

'I was wrong. I thought the only thing I could do was accept it'

Men can be reluctant to address medical matters, often shying away from visiting their GP. This is often the case for erection problems, with many men choosing to accept their condition rather than get help. This can leave them feeling frustrated in their love lives and sometimes isolated – but they are not alone. Over 50% of men between the ages of 40 and 70 will suffer from some sort of erection problem - sometimes referred to as erectile dysfunction (ED) or impotence - at some point in their lives.¹

Although all men are different, most would agree that having a healthy sex life and satisfying their partner play an important role in a successful relationship. If this is affected by an erection problem, it can have a considerable personal impact.

But ED is a difficult subject for men to talk about with their partner or GP and sometimes it may seem the easiest option is to say nothing. ED can adversely affect quality of life and can lead some men to experience depression. Men should be encouraged to seek support for their ED, to restore intimacy with their partner, to help to restore their self esteem and to address any potential underlying medical causes of the condition.

Let's clear up some of the common misconceptions which exist about ED, for example it is certainly not all in the mind. Whilst some erection problems can be related to stress or anxiety, ED is a common medical condition and in many cases can be related to other medical conditions such as heart disease, high blood pressure or diabetes.

It is commonly believed there is nothing that can be done about an erection problem but this is not the case. There is no reason that a man should accept an erection problem if it is impairing his life, as it is a condition that is now medically treatable. There are now many proven treatment options available for erection problems. A patient's GP can talk through the options to ensure that the treatment prescribed is appropriate for each individual.

A confidential website offers support and tailored advice for men to help them voice their concerns. Many have already contacted the website for help and information on erection problems so why suffer in silence? Go on line and discover for yourself.

www.erectionadvice.co.uk

1. Feldman HA et al. Impotence and its medical and psychosocial correlates: results of the Massachusetts male ageing study. J Urol 1994; 151: 54-61

