Male erectile disorder

Psychology

Male Erectile Disorder [Pick the Male Erectile Disorder Erectile disorder, or erectile dysfunction, is a male dominant disease characterized by problem in getting and sustaining erection. Erectile disorder was previously referred to as impotency, but now ED is used commonly for the same condition. The disease is reported highly among men of older ages possibly due to less agility but actually, this has absolutely nothing to do with the male aging process.

Erectile disorder must be treated by consulting a reasonable and experienced doctor. Some people suffering from erectile disorder feel reluctant in consulting their doctors, which is a wrong approach though. They keep on assuming less critical things on their own but in reality, they might be suffering from clogged blood vessels, side effects of diabetes (insipidus/mellitus), and that calls for a danger sign. Moreover, the unhygienic and unsystematic lifestyles (lack of exercise) also evoke such disorders among men. The main causes of erectile disorder are high levels of:

Blood pressure

Cholesterol

Diabetes

Smoking

Overeating / obesity

Alcohol and drugs

Seeing through the mechanism of male erection, it is a cumulative activity of blood vessels, nerves, muscles and hormones. If any of these is absent, the male is incapable of getting an erection. ED can be treated by improving the lifestyle and eating healthy foods. Losing weight through exercise, quitting

on smoking and drug addiction, counseling with doctors, oral medication and even administering injections are considered effective in curing male erectile disorder (NIH, n. d.).

Like other diseases, the male erectile disorder can be definitely cured through proper medical and psychological approaches nowadays.

Reference

NIH (n. d.). Erectile Dysfunction: MedlinePlus. National Library of Medicine - National Institutes of Health. Retrieved from http://www. nlm. nih. gov/medlineplus/erectiledysfunction. html