



What is
**Erectile
Dysfunction?**

Erectile dysfunction (ED) is the regular or repeated inability to obtain or maintain an erection.

- > The National Institutes of Health states that up to 30 million men are affected by ED.
- > 1 in 10 men in the world are thought to suffer from ED.
- > If a man smokes more than 1 pack of cigarettes a day, he has a 50% higher chance of erectile problems than a non-smoker.
- > Men over the age of 75 have a 77.5% chance of suffering from erectile problems.
- > Underlying health issues such as diabetes or heart disease account for 70% of all erectile dysfunction cases.
- > Psychological causes such as stress and anxiety are estimated to cause around 10% to 20% of all erectile dysfunction cases.

Symptoms of erectile dysfunction:

- > Trouble getting an erection
- > Trouble keeping an erection
- > Reduced sexual desire

Treatment Options

- > There are three types of oral medications that have been proven successful: Viagra, Cialis, and Levitra.
- > These drugs enhance the effects of nitric oxide, a natural chemical your body produces that relaxes muscles in the penis, thus increasing the blood flow to achieve an erection.

How is erectile dysfunction related to your mouth?

Researchers in Luzhou performed a groundbreaking study that showed laboratory rats with periodontitis had unusually low levels of an enzyme called eNOS. The eNOS enzyme produces nitric oxide, which in turn is used to relax the smooth muscles of the penis, allowing blood flow into the erectile tissue. This could explain why 15.8% of men with periodontitis have erectile dysfunction: the chronic inflammation associated with periodontitis leads to impotence.

Resources

<http://www.hopkinsmedicine.org>

<http://www.mayoclinic.com>

<http://www.edguider.com>