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We can earn commission with links on this page, but we only recommend products that back. Why trust us? February 20, 2014 1 of 10 What is erectile dysfunction can put the fizzles on your fireworks. While it is normal for a man to have occasional problems having an erection that is firm or lasting enough for sexual intercourse, persistent disappointment below the decks ensures check-ups. Research suggests that 50% of men have ED, most over 50. However, many men are embarrassed and reluctant to talk about it, says Douglas Milam, MD, associate professor of urological surgery at Vanderbilt University Medical Center. In recent years, more women have been telling their partners, 'If you have this problem, do something.' Why this happens The problem usually involves a combination of nerve function and blood flow, says Dr. Milam. Nerves may not produce enough nitric oxide, which dilates blood vessels and allows them to flood chambers in the penis. Or there may be a bigger problem of blood vessels, such as blockages or arterial walls that cannot relax enough for blood to flow freely. Actually, ed could be a sign of heart disease. Men with ED are more likely to have heart disease and diabetes than men with normal erectile function. Here, tips and treatment ideas for men who go through this problem. 2 of 10 Brushing and flossing teeth daily Keeping teeth clean prevents gum infections, which can trigger inflammations that can suffocate the penis instead of stiffening, says Stuart J. Froum, DDS, president of the American Academy of Periodontology. In one study, 53% of men with ED had chronic periodontitis, while only 23% of men without AS had. Other research found that most men with AS who treated their periodontal disease significantly improved erectile function after 3 months. In addition to brushing and flossing, men should have their teeth cleaned professionally and have a comprehensive periodontal examination every year, says Dr. Froum. Make an appointment immediately if your gums are red, swollen, or soft. Bad breath and gaps between gums and teeth can also signal gum disease. 3 of 10 Do not take the wrong medication for blood pressure diuretics and alpha blockers prescribed for high blood pressure can worsen the ED, but angiotensin receptor blockers can improve blood pressure without this unwanted effect, says R. Clinton Webb, PhD, chair of the department of physiology at georgia's Regents University school of medicine. Since angiotensin is more active when the penis tilts, blocking its action can improve the erections, he says. (Check out these 5 natural ways to lower blood pressure.) 4 out of 10 Break your sweat overweight men who haven't had sex in a long time were of completely reversing THE by adopting a healthy lifestyle and losing weight, says Dr. Montague, MD, urologist at the Glickman Urological and Renal Institute at the Cleveland Clinic. In one study, a third of obese men with ED regained sexual function after 2 years in a weight loss plan promotes inflammation and converts testosterone into estrogen — both bad for penile performance. The activity alone seems to help: Research has found that men who began exercising more in middle age had a 70% lower risk of ED than men who remained sedentary. Try this simple daily walking trick for help. 5 out of 10 Help yourself hum What's good for the heart is good for the penis, says Dr. Montague. Consuming many fruits, vegetables, legumes, whole grains and fish and moderate amounts of healthy fats and wine has been associated with cardiovascular health for a long time. Now, research in men with type 2 diabetes finds that those who have adhered to a Mediterranean-style eating pattern have the lowest ED rates. More from Prevention: 400 CalorieMediterranean Meals 6 of 10 Meet the Red Korean Ginseng This Asian herb can increase blood flow to the penis, says Dr. Montague. In one review, six of the seven clinical trials found that it improved sexual function better than a placebo. Although the quality of the study was low, the researchers concluded that the studies provide evidence suggestive for the efficacy of red ginseng for ed. Most studies used a dose of 600 mg three times a day. Cheaper brands may not be fully potent. Don't confuse red Korean ginseng with Asian or American ginseng. 7 out of 10 pelvic floor exercises Those low muscles that hold urine? Strengthening them restored or improved erectile function in 75% of ed men who participated in a 3-month pelvic exercise program in the UK. Strong pelvic floor muscles provide a good foundation for an erect penis and prevent blood from escaping from an erect, says research leader Grace Dorey, PhD, professor emeritus of physiotherapy at the University of Western England in Bristol. Contract muscles as if trying to avoid passing gas; hold for 10 seconds without tightening the muscles in the thighs, abdomen or ass; and relax 10 seconds. Repeat three times lying down, sitting three times, and three times standing, twice a day. 8 of 10 Choose the perfect pill Drugs like Viagra, Cialis and Levitra increase the availability of nitric oxide by sending more blood to the penis. But they are formulated differently, so ask your doctor which one is best for you. Cialis tends to last 24 to 48 hours, versus about 4 hours for Viagra or Levitra, says Tobias S. Kohler, MD, associate professor of urology at Southern Illinois University School of Medicine and spokesperson for the American Urological Association. But you take Viagra and Levitra an hour before sex and Cialis at least 2 hours before. Some men think that a new version of Levitra called Staxyn, which dissolves in the tongue, takes effect faster than pills. These drugs work in about two-thirds of men with ED, says the Kohler. 9 of 10 Consider testing testosterone levels in their 40s who experience ED along with low libido may suffer from testosterone deficiency. The vast majority of ED is due to something else, says Dr. Kohler. But if the lack of interest and and makes you wonder, the best thing is to take the test. Schedule the test early in the morning. Testosterone levels naturally fall at the end of the day, says Dr. Montague. Avoid buying testosterone products online or using them without an OK doctor. If your body feels that you have too much, the testicles shut down their own natural production of testosterone and sperm, says Dr. Kohler. 10 of 10 There are always implants A 90-minute outpatient procedure can update a man's sex machine if other treatments fail. Expandable chambers implanted in the penis increase with some grips of a small saline pump placed in the scrotum. Components are invisible and can be used at any time. The devices are more reliable in recent years, says Dr. Kohler. Most men are happy with implants, and the insurance often covers the procedure to put them in. More from Prevention: Love In Time viagra 23 Announcement of Immunity Increase Tips - Continue Reading Below This content is created and maintained by third parties, and imported to this page to help users provide their email addresses. You may be able to find more information about this and similar content in piano.io Ad - Continue reading below the ad - Continue reading below the ad - Continue reading below the ad - You have no problem getting an erection - and keep it until you and your partner are satisfied. But even if your penis is humming very well now, there may still be some problems hidden beneath the surface. That's right: even if you're having a trouble-free reading right now, you may still be well on your way to erectile dysfunction. Problems with penises usually don't come out of nowhere, though. In many cases—especially if we're talking about a physical cause of erectile rather than mental dysfunction—there are certain signs that can serve as a harbinger that problems may be forming. Sometimes a small problem of an ordeal can be a sign that you are going to disaster in the bag. It may also be your body's way of saying that you have another more serious concern to deal with, explains S. Adam Ramin, MD, medical director of Urology Cancer Specialists in Los Angeles. So no penile problems should be ignored. Here, 8 unexpected signs that can point to erectile dysfunction in the line—and what you should do if you notice them. 1) Sign of erectile dysfunction: You haven't woken up with morning wood for some time. Getty Images. Night and morning erections have nothing to do with feeling excited: they happen because your brain releases less norepinephrine—a hormone that prevents erections from happening nonstop—during sleep. Having frequent morning wood is a good thing as it indicates that the blood vessels that allow blood flow to your penis are healthy, says Dr. Ramin. Se you start to notice that you are waking up with an exercise with frequency than usual, this may mean that these blood vessels are not working as well as they should—making it harder for blood on your penis to stand erect, Dr. Ramin says. This means that the same problem preventing your morning wood can eventually stand in the room when you are really trying to get hard. Now, there is no magic number that means you may be in trouble. It's any amount other than your normal that raises the red flag. This content is imported from (embeded-name). You may be able to find the same content in another format, or you may be able to find more information on your website: Jon Feingersh Photography IncGetty Images. If the things that normally keep you going are no longer working, there is a good chance that your testosterone levels will be lower than normal. Testosterone is the main hormone responsible for your sex drive, explains urologist and sex expert David Shusterman, a doctor. If you fall, your desire to go in word too can. And if you're not really in the mood, getting hard will be almost impossible. Along with the lack of sensual thoughts, you may also notice some other signs of low testosterone, such as fatigue or mood swings, difficulty building muscles or even developing a gut. Testosterone therapy is not always the answer; sometimes your lifestyle can affect your testosterone level. Find out more about how testosterone works—and its natural ups and downs—here. 3) Sign of erectile dysfunction: Your cholesterol or blood pressure reading has returned high Getty Images. The results of annual physical lab work may suggest that your erectile is in danger. Two of the most common? High cholesterol and high blood pressure. Total high cholesterol is anything from 240 milligrams per deciliter (mg/dL) or higher, and recent guidelines have just lowered the threshold for high blood pressure to 130/80 mm of mercury (mm Hg) or above. (A high BP reading is probably no big deal. But more than two to three high readings over time probably mean you have high blood pressure.) Both high cholesterol and high blood pressure can damage your blood vessels, causing them to lose their elasticity. This makes it harder for the vessels to expand so that more blood can flow into your penis, says Dr. Ramin. If the vessels can't dilate, there won't be enough blood flow to cause an injury, he says. Don't take it that doesn't relate to you: more and more millennials are coming in at high blood pressure. Here's why and what to do about it. 4) Sign of erectile dysfunction: You've started a new prescription drug Getty Images. Antidepressants and high blood pressure medications are particular culprits, says Dr. Ramin. Antidepressants like SSRIs (like Prozac or Paxil) and SNRIs (like Effexor XR and Cymbalta) make it harder for hormones and chemical signs that make you feel like norepinephrine, to get to the brain, explains Dr. Ramin. And this low libido can make it difficult to get an other. Normally, you would start to notice these symptoms within a few weeks of starting departure Remedies. Blood pressure medications, of course, work to lower blood pressure. This is a good thing for your overall health, but it can be a bad one for your sex life. Lower pressure means less blood flow to your penis arteries, which can mean trouble getting hard. Dr. Ramin says. 5) Sign of erectile dysfunction: Your gums are swollen, soft or bleed easily Getty Images. Gums that are swollen, painful or bleed when you brush or floss are probably signs of gum disease. This doesn't directly cause ed, but it can trigger a chain of events that could create problems for your package, explains Dr. Shusterman. This is because gum disease can lead to inflammation throughout your body, which can damage your blood vessels. And if your blood vessels are not working properly, it will be harder for blood to flow into your penis and make it hard. 6) Sign of erectile dysfunction: You don't get as hard as before—or have trouble getting like this Getty Images. You're still getting hard enough for sex. But your penis may still be signaling a problem if you notice any kind of change in your erect—in fact, this may be the early stage of ED. It's usually a slow, progressive problem, says Dr. Ramin. Initially, a patient may notice that his or her or her or her or her is not as firm, or that he is not able to maintain his or her or her for as long as before. There is no cutting level for how soft or short an education has to be to mean a problem, however. It's just about changes to your own personal standard, says Dr. Ramin. It's probably no big deal if it happens just once. But if you notice this happening frequently and you can't think of a medical reason why you'd be having trouble getting hard (as you've been extra exhausted or stressed), this may be pointing to a bigger problem. 7) Sign of erectile dysfunction: You are suffering in the Getty Images sleep department. No matter what is stealing your shuteye, lack of sleep can lead to problems in the department of getting bed. This can be especially true if you have sleep apnea, a sleep disorder where you breathing pauses frequently throughout the night. Almost 70% of men who have sleep apnea also have ED, according to the International Society of Sexual Medicine. Sleep deprivation causes testosterone levels to go down and can make you feel more stressed and anxious. Explains Dr. Shusterman. And all these things can kill your libido and make it harder to get an experience. 8) Sign of erectile dysfunction: You have kidney disease. Kidney disease may also develop problems maintaining erections. That's because medical conditions like these also affect hormone levels, blood circulation and energy, according to the National Kidney Foundation. Or some guys interest in sex because of the emotional and physical changes that these conditions can cause. However, men can regain their interest over time while dealing with the initial heart problems. But that's not to say that all men with life problems will start experimenting with ed. Ed, medication, communicating with your doctor, and talking to a psychologist can help guys maintain a healthy sex life. Why do you have to say something about almost men will experience ED at some point? In fact, 70% of the guys will be impacted by it, according to the Cleveland Clinic. Men are often ashamed to talk to their doctors, but there is no need to hide their problems, says urologist Dr. Jamil Brahmbhatt. Men told me they often feel less like men because they are unable to get an ord, he says. Right now, I often tell them that their ability to admit the problem is the best they can do as a man. Generally, patients become less anxious after talking about their problems and learning that they are not alone, he says. But without treatment, ed can severely affect a guy's self-esteem and even relationships. There may be a miscommunication, and I've seen problems of couples in the room lead to problems elsewhere in their relationship, explains Dr. Brahmbhatt. Men can avoid this by talking about the problem! What to do if you notice erectile problems Getty Images. You should talk to your doctor the moment your feelings begin to seem unusual, recommends Dr. Ramin. Sometimes the fix can be simple, such as adjusting your remedies if you take prescriptions that are messing with your ability to get hard. If you find that the problem stems from an underlying health problem, diagnosing and treating it may be the key to your re-esth to normal. This may involve tests to measure things like blood pressure, cholesterol or testosterone levels. Either way, your doctor may also be able to offer short-term help to prevent your sex life from going down—such as prescribing a remedy for ED like Cialis, Viagra or Levitra. Recently, these have become available through online startups like Hims and Roman. Here's where to learn more about the pros and cons of services like these. This content is created and maintained by third parties and imported into this page to help users provide their email addresses. You may be able to find more information about this and similar content in piano.io piano.io

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