

Reducing extra pounds can help in curing **erectile dysfunction**

Submitted by [Piyush Diwan](#) on Fri, 08/28/2009 - 05:33.

Sedentary lifestyle and junk food culture has led to epidemic of obesity. Many studies have shown the relationship between extra pounds and increased risk of various diseases.

The recent study has shown that obesity could affect your sexual life. [Researchers](#) found that extra pounds along with other health factors can lead to erectile dysfunction (ED).

Hormone changes due obesity like lowering of testosterone, can increase risk of ED. All the factors that increase risk of heart disease like excess weight, diabetes, and hypertension also increase risk of ED.

Research team led by dam Gilden Tsai from [University of Colorado](#) Denver (UC-D) and David Sarwer from the University of Pennsylvania School reached at the findings after analyzing case of a mildly obese 48-year-old man with hypertension and ED.

Research team found that despite the use of medication, the study subject was not able to achieve an adequate erection for intercourse. However, after achieving a 4.6 percent weight reduction and lowering his BP within the normal range with the help of medication, the study subject was able to achieve an erection.

Authors said: "We are reminded that atherosclerosis can cause not only macrovascular disease such as heart attack and stroke, but also microvascular disease, of which ED is one example".

<http://www.topnews.in/reducing-extra-pounds-can-help-curing-erectile-dysfunction-2207450>