

Erectile Dysfunction Devices. Erectile Dysfunction Options Are Evolving to Better Serve Patients

Causes

and Risk Factors of Erectile Dysfunction Devices

Erectile dysfunction, commonly referred to as ED, is the inability to develop or maintain an erection firm enough for sex. It's a very common condition, especially among older men. Some of the leading causes and risk factors for developing ED include:

- Age – As men get older, they are more likely to experience [Erectile Dysfunction Devices](#). The condition becomes more prevalent with each decade after age 40. However, it's important to note ED can impact men at any age.
- Medical conditions – Certain chronic health problems are linked to erectile dysfunction, including diabetes, high blood pressure, heart disease, obesity, metabolic syndrome, multiple sclerosis, thyroid disorders, kidney or liver disease, and more. These conditions may damage blood vessels or nerves involved in the erection process over time.
- Medications – Some prescription and over-the-counter drugs can cause ED as a side effect. Common culprits include certain blood pressure medications, antidepressants, anti-anxiety medications, beta-blockers, chemotherapy drugs, and excess alcohol consumption.
- Surgeries – Procedures involving the prostate, bladder, colon, or kidney can sometimes damage important nerves or blood vessels in the pelvic area and lead to ED. Radical prostatectomies performed to treat prostate cancer are a leading cause of surgery-induced ED.
- Lifestyle factors – Stress, lack of exercise, smoking cigarettes, and excessive drug or alcohol use are modifiable risk factors linked to a higher risk of erectile dysfunction. Maintaining a healthy lifestyle can help prevent or mitigate ED.

Medical Treatments Address Underlying Causes

The appropriate treatment approach for erectile dysfunction depends on accurately diagnosing the underlying causes. Doctors will perform a physical exam and labs workup before recommending options. Oftentimes, lifestyle modifications alone prove effective for mild cases of ED and prevent its progression.

For more moderate to severe cases, doctors may prescribe oral medications, penile injections or insertable drug delivery systems, penile implants, low intensity extracorporeal shockwave therapy (Li-ESWT), or other therapies to address the root causes. For example:

