

Know Erectile Dysfunction!

A quick-guide for men's bedroom problem

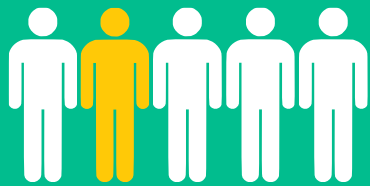
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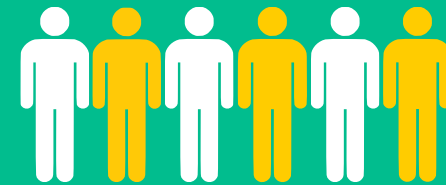
What **exactly** is Erectile Dysfunction (ED)?

- The inability to have or keep an erection firm enough for sexual intercourse
- It is often referred to as impotency 

It is a worldwide problem affecting men of all ages



1 in 5 young adults suffers from ED



And up to **1 out of 2 older men** suffers from ED

What causes ED?

ED can be a result of one or more of the following reasons



Who can help?

Urologist



- Most effective in handling organic ED cases
- Generally approaches ED from a physiological perspective
- Can help in identification of other health issues such as cardiovascular risk and diabetes.

Psychotherapist



- Most effective in handling psychogenic ED cases
- Generally approaches ED from a psychological perspective
- Can aid in identification of the psychological issues which are leading to ED.

What to expect?

- Generally, ED is part of the normal aging process. Sooner or later, most men will suffer from some form of ED
- While ED is not life-threatening, it may be an indication of serious health issues such as diabetes and vascular problems
- ED diagnosis and treatment is expected to take time and can get expensive. Always stay positive and have patience
- One may not fully recover from ED, however, several convenient and safe options and medications are available to overcome the problem

Coping with ED?

- Talk to your spouse/partner about the condition. It may be worthwhile to address the issue together (especially for psychogenic ED)
- Unhealthy lifestyle, smoking and/or drinking increases ED risk. Improve your lifestyle to see whether it alleviates the condition
- Stress and anxiety are some of the main causes of psychogenic ED. Reduce stress and try relaxation techniques to see if the condition improves
- Talk to your family doctor to develop a plan to address the ED problem. Avoid self-diagnoses or treatment as it can lead to medical complications.

Thank you!

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