



# What You Should Know About Erectile Dysfunction

From

**Wheeling  
Hospital**



## Facts About Erectile Dysfunction (E.D.)

- At least 30 million U.S. males suffer from Erectile Dysfunction (E.D.).
- There are an additional 1.2 million cases of E.D. diagnosed in the U.S. each year.
- Up to 50% of all U.S. males age 40-70 experience some degree of E.D.
- E.D. may be a sign of other more serious health issues.
- E.D. is treatable at any age.
- The majority of all patients treated for E.D. return to normal sexual activity.



## The Ten Steps for Men to Enjoy a Fuller, Healthier Life

### 1. Exercise

Doctors universally concur that regular physical exercise can lengthen your life and greatly diminish the risk of mortality from cardiovascular disease, hypertension, osteoporosis and some forms of diabetes and cancer.

### 2. Healthy Nutrition

Obesity reduces the natural life cycle by nine years. Men should eat three low fat, high fiber meals a day (instead of one large one in the evening) and maintain adequate hydration.

### 3. A Healthy Balance of Work and Relaxation

Men should schedule breaks in their work day, especially if desk bound. A walk at lunch time or before or after work and meals is very helpful to reducing stress, improving cardiovascular health, and slowing osteoporosis.

### 4. Sexual Health

The first three steps here are integral to this one. Diseases like erectile dysfunction often signal other more pressing problems.

### 5. Keep Your Blood Pressure in Check

High blood pressure can be treated with medication and the trio of exercise, good nutrition and a healthy work/life balance.

### 6. Know the Signs of Diabetes

Type 2 diabetes is growing at a faster rate to the aging demographics of the nation and the obesity epidemic. The existence of diabetes can accelerate the path of other diseases in the system.

### 7. Maintain a Current Lipid Profile

Know the difference and monitor degrees of “good” and “bad” cholesterol in your system. A diet rich in fruit, vegetables and whole grains will help keep your scores where you want them to be.

### 8. Prostate Health

The prostate increases in size as a man gets older. Monitor your urine patterns and if pain, hesitation and/or sexual drive reduction are prevalent, report these to your physician. Screening PSA at age 50 is recommended. However, black men or men with a family history of prostate cancer should begin PSA screening between the ages of 40-45.

### 9. Colon Cancer

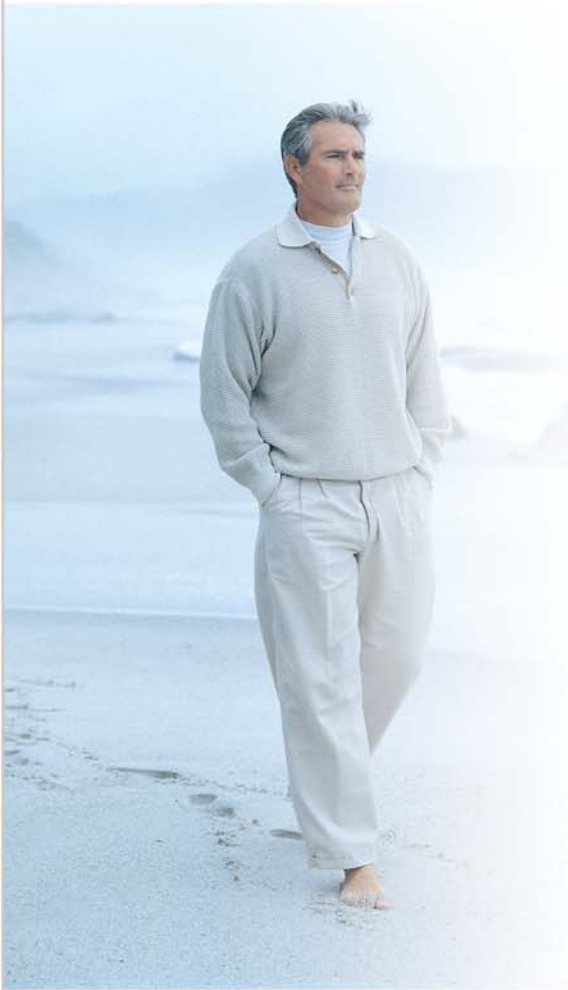
Colon cancer is the fourth leading cause of cancer death. Black men and all men over 50 are vulnerable. Recent studies support that a healthy diet, accented with fish and seafoods help reduce the chances of colon cancer. Screening colonoscopy at age 50 is recommended.

### 10. Have Your Heart Checked Regularly

Clogged arteries can trigger hypertension, stroke, heart attack and other related heart diseases can be traced directly to this condition. Your family physician can help you maintain an up to date record on monitoring the health of your arteries.

### And See Your Family Physician

Have regular checkups. Your family physician is there to help!



## Sexual Health Inventory for Males

Answer these questions for your situation over the **last month** and **without** the assistance of Viagra or other medications/devices.

*1. How often are you able to get an erection during sexual activity?*

- 0 = No sexual activity
- 1 = Almost never/never
- 2 = A few times (much less than half the time)
- 3 = Sometimes (about half the time)
- 4 = Most times (much more than half the time)
- 5 = Almost always/always

*2. When you had erections with sexual stimulation, how often were your erections hard enough for penetration?*

- 0 = No sexual activity
- 1 = Almost never/never
- 2 = A few times (much less than half the time)
- 3 = Sometimes (about half the time)
- 4 = Most times (much more than half the time)
- 5 = Almost always/always

*3. When you attempted sexual intercourse, how often were you able to penetrate (enter) your partner?*

- 0 = Did not attempt intercourse
- 1 = Almost never/never
- 2 = A few times (much less than half the time)
- 3 = Sometimes (about half the time)
- 4 = Most times (much more than half the time)
- 5 = Almost always/always

*4. During sexual intercourse, how often were you able to maintain your erection after you had penetrated (entered) your partner?*

- 0 = Did not attempt intercourse
- 1 = Almost never/never
- 2 = A few times (much less than half the time)
- 3 = Sometimes (about half the time)
- 4 = Most times (much more than half the time)
- 5 = Almost always/always

*5. During sexual intercourse, how difficult was it to maintain your erection to completion of intercourse?*

- 0 = Did not attempt intercourse
- 1 = Extremely difficult
- 2 = Very difficult
- 3 = Difficult
- 4 = Slightly difficult
- 5 = Not difficult

*6. How do you rate your confidence that you could get and keep an erection?*

- 1 = Very low
- 2 = Low
- 3 = Moderate
- 4 = High
- 5 = Very high

### Results

- 6-12 – Severe
- 13-17 – Moderate
- 18-23 – Minor
- 24-30 – None

A photograph of a man with grey hair, wearing a white t-shirt, leaning over the railing of a boat. The background shows the ocean and a cloudy sky. The image is partially framed by a white border on the left and top.

## Frequently Asked Questions about Erectile Dysfunction

**Q** *What is Erectile Dysfunction (E.D.)?*

**A** Erectile Dysfunction, or E.D., is the inability to **attain** or maintain an erection.

**Q** *Is E.D. a normal part of the aging process?*

**A** E.D. becomes more common as people age. Up to half the men between 40 and 70 years of age may have E.D. However, it can afflict any part of the male population at any age.

**Q** *Can E.D. be prevented?*

**A** Almost all cases of E.D. are treatable. In the population where smoking and obesity are prevalent, E.D. is more common and treatment of E.D. may be tied to relieving these issues. The prevalence of E.D. may **predate serious underlying medical conditions including cardiovascular disease.**

**Q** *How is E.D. treated?*

**A** There are a variety of medical approaches to treating an E.D. candidate. Treatment depends on the candidate's age and the root of the symptoms. These treatments may include **oral medications, physical rehabilitation, surgical and non-surgical options.**

**Q** *How successful are oral medications for the treatment of E.D. for diabetics?*

**A** Medical surveys indicate that oral **erectogenic** medications like **Viagra, Cialis and Levitra** are successful in about half the cases.

**Q** *If I have heart disease, can I still be treated for E.D.?*

**A** The type and degree of severity of heart disease in a patient will determine which treatment is appropriate. In most cases, patients with heart disease can be treated for E.D.

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