

Healthy U: What are the signs and treatments of erectile dysfunction?

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In Tuesday's Healthy U, nurse practitioner Victoria Burt explains the signs and treatments of erectile dysfunction.

The signs are trouble reaching and maintaining an erection. It could affect quality of life and can range from mild to severe.

The factors that can increase a man's risk for ED are: circulatory or nervous system problems, poor psychological health, medication side effects, smoking, drinking, bicycling more than three hours a week.

There are different categories and causes for this condition: Failure to begin erection, psychological stress, anxiety, fear, low testosterone, thyroid, failure to fill arteries, atherosclerosis, and trauma.

A sexual health questionnaire, physical exam and blood test are ways to diagnose ED.

ED is treatable with education, counseling, medication and vacuum devices, self-injection or penile suppositories, surgery or lifestyle changes for physical causes.

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