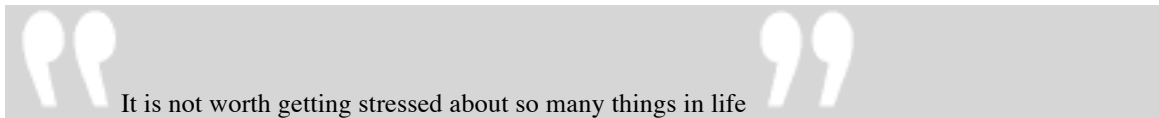


## Don't Let Your Job Ruin Your Erectile Function

Written by Richard Simmons | Friday, 18 December 2009 | There is 1 comment



A word of warning for those men who work in high pressure jobs which cause them stress is that over the long term this stress can build up and end up damaging not only their hearts but also their erectile function. It is well known that stress and anxiety bring on high blood pressure and this constricts blood vessels. In the short term a little bit of stress won't do you much harm but over the long term continued and repeated stress could damage your blood vessels permanently.

It is not worth getting stressed about so many things in life and if you consider that you could be damaging your future erectile function too you should come to the conclusion that stress must be avoided at all costs. Remember that some things are out of your control and since there is very little you can do to change these things why not just take a step back, take a few deep breaths and get on with something which will make a difference.

Arguing with people is often counterproductive to achieving your goals. Focus on how you can improve the situation without confrontation and remember that by avoiding the stress you will be happier, better at your job and overall a healthier person.

The stress of a difficult job can end up being a vicious circle if you let it get the better of you. If you go home stressed and irritable you are hardly likely to be the world's best lover. This in turn could make you feel inadequate which will end up increasing your stress levels to possibly unmanageable proportions. If you do suffer from erectile problems due to stress you definitely need to get help and you definitely need to speak to a doctor who may prescribe you one of the erectile dysfunction drugs [Viagra](#), [Cialis](#) or [Levitra](#). There are lots of stress management techniques, (good sex is one of them) which you should make use of. Simple deep breathing exercises, a sauna and a swim in the evening, or a long walk or run daily could make the difference between having a healthy relationship with those around you and having a destructive one.  
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