

Sexual Advice Association

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10 things men (and their partners) ought to know

1. Erectile dysfunction can be a warning of hidden diabetes, a raised blood pressure or a raised cholesterol which needs to be looked for
2. A raised cholesterol, unless treated and reduced, will not only affect the heart by furring up the coronary arteries, but will affect those in the penis, leading to impotence
3. Two thirds of men with raised blood pressure have got some erectile dysfunction
4. 60% of people with a raised blood pressure have got significant coronary vascular disease
5. 64% of those men who have had a heart attack have had a warning up to 3 years previously in the form of erectile difficulties
6. Difficulty in getting an erection if you are under 40 and otherwise fit, is usually caused by stress or some other psychosomatic problem. It is only rarely due to a physical cause
7. Older men who have ED which does not respond to one of the PDE5Is (pron. phospho- di- ester - ase inhibitors) – Cialis, Viagra or Levitra, frequently have a low testosterone (<12 nmols/L), which can easily be corrected by replacement therapy
8. A PDE5I will not give a man an erection unless he is stimulated mentally AND physically, especially important as he gets older
9. A PDE5I should never be used with a nitrate (as in a spray for angina, or some blood pressure tablets, or 'poppers'), as the combination makes the blood pressure drop too low.
10. Men aged 55 or older tend to have less firm erections, produce a smaller amount of semen, and have less intense ejaculations, with less need to ejaculate and a longer recovery period than a younger man

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