

Erectile Dysfunction

Erectile Dysfunction (ED) is when a man has trouble getting or keeping an erection. ED is common and can happen on occasion to many men. If it lasts for more than 3 months it is considered ED. Here is what you can do:



Try to exercise regularly.

- Try to exercise regularly.
- Maintain a healthy weight.
- Do not smoke.
- Drink less alcohol.
- Do not use illegal drugs.

Ask Your Doctor about treatment options for ED.

Ask Your Doctor about:

- Diet.
- Exercise.
- How to reduce stress.
- How to stop smoking.

Ask Your Doctor about counseling.

Talk To Your Doctor about medicines you are taking as some could make your symptoms worse.

Before you begin taking medicine for ED, ask your doctor or pharmacist these questions:

- Can I take my ED medicine with other medicines? _____
- How often should I take my ED medicine? _____
- Is there a limit to the amount of ED medicine I can take in one day? _____
- Should I take my ED medicine with or without food? _____
- Are there foods or drinks I should not have while taking my ED medicine? _____
- If there are warning labels on the medicine bottle, what do they mean? _____
- What are the side effects of my ED medicine? _____
- What should I do if I suffer a serious side effect? _____



Do not smoke.



Drink less alcohol.