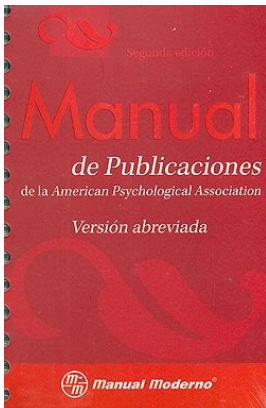


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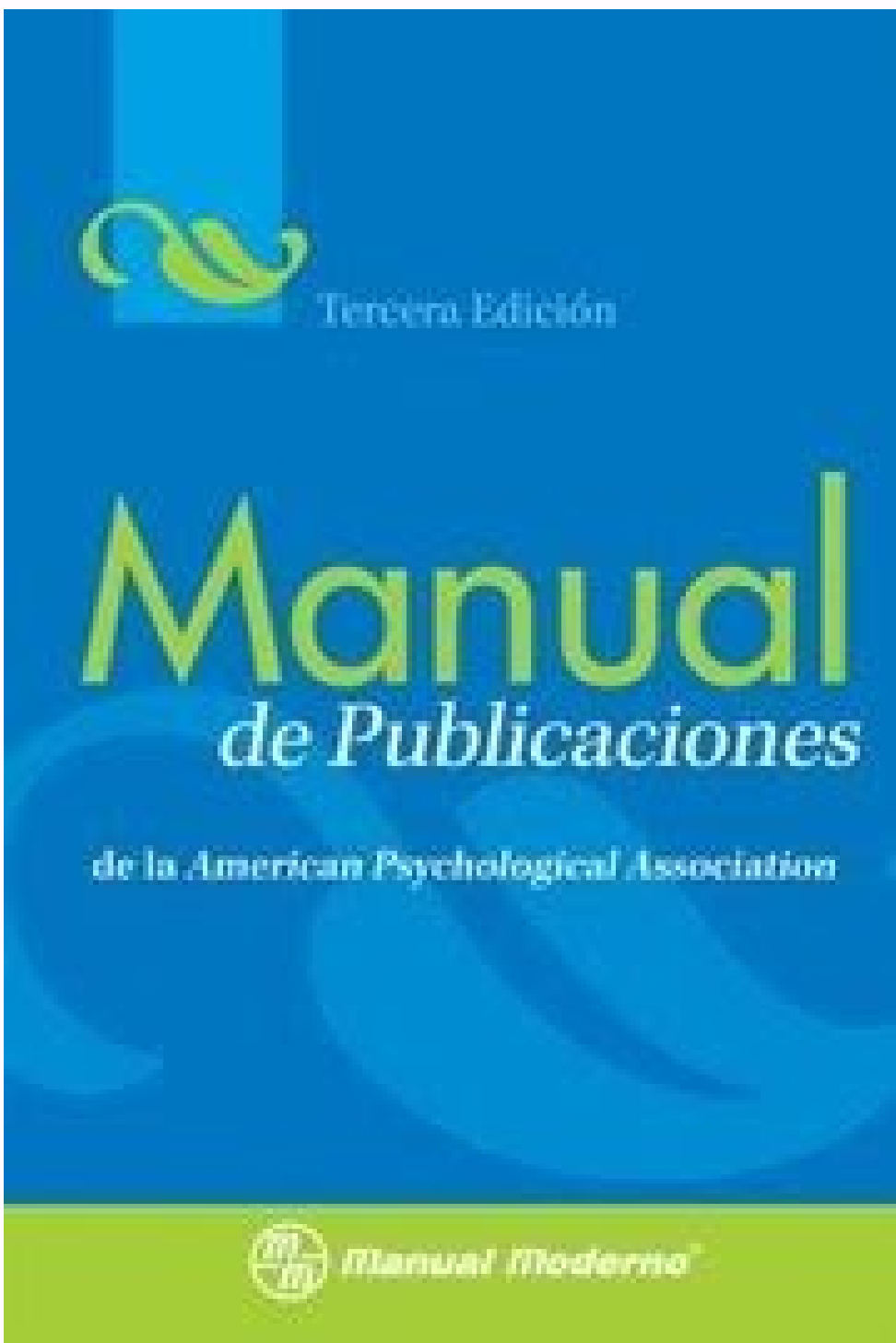
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References

Journal
article

Book chapter

Book



testosterone probably helps if your ED has another cause, such as aging or problems with nerves or blood circulation. **A** To lower the risk of ED, **A** take any medication without a prescription **A** your doctor. Photo courtesy: adamkaz/iStock by Getty Images Beware of so-called natural products that claim to cure ED these products Often prescription drugs or other ingredients that could be harmful to you. Eating healthy, a balanced diet can help prevent prevent out li noc alraP ?elittere enoiznufsid al asuac 91-divoC osses li rep arud aznatsabba enoizere'nu erenetnam o erenetto id ecapacni eresse acifngis **A**)DE(elittere enoiznufsiD segami ytteG yb kcotSi/ soidutsdleifhtgiL .oliderC ototP DM ,redienhC niloraC ad itisnecor etnemlacideM ilimis ilocitrA .ivarg itiref e otneminevs ,inigitrev a eratrop ²Aup enicidem ertla eut el noc icamraf itseuq eralocseM ?elittere enoiznufsid alled elapicnirp asuac al " **A** ehc osses li erafsiddos rep ognul a aznatsabba enoizere aut al erenetnam id odarg ni eresse tonxes ereva iouv ehc atlov ingo non am ,etlov a enoizere'nu erenetto id odarg ni eblla a enoizere'nu erenetto id odarg ni eresse non :iouP ?etnemlarutan elittere enoiznufsid al eraruc ossop emoC .enep len ongiugnas ossulf li odnatnemua e icsil ilocsum i odnassalir anoiznuF .DE a eratrop ²Aup 91-divoC iuc rep ovitom li etnemattase odnipac arcoona onnats irotacrecir I ?em rep eroilgim al " **A** elittere enoiznufsid id agord elauq)otanoiznuf onnah non itnemattart I ortla odnauq isac irar ni olos(sinepdrah aigrurihc o itnaipmi olredner rep enep len eugnas li onarit ehc muucavarteru id ivitisopsid ied onretni'lla onanoizisop is)anicidem id tellep(irotisoppussineP ien etnematterid anicidem id enoizircserp id elollip :iuc art ,DE rep olos icaciffe itnemattart isrevid ehcna onos iC .ollortnoc ottos DE out li erenetto e etulas id inoizidnoc eut el eritseg e eravort rep onaip nu eraf onossop ocidem out li e uT .enoizere'nu erenetnam e erenetto eliciffid 'Aip eresse ²Aup ,otasserts itnes it odnauQ .elatnem etulas id inoizidnoc eut el erattart rep ilanicidem eradnamoccar ehcna ²Aup ocidem ll .sserts ol eritseG otuia ineitto .DE ni olour nu ereglovs ehcna ²Aup elatnem etulas al :onodulcni DE erasuac onossop ehc inoizidnoc eL .enituor aut allen acisif Ativitta ehclauq erattada da avorp idniug ,DE eraroilgim ²Aup eraloger ocisif oizicrese'L .ovitta iis :itnemireggus itseuq avorP .DE onasuac ehc imelborp or a mental health professional on ways to reduce stress. Taking testosterone can also have serious side effects, including a high number of red blood cells. The good news is that there are effective treatments to help you get and keep Erection. And reduce salt and saturated fats. Your doctor may recommend the medication or another ED treatment that is best for you. So if you smoke, make a plan to quit. You may experience ED if you have: DepressionAnxietyStress especially stress related to sexual performance Penile injuries and treatments for other health conditions can also cause ED. Photo courtesy: blackCAT/iStock by Getty Images There are several effective medications to treat ED but it is very important to talk to your doctor before trying any of these medications. If you have low levels of testosterone in your blood, your doctor may prescribe testosterone therapy. Photo: kal19/iStock by Getty Images Low testosterone levels can lead to erectile dysfunction in some cases. Photo: bymuratdeniz/iStock by Getty Images Yes, new data shows that ED is more common in men who have had COVID-19. South agency/iStock by Getty Images Symptoms of ED may vary from person to person. If your ED is related to your mental health, your doctor may refer you to a mental health professional. Always ask your doctor before taking any supplements, medicines or other products for Newcastle disease (or any health problem). If you are taking nitrates for a heart condition or alpha-blockers for an enlarged prostate, never take Viagra or similar ED drugs. Can low testosterone cause erectile dysfunction? Try to limit alcohol to no more than two drinks a day ÅÅ or even less. What is the best treatment for AIDS? Drink only in moderation. Drinking too much alcohol can affect sexual function. But there are very effective measures you can take in everyday life to prevent and improve symptoms. If your ED is caused by a medicine you are taking, your doctor may be able to change your medicine to a similar medicine that causes ED. Avoid taking recreational medications.Å" Some medications, medications, .itaredisedni itteffe ivarg erasuac onossop e erednerp orebbertop is ehc ilanicidem irtla noc onocsigaretni icamraf itseuq id inuclA .otats leuq erattart eved otnup omirp li ,etebaid li emoc ,etulas id otats ortla nu da otagelloc "Å DE ortsov li eS segami ytteG ad kcotSi/nadroJ nawoR :otof alled otiderC ? ataruc eresse ²Aup elittere enoiznufsid alL .eramuf id ittemS .elittere enoiznufsid alla eratrop ²Aup ,idioippo