



Erectile Dysfunction (ED) means not being able to get or keep an erection firm enough for sex. It is very common and can happen for many reasons, both physical and emotional causes.

## ❑ What Causes ED?

- Poor blood flow to the penis (vascular causes)
- Nerve problems (like after prostate surgery)
- Low testosterone or hormone issues
- Stress, anxiety, or depression
- Smoking, heavy alcohol use, or being overweight

## ❑ Healthy Habits That Help

**Making changes to your daily habits can improve erections:**

- Exercise regularly
- Eat a heart-healthy diet
- Stop smoking
- Limit alcohol
- Lose extra weight

## ❑ Medication Options

**Your doctor may prescribe pills called PDE5 inhibitors:**

- Sildenafil (Viagra)
- Tadalafil (Cialis)
- Vardenafil (Levitra)
- Avanafil (Stendra)

**Important Notes:**

- These medications work best when taken the right way.
- Do not mix with nitrates or certain heart medications.
- Side effects may include headache, flushing, or stuffy nose.

## ❑ Other Treatments

**If pills don't work or aren't safe for you, there are other options:**

- Vacuum devices (VEDs)
- Penile injections (ICI)
- Low intensity shockwave therapy (LISWT)

These treatments may require training in the office to use them safely.





## ☐ Penile Implant Surgery

For men who don't respond to other treatments, a penile implant may be an option. This is a surgery that places a device inside the penis to allow an erection. Your doctor will explain what to expect and any risks involved.

## ☐ What About Low Testosterone?

If you have low T, testosterone therapy might help your erections. Your doctor will test your levels and discuss if this is right for you. TRT has some benefits, but effects on mood or memory are not guaranteed.

## ☐ Safety First

- Sexual activity may be risky for men with serious heart problems.
- Call your doctor if you feel chest pain or dizziness during sex.
- Seek help right away for vision or hearing changes after using ED meds.





# Resources

## Men's Health

### Chirag Dave, MD

#### About Me

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Thank you for choosing me as your doctor. Please watch the video to learn more about me and my practice. I look forward to helping you on your journey to better health.



#### We Value Your Feedback

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If you had a positive experience with your care, we would be grateful if you could take a moment to leave us a 5-star review on Google. Your feedback helps other patients find the support they need and allows us to continue providing excellent care.👉



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For more information about Advanced Urology or Dr. Chirag Dave, please visit  
[www.advancedurology.com](http://www.advancedurology.com)