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## ERECTILE DYSFUNCTION (ED)

**Background:** Erectile dysfunction is a condition where a man has difficulty obtaining and/or maintaining an erection in order to participate in sexual intercourse. Many different health issues can be the underlying cause of this disorder. Health issues include: **Injury, surgery, heart disease, peripheral artery disease, high blood pressure, diabetes, obesity, alcohol use, drug use, smoking, medications (i.e. antidepressants, spironolactone, sympathetic blockers, thiazide diuretics, ketoconazole, cimetidine), and psychological issues (emotional stress, anxiety, depression, relationship issues).**

### Ways to prevent or decrease risk of ED:

- \*Exercise regularly
- \*Maintain a healthy weight
- \*Quit smoking
- \*limit alcohol use and avoid illegal drug use
- \*adjust medications **with the help of your prescribing physician**
- \*maintain healthy sleep patterns, relationships, stress levels
- \*Work with your physician on controlling health issues that may be contributing to ED

### Treatment Options:

- \*Vacuum Erection Device- a device that is used to pull blood into the penis and then elastic ring is used to trap the blood so that a man may engage in sexual intercourse
- \*Oral medications- Viagra (sildenafil), Cialis (tadalafil)
- \*Injection therapy- medication is injected directly into the penis to improve blood flow for an erection
- \* Referral to Urologist specializing in sexual medicine/Licensed Professional Clinical Counselor, Specializing in Sex Therapy
- \*Surgical penile implant

Please do not hesitate to contact our office with questions or concerns.

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