

Early Signs of Erectile Dysfunction

Erectile dysfunction is a health issue that causes an inability to achieve or maintain an erection. It is one of those conditions that are more likely to affect you as you get older, but there are many ways to treat and reverse it.

Erectile dysfunction should not be confused with not being able to get an erection once in a while. That is perfectly normal since life events and stress can put sex at the back of your mind. Erectile dysfunction is present when a man is regularly unable to get and keep erections. It can impact romantic relationships, lead to anxiety during sexual encounters and leave you feeling like a shell of your former self.

Symptoms of erectile dysfunction

Here are some signs that a person might be dealing with erectile dysfunction:

- Soft erections
- Difficulty getting erections
- Not be able to keep an erection
- Less girth during erections
- Reduced sensitivity in the penis
- Change in the appearance of the penis when erect

Men with erectile dysfunction report not being able to derive satisfaction from sexual activity due to their poor erections. Doctors recommend coming in for an evaluation if your difficulty getting erections is starting to affect your sexual intimacy with your partner.

It is normal for a man's ability to get erections to decline as he ages. His erections might not occur as frequently as they once did or the penis might not feel as firm during erections. A man's sexual desire also decreases as he ages. Responsibilities increase with age and things like bills and illnesses can reduce the urge for sex. This can manifest itself as an inability to get an erection.

Why treating erectile dysfunction is important

Erectile dysfunction rarely occurs on its own. It is almost always a sign that there is something wrong somewhere else in the body. Treating erectile dysfunction is very important for this reason since it gives the doctor the chance to detect any health issues the patient is dealing with.

For example, a patient's erectile dysfunction might be caused by blocked arteries preventing proper blood flow to the penis. This can be the result of having unhealthy cholesterol levels. Getting such a condition diagnosed and treated does not only reverse the patient's erectile dysfunction. It also safeguards the person's overall health.

Treating erectile dysfunction

Treatment options for erectile dysfunction include:

- **Oral medications:** Drugs like Viagra can be used to restore a man's erections
- **Mechanical devices:** Pumps can be used to get a penis erect, while bands are used to keep erections

- **Surgery:** Surgical treatments are used as a last resort to treat ED. It involves inserting malleable rods into the penis to keep it rigid

ED can be treated

Living a healthy lifestyle can also help to combat the effects of erectile dysfunctions. Losing weight and eating a healthy diet can combat health issues like obesity that lead to ED. Call or visit our {{CITY}} clinic to learn more about how we can restore your erections.