

CHAMPS LIFELINE

ERECTILE DYSFUNCTION

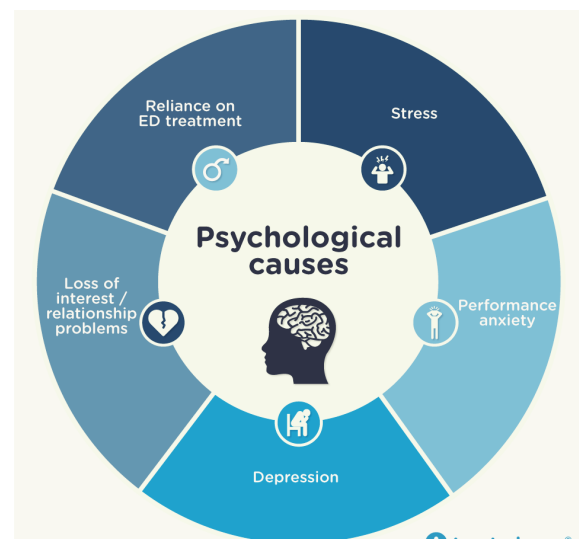
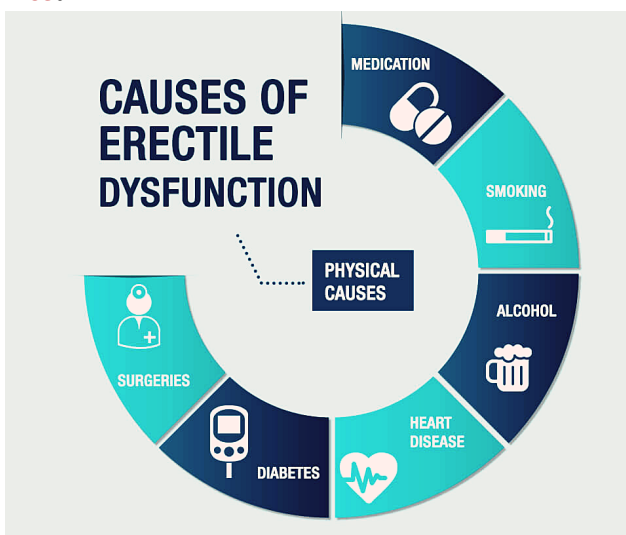


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Erectile dysfunction, commonly referred to as ED, is defined as having trouble getting or keeping an erection firm enough for sexual intercourse. Over **30 million men in the United States** are affected by ED. Causes for erectile dysfunction include physical health factors such as **cardiovascular disease and diabetes**, as well as emotional health factors such as **stress, anxiety, or depression**. Lifestyle factors such as **smoking, drinking, use of recreational drugs, and obesity** can increase your risk of developing ED. Physicians can use lab tests to determine the exact cause of an erectile dysfunction. Fortunately, there are multiple treatment options available for men suffering from ED, including **oral medication, testosterone supplementation, vacuum devices, injections, and penile implants**.

Top 3 Tips

1. Live healthy...
 - Avoid use of tobacco products, especially cigarettes, and only drink alcohol in moderation.
2. Eat well...
 - Avoid eating excessive amounts of carbs and fats. Foods bad for your heart increase your risk of ED.
3. Stay up-to-date...
 - Have regular check-ups with your physician and check your blood pressure, cholesterol, and overall health.



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