

## How Do I Know If I Have Erectile Dysfunction?

Many men are hesitant to talk about their sexual health, especially if they have trouble getting or maintaining an erection. It can significantly impact the quality of your personal relationships and self-esteem. Due to this, it may be difficult to know if you really have erectile dysfunction. Luckily, bedroom issues don't always mean you have erectile dysfunction. Most men have some form of issue with their erections at some point. Here's how you know if you have erectile dysfunction:

### What Are the Signs?

The ability of a man to be sexually aroused involves the muscles, brain, hormones, blood vessels, and nerves. If any of these components are out of line, you may have some dysfunction. Note that your physical health is just as important as your mental health when it comes to erections. If you have stress, anxiety, or any other mental health issue, it could cause or worsen erectile dysfunction.

Whether you have intermittent or occasional sexual issues, don't assume that you have erectile dysfunction. However, you could be struggling with the issue if these symptoms persist:

- You cannot get an erection
- You find it difficult to maintain an erection long enough to complete sex
- You have a lower libido than usual
- Erections that aren't hard enough for sexual intercourse
- Unsatisfactory intercourse
- Losing your erection right after penetration

### When Should You See a Doctor?

If you suspect that you may have erectile dysfunction, see your family doctor as soon as possible. You need to contact them if:

- Your erectile dysfunction is accompanied by other symptoms
- You have other erection-related concerns like delayed or premature ejaculation
- You suffer from heart disease, diabetes, and other health issues that could be associated with erectile dysfunction

### Are You At Risk?

The cause of ED can be physical, psychological, or a combination of both. Common physical causes include diseases such as diabetes, heart disease, and obesity. Psychological causes include stress, anxiety, and depression. Some risk factors for ED include age, smoking, and alcohol use. In some cases, the cause of ED is unknown. You may be at risk of ED if you fall into

the following groups:

You are 50 or older

You have heart disease, diabetes, and other medical conditions

You use tobacco, alcohol, or other drugs

You have been going through radiation to treat cancer

You struggle with stress, anxiety, or depression

You are overweight or obese

You are on antidepressants, antihistamines, or medication for high blood pressure.

### **Treatment for Erectile Dysfunction**

If you have erectile dysfunction, there are plenty of ways to fix it and bring some fun back into the bedroom. ED is treatable with medication, surgery, lifestyle changes, and counseling. If you have ED, talk to your doctor about treatment options. Vardenafil is one of the best treatment options. It works by promoting the flow of blood to your penis when you are sexually aroused.

If you have been trying to treat erectile dysfunction, the question '[what is Vardenafil?](#)' has probably crossed your mind. Even though the solution is popular and highly effective, you should consult your doctor before taking it.

If you suspect that you may have erectile dysfunction, consider the information above, and consult your doctor for the right solution for your specific needs.