dysfunction. Some men take medications known as alpha blockers. They are generally prescribed for those with prostate problems or that have high blood pressure. Let your doctor know if you have ever suffered from a heart attack or a stroke. This doesn't necessarily mean you aren't a good candidate for erectile dysfunction medications but it will need to be closely evaluated.

High or low blood pressure is a serious health concern. You don't want to use erectile dysfunction medications if you have been diagnosed with either one. These medications can affect you differently and that can result in rapid changes to your blood pressure. You want to keep it as balanced as you possibly can. Those men with diabetes may be able to use erectile dysfunction medications. However, if it is not under control it will be a huge risk. Be sure to discuss that with your doctor.

If you have ever suffered an allergic reaction to any type of medication you may have one with these types of drugs. It will depend on the type of allergic reaction you had and why. Your doctor will be able to let you know if the drugs for erectile dysfunction contain any ingredients that can increase your risk of suffering such an allergic reaction. That can have very serious effects such as swelling and not being able to breathe normally.

Pay attention to your own body because it has plenty to tell you. If you haven't been feeling good for a while there may be an underlying health concern. Don't discredit those feelings. Share them with your doctor so that they can be evaluated. The more information you offer to your doctor the better determination can be made about the use of medications for erectile dysfunction.

While the various medications for erectile dysfunction can be helpful, there are some risks involved with using them. It is important to be honest with your doctor about your overall health. If medications aren't right for you there may be other options that do work. They include the use of a vacuum device or surgery. You will be putting your overall health at risk if you use medications for erectile dysfunction when you know you have any of the above mentioned symptoms.

### Is Levitra a Good Medication for Men with Erectile Dysfunction?

There doesn't seem to be as much hype about the erectile dysfunction medication Levitra as there is for Cialis and Viagra. This leads some to believe it isn't as effective of a treatment. Yet when you take the time to find out all about it you will discover that Levitra has plenty to offer. Many men that use it also get exceptional benefits so they continue to use it.

The starting dose of Levitra for erectile dysfunction is 2.5mg. If this isn't enough to help you then the dose can be increased to a level that does work for you. Starting with a low dose helps you and your doctor to discover how your body is going to react to this type of medication. The maximum dose offered is 20 mg. A man should not take

more than one dose of Levitra in a 24 hour period. This particular medication has been approved by the FDA for use to fight erectile dysfunction.

Many men have found they can successfully get and maintain an erection with the use of Levitra. Even if they haven't been able to do so with other similar types of medications. If you have used such medications without success don't give up. It is important to realize that they are all similar but there are enough differences to make it worth your while to try Levitra.

It is normal for a man to be able to get an erection within 30 minutes of taking Levitra. Many men also report their erections are firmer and last longer than they used to. These types of benefits aren't usually found with other types of medications offered for erectile dysfunction. These are additional benefits that often encourage men to give Levitra a try.

While Levitra can help with erectile dysfunction there are some common side effects associated with it. They include headaches, nausea, and muscle pain. These side effects are normal and should subside as time goes by. If you experience blurred vision, loss of hearing, or you pass out then stop taking Levitra immediately. You also want to talk to your doctor about it immediately.

It isn't safe for men that take nitrates to use Levitra. Nitrates are a category of medications often prescribed for heart problems and chest pain. When these two types of medications are combined it can result in the person's blood pressure dropping to unsafe levels. As a result the person is at a very high risk for a heart attack or a stroke to occur.

Men that use alpha blockers for their prostate should also avoid using Levitra. Your doctor will have to evaluate your overall health to find out if you have other health problems that could be a problem. They include heart problems, diabetes, high blood pressure, and high cholesterol.

However, having such health concerns doesn't necessarily mean you can't use Levitra. As long as your diabetes, high blood pressure, and high cholesterol are under control you may still be a good candidate. You should expect your doctor to continue following up with these health concerns thought to be sure you are doing your part to control them as effectively as possible.

This is a type of medication for erectile dysfunction that can often be taken along with medications for those types of problems. The two won't interact with each other so you don't have to choose to care for your medical concerns or to be able to experience a happy and healthy sex life.

Levitra has proven to be a very effective medication for erectile dysfunction. However, it isn't right for all men to take. You should talk to your doctor about it to determine if this particular medication can benefit you. There is no reason for you to continue suffering from erectile dysfunction when there are great treatments out there including Levitra.

## Libidus can be a Natural Way to Take Care of Erectile Dysfunction

There are quite a few well known medications on the market for erectile dysfunction. You may not be as familiar with those that made from herbal ingredients. One of those products is known as Libidus. Many men that have used it as well as prescription medications will tell you this particular product is all you need.

It doesn't have negative side effects associated with it. Therefore you can actually feel good when you are engaging in sexual activities. Who wants to be a part of that when you feel sick from the medication? You may have an erection but you more than likely won't feel like doing much with it!

In addition to assisting a man with getting an erection, Libidus has some other great benefits. It works like prescription medications in the way that it allows the blood to flow to the penis. It will increase the amount of testosterone your body produces. As a result you will have a higher libido.

There are other reasons why men take Libidus so it isn't just for erectile dysfunction. It also helps to improve blood circulation for your entire body. This is very important to your overall health. Most men that take it also report they have more energy than they have in the past. This means they can go about their daily routine without being exhausted. They can also increase their level of exercise and fitness with that new found energy.

In order to get the most benefit from the use of Libidus for erectile dysfunction you need to make sure it is 100% all natural. Most of the health food stores out there are very reputable when it comes to the quality of the products they offer. Yet you won't be able to be sure when you buy it online. Read all of the information on the site before you make your purchase.

What you will come across are sites that tell you that the Libidus they sell is made from natural ingredients. Yet when you read the information you will find it isn't all 100% natural ingredients. There is a difference so only spend your money on quality products that have a good chance of helping you to overcome erectile dysfunction.

You also want to purchase it from websites that offer you a money back guarantee. That way if you don't get the desired results from the use of Libidus you aren't losing your money as well. Even though this is an all natural supplement you don't want to take more than one capsule per day. You won't get any additional results by doing so.

If you suffer from erectile dysfunction then you may find that Libidus is a very good way for you to take care of it. If there isn't any other medical reason for your problem then you can't cure it. Most males will agree they would rather take something that is natural than prescription medications in order to maintain an erection.

There have been some warnings out there that Libidus is linked to heart attacks. However, it has been decided that these men weren't physically in a condition to perform sexually. They also had other existing heart conditions that they weren't getting medical care for. That is why you should take the time to see your doctor about your erectile dysfunction. It could be a symptom of another health issue that you need to get assistance for.

### Surgery may be Necessary in Order to Resolve Issues with Erectile Dysfunction

Surgery may be a necessary process in order to resolve your issues with erectile dysfunction. Your doctor will be able to determine this after a complete physical examination. Surgery is generally the last option when nothing else has worked. If the problem with maintaining an erection is nerve damage due to an injury then even medications aren't going to help.

There are different types of surgery for erectile dysfunction. The one that is right for you will depend on what your cause of it is. If the arteries to the penis are being blocked then they may have to be reconstructed. Once this is done blood will be able to flow to the penis like it should for an erection to occur.

Most males that need to have this type of surgery to correct erectile dysfunction are quite young. The primary cause of it is an injury to the penis or even to the pelvis. The blockage is generally minor and can easily be corrected.

Some men have a problem where blood is leaking from the penis tissues. If this is the case then surgery may need to take place in order to block certain veins. This is

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