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Erectile Dysfunction

Also called: ED, Impotence

Erectile dysfunction (ED) is a common type of male sexual dysfunction. It is when a man has trouble getting or keeping an erection. ED becomes more common as you get older. But it's not a natural part of aging.

Some people have trouble speaking with their doctors about sex. But if you have ED, you should tell your doctor. ED can be a sign of health problems. It may mean your blood vessels are clogged. It may mean you have nerve damage from diabetes. If you don't see your doctor, these problems will go untreated.

Your doctor can offer several new treatments for ED. For many men, the answer is as simple as taking a pill. Getting more exercise, losing weight, or stopping smoking may also help.

NIH: National Institute of Diabetes and Digestive and Kidney Diseases

Start Here

- [Erectile Dysfunction \[https://www.mayoclinic.org/diseases-conditions/erectile-dysfunction/symptoms-causes/syc-20355776?p=1\]](https://www.mayoclinic.org/diseases-conditions/erectile-dysfunction/symptoms-causes/syc-20355776?p=1) (Mayo Foundation for Medical Education and Research)
- [Erectile Dysfunction \(ED\) \[https://familydoctor.org/condition/erectile-dysfunction/?adfree=true\]](https://familydoctor.org/condition/erectile-dysfunction/?adfree=true) (American Academy of Family Physicians)
Also in Spanish [<https://es.familydoctor.org/condicion/disfuncion-erectil-es/?adfree=true>]
- [Erectile Dysfunction \(ED\) \[https://www.niddk.nih.gov/health-information/urologic-diseases/erectile-dysfunction\]](https://www.niddk.nih.gov/health-information/urologic-diseases/erectile-dysfunction)  (National Institute of Diabetes and Digestive and Kidney Diseases)
Also in Spanish [<https://www.niddk.nih.gov/health-information/informacion-de-la-salud/enfermedades-urologicas/disfuncion-erectil>]

Diagnosis and Tests

- [Testosterone Levels Test \[https://medlineplus.gov/lab-tests/testosterone-levels-test/\]](https://medlineplus.gov/lab-tests/testosterone-levels-test/)  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/prueba-de-niveles-de-testosterona/>]

Treatments and Therapies

- [Dietary Supplements for Erectile Dysfunction: A Natural Treatment for ED? \[https://www.mayoclinic.org/diseases-conditions/erectile-dysfunction/in-depth/erectile-dysfunction-herbs/ART-20044394?p=1\]](https://www.mayoclinic.org/diseases-conditions/erectile-dysfunction/in-depth/erectile-dysfunction-herbs/ART-20044394?p=1) (Mayo Foundation for Medical Education and Research)
- [Erectile Dysfunction: Viagra and Other Oral Medications \[https://www.mayoclinic.org/diseases-conditions/erectile-dysfunction/in-depth/erectile-dysfunction/ART-20047821?p=1\]](https://www.mayoclinic.org/diseases-conditions/erectile-dysfunction/in-depth/erectile-dysfunction/ART-20047821?p=1) (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/erectile-dysfunction/in-depth/erectile-dysfunction/art-20047821?p=1>]
- [Kegel Exercises for Men: Understand the Benefits \[https://www.mayoclinic.org/healthy-lifestyle/mens-health/in-depth/kegel-exercises-for-men/art-20045074?p=1\]](https://www.mayoclinic.org/healthy-lifestyle/mens-health/in-depth/kegel-exercises-for-men/art-20045074?p=1) (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/healthy-lifestyle/mens-health/in-depth/kegel-exercises-for-men/art-20045074?p=1>]
- [Penile Implants \[https://www.mayoclinic.org/tests-procedures/penile-implants/about/pac-20384916?p=1\]](https://www.mayoclinic.org/tests-procedures/penile-implants/about/pac-20384916?p=1) (Mayo Foundation for Medical Education and Research)

Also in Spanish [<https://www.mayoclinic.org/es/tests-procedures/penile-implants/about/pac-20384916?p=1>]

- Penis Pump [<https://www.mayoclinic.org/tests-procedures/penis-pump/about/pac-20385225?p=1>] (Mayo Foundation for Medical Education and Research)

Also in Spanish [<https://www.mayoclinic.org/es/tests-procedures/penis-pump/about/pac-20385225?p=1>]

- Testosterone Therapy: Potential Benefits and Risks as You Age [<https://www.mayoclinic.org/healthy-lifestyle/sexual-health/in-depth/testosterone-therapy/art-20045728?p=1>] (Mayo Foundation for Medical Education and Research)

Also in Spanish [<https://www.mayoclinic.org/es/healthy-lifestyle/sexual-health/in-depth/testosterone-therapy/art-20045728?p=1>]

- Yohimbe [<https://www.nccih.nih.gov/health/yohimbe>]  (National Center for Complementary and Integrative Health)

Living With

- All-Natural Tips to Improve Your Sex Life: Exercise, Diet Changes May Help Reverse ED (Erectile Dysfunction) [<https://www.health.harvard.edu/mens-health/all-natural-tips-to-improve-your-sex-life>] (Harvard Medical School)
- Fertility Problems [<https://www.cancer.org/cancer/managing-cancer/side-effects/fertility.html>] (American Cancer Society)
Also in Spanish [<https://www.cancer.org/es/cancer/como-sobrelevar-el-cancer/efectos-secundarios/efectos-secundarios-sobre-la-fertilidad-y-la-sexualidad.html>]

Related Issues

- Cardiovascular Implications of Erectile Dysfunction [<https://www.ahajournals.org/doi/10.1161/CIRCULATIONAHA.110.017681>] (American Heart Association)
- Erectile Dysfunction and Diabetes: Take Control Today [<https://www.mayoclinic.org/diseases-conditions/erectile-dysfunction/in-depth/erectile-dysfunction/ART-20043927?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/erectile-dysfunction/in-depth/erectile-dysfunction/art-20043927?p=1>]
- Erectile Dysfunction: A Sign of Heart Disease? [<https://www.mayoclinic.org/diseases-conditions/erectile-dysfunction/in-depth/erectile-dysfunction/ART-20045141?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/erectile-dysfunction/in-depth/erectile-dysfunction/art-20045141?p=1>]
- How Cancer Can Affect Erections [<https://www.cancer.org/cancer/managing-cancer/side-effects/sexual-side-effects/errections-and-treatment.html>] (American Cancer Society)
- Hypogonadism in Men [<https://www.endocrine.org/patient-engagement/endocrine-library/hypogonadism>] (Endocrine Society)

Specifics

- Bent Penis [<https://www.mayoclinic.org/symptoms/bent-penis/basics/definition/SYM-20050628?p=1>] (Mayo Foundation for Medical Education and Research)
Also in Spanish [<https://www.mayoclinic.org/es/symptoms/bent-penis/basics/definition/sym-20050628?p=1>]

Test Your Knowledge

- Erectile Dysfunction Quiz [https://medlineplus.gov/ency/quiz/007617_46.htm] (Medical Encyclopedia)
Also in Spanish [https://medlineplus.gov/spanish/ency/quiz/007617_101.htm]

Clinical Trials

- ClinicalTrials.gov: Erectile Dysfunction [<https://clinicaltrials.gov/search?cond=%22Erectile+Dysfunction%22&aggFilters=status:not%20rec>]  (National Institutes of Health)
- ClinicalTrials.gov: Impotence [<https://clinicaltrials.gov/search?cond=%22Impotence%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Phosphodiesterase type 5 inhibitors combined with traditional Chinese medicine for diabetes... [<https://www.ncbi.nlm.nih.gov/pubmed/40660517>]

- Article: Presence of Sildenafil and Tadalafil in Herbal Medicinal Products Claimed to... [<https://www.ncbi.nlm.nih.gov/pubmed/40657212>]
- Article: High-activity placenta-derived mesenchymal stem cells combined with low-intensity extracorporeal shock wave... [<https://www.ncbi.nlm.nih.gov/pubmed/40629484>]
- Erectile Dysfunction -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Erectile+Dysfunction%22%5Bmajr%3Aneoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bdat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Find an Expert

- National Institute of Diabetes and Digestive and Kidney Diseases [<https://www.niddk.nih.gov>] 

Patient Handouts

- Drugs that may cause erection problems [<https://medlineplus.gov/ency/article/004024.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/004024.htm>]
- Erection problems [<https://medlineplus.gov/ency/article/007617.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/007617.htm>]
- Erection problems - aftercare [<https://medlineplus.gov/ency/patientinstructions/000396.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000396.htm>]
- Vacuum erectile devices for erection problems [<https://medlineplus.gov/ency/patientinstructions/000985.htm>]
(Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/patientinstructions/000985.htm>]



MEDICAL ENCYCLOPEDIA

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- Erection problems - aftercare [<https://medlineplus.gov/ency/patientinstructions/000396.htm>]
- Prolactin blood test [<https://medlineplus.gov/ency/article/003718.htm>]
- Vacuum erectile devices for erection problems [<https://medlineplus.gov/ency/patientinstructions/000985.htm>]

Related Health Topics

- Penis Disorders [<https://medlineplus.gov/penisdisorders.html>]

The primary NIH organization for research on *Erectile Dysfunction* is the National Institute of Diabetes and Digestive and Kidney Diseases [<https://www.niddk.nih.gov>]

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