

# IMPOTENCY

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Many cases of impotence are due to factors such as psychology, disease or medications, rather than age

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## IMPOTENCY

### Who can it affect?

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Impotency can affect any male and at any time in their life; it is also known as erectile dysfunction and is used to describe several problems that can interfere with sexual function. One cause for this impotency maybe medicine for high blood pressure, another might be due to depression, there are many reasons that can cause impotency in men, and even age can be a factor. There is an estimated one out of ten men that will have this problem at sometime in their lives in America alone. The symptoms of this condition are an inability to achieve or maintain an erection in order to have intercourse with a partner.

In the past it was believed by medical professionals that this condition also called ED, was due to mainly psychological problems, which may have lead to the stigma that many men today feel if they are faced with this condition. Today however, the medical community has much more research and knows that in most men this is not the case and even in the cases that it is psychological there is ways of treating impotency with medication or therapy. This is a condition that no longer need be something a man needs to be embarrassed to seek treatment for, as it is a common occurrence in men and at times it does occur due to stress in a relationship or other areas of life. It is known now that many factors can cause this condition, life style, certain medications, over all physical and mental health and as you age the changes in your body.

When erectile disfunction happens because of physiological problems some of the reasons are a fear of failure, guilt, depression, or stress; all of which can be treated and reverse impotency and they are not uncommon problems in today's stress filled world.

If this condition is caused due to physical health, there can be many reasons for this such as; clogged arteries, diabetes, hypertension or high blood pressure can be main causes along with the medicine taken for these illnesses. Some of the other reasons a person can have impotency is poor circulation, being over weight, the consumption of to much alcohol or drugs and smoking.

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Everyone ages and as a man ages erectile dysfunction can become a part of life as the body and body functions change, one of these changes can be a narrowing of the arteries, and this causes less blood flow into the arteries of the penis.

Impotency is not uncommon and has fewer stigmas that ever before in history, and the person who is suffering from this condition has no need to feel embarrassed or self-conscious, for this is a common condition in men according to the research statistics.

To look at the research that has been done in this area of impotency in men is something that can affect one in ten men at some point in their lives and with the amount of research, medicines and other techniques that have been developed even for the person who has a contributing factor causing their condition there is help to relieve them of impotency; education and treatment are readily available.

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### **Why does it happen?**

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For anyone who is dealing with erectile dysfunction, you need to understand why this has happened to you, and today there are answers unlike in the past. The medical community has done a tremendous amount of research and understand now that this condition is not only associated with the patient's mental state when sexual arousal occurs, but can have many other factors that cause this condition.

First to understand what occurs; what is inside is more important, in order to obtain an erection inside of the penis are smooth muscle cells, and arteries, these muscle cells hold back the blood in the arteries when in its flaccid state. There is an artery called cavernosal artery and also a dorsal vein and when aroused the body releases chemicals that make the smooth muscles relax allowing the arteries to fill with blood causing the tissue to expand, where it is then trapped.

There can be many different causes and some of them are more prevalent than others, certain medications are known to cause this condition, as well as certain diseases.

For some of the physical reasons a patient may have impotency is due to a medication they may be on for another type of medical problem, some of the more common known medications that can cause impotency are numerous, some research has found that there are as many as two hundred medications that can contribute to men with impotency.

There are also some diseases and medical conditions that can also cause impotency such as; diabetes, chronic liver disease, thyroid disease or other medical problems. There are neurological illnesses that can also be a reason for this condition, Multiple Sclerosis is one of these as well as a person who has suffered a stroke and Parkinson's disease is known to cause this condition depending on how advanced the disease is in the patient.

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### **What can you do to change it?**

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Today there has been so much research done that a person suffering from impotency has many choices and they do not have to live with this condition. When properly diagnosed and treated the sexual part of their life can be as it was prior to this condition.

Now that this condition has been brought to the forefront of the medical community there are tests that can be done to find the cause of this condition and a proper medication prescribed if needed. These medications can be increased or decreased by the physician or the specialist as needed by the patient in order to have their sexual life normal again.

Today not only are there medications, but there are also books, articles, information you can find at a doctors office, and on the Internet there is message boards, forums and chat that are expressly for the subject of impotency, where others have the same condition and discuss it to find solutions as well as become more educated. Suffering from this condition does not mean living in the dark, the more educated someone dealing with is impotency the more they will know about the reason behind it, the way they can treat it successfully and safely, along with relieving doubt and stress.

The first step a person suffering needs to take is to visit their physician, who will then guide them to the right answers for their condition, in some cases this may mean a complete physical and a few tests so the medical reason for the impotency can be found in order to treat it properly. A physician may then send a patient to a urologist whose specialty is disorders of the bladder, kidneys, penis, prostate and urethra. This specialist will also conduct some tests to ensure the patient receives the proper care available for their condition.

Another step that may be taken is for a physician to send a patient to a sleep clinic, as most men have erections in their sleep, usually during REM sleep and if there is lack of activity in the patients sleep the result are usually due to a physical problem, rather than a physiological problem. Some of the tests that can help locate the reason for impotency are a special type of ultra sound that can help to evaluate the amount of blood flow, any leaks in the veins, scaring of the tissue.

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There are also tests that a physician might administer for a patient who may have nerve damage, or a disease like diabetes, which can also cause nerve damage.

There are things that can be done to improve this condition if it is physical, such as exercise, limit the use of tobacco and alcohol, and a change in diet, to a healthy diet with fruits and vegetables, and a lot of protein, as well as grains.

If lifestyle changes and diet are not enough to help a patient that is dealing with impotency, there are several things that can be considered, medications have been developed that can help the patient recover from this condition, there are also medications that are to be taken previous to interaction with a partner. These are to be taken several hours prior and have a more natural effect than some of the other remedies.

Some of these medications are common name today, while others are not so common and while used less they work as effectively as the more common ones. A name that is heard of often may become trusted to work, but the less common ones bring satisfactory results for many who suffer from impotency and each prescription depends on the medical reason for the impotency in the patient. Names that are common are Viagra, Levitra, and Cialis, these are inhibitors which are not recommended for patient with high blood pressure or heart problems. These drugs work by causing the smooth cells to relax thereby allowing the penis to fill with blood and causing the penis to expand and enlarge. This effect can last from thirty minutes to several hours, in rare cases if there is a prolonged amount of time the penis is erect it is suggested that the patient seek medical help as this can be a dangerous side effect for some patients. There have also been some reports of these drugs causing blindness, though there are not many statistics on this.

There are also several herbs that are said to have results for some patients; some of these are Niacin, Saw Palmetto and Gingo Biloba.

The medications that are taken hours prior to the desired time the patient intends to engage with a partner are in a class of drugs known as phosphodiesterase inhibitors. However, this type of drug is not recommended for a patient who is taking medications like nitrate-based drugs for heart related problems as these phosphodiesterase inhibitors are known to cause a rapid drop in blood pressure, which can be a life threatening danger to this patient.

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If test results have shown a low testosterone level an oral testosterone may be prescribed, to raise the level of testosterone thereby curing the problem. There are a few devices that are available for the patient who is not right for medication because of an illness, or some other factor. One of these is a vacuum pump; the function of this is to draw the blood through the arteries. This vacuum pump is used just before the person has sexual relations.

Certain cases of impotency the patient is given hormone treatments, however this is rare.

If a patient can not take medicine they to have a last resort if other options fail there are types of surgery that can be done, that surgically insert rods. Which will leave the patient with the appearance of an erect penis continuously. There is also a pump system to take place of the natural rhythm of how the body would react. With this the pump is surgically inserted and when the patient is ready to engage in relations with their partner they use this pump which fluid is passed through making blood flow into the arteries where it is then trapped causing an erection.

For most patients who suffer from impotency there is a medical answer to restore the sexual ability that they had lost, thereby restoring this person's confidence in relationships and their ego, which often men connect with their ability to engage in sex with their partners. With the on going research into impotency and the facts already known the medical community while already have made great strides in this area, continue to work on new medications and other options for the people who will suffer from impotency.

However, with just simple changes in ones lifestyle, diet and exercise routine or the loss of weight it can make a difference for their body.

If you have tried other methods and just want to buy Viagra online (4 Viagra pills for free with every order) or any other pharmacy to cure impotence, you may check [ViagraGenius.com](http://ViagraGenius.com) web site. They provide fast shipping, 24/7 support and low prices.