

Does diabetes the main reason for erectile dysfunction in men?

When tightness of the penis does not remain, you are facing trouble in the erection of your penis. You have erectile dysfunction. There are many reasons for erectile dysfunction. Anyone can have erectile dysfunction without diabetes. But diabetes increases the 30 – 40 % chance of having erectile dysfunction. Especially if you have type 2 diabetes. So, we can say, somehow erectile dysfunction and diabetes are related to each other. ED is very challenging for anyone. Not being able to enjoy sexual life is difficult for you and your partner. So, let's see how does diabetes cause ED? And what can you do to treat it?

How does diabetes cause ED?

Nitric oxide is the main reason for erection. It releases the bloodstream and tells the muscles of the penis to relax. Because of its flow of blood increase and man get an erection. Less nitric oxide is produced in men with diabetes.

The reasons for ED.

1. Low flow of blood into the penis.
2. Lack of sexually aroused.

To get an erection flow of blood is needed to get erected. Diabetes is the reason levels of sugar increase. Nitric oxide is produced less in the body and, damage the blood vessel and nerve. It opposes the erection. So even if you will sexually arouse you can't able to erect and enjoy your sex life. Most people think erection is caused due to lack of sexual arousal. No, for an erection both should be on point. Diabetes harms the body on the micro-level. While any psychological problem like anxiety, stress and depression harm your excitement level. There are be many more reasons for erectile dysfunction. Smoking and drinking too much, not analysing what you consuming, high blood pressure.

what can you do to deal with it?

- **Consult with the doctor.**

talk with your doctor and tell them what is happening with you. It will help your doctor to know why ED happened. they can suggest medication according to your problem. Managing diabetes better will help you to reduce your sugar levels and increment the production of nitric oxide. Ask them what is the right steps to manage diabetes. Talk to them about your health problem so that you can get better with ED. Track your medicine. If any medicine is doing bad with erectile dysfunction, report to the doctor immediately. If you have anxiety, stress or depression seek to consult. It may be dangerous for erectile dysfunction and may give a bad impact on your relationship.

- **See your treatment option.**

There are numbers of treats are available. Before choosing any one consult with your doctor.

- a. Oral:

Pills help you in increasing blood flow in the penis and help you to get erect. Pills have different ingredients like tadalafil, sildenafil, avanafil or vardenafil. The doctor will suggest pills according to your health. If you are taking pills, remember side effects can because after taking pills.

- b. Other medication:

Due to its side effects nature, it is not suitable for some people. You can use a tiny suppository on your penis before sex by the recommendation of a doctor. There is one more medicine is available. You can inject it into the side of your penis like an oral one. It will help you in getting an erection.

- c. Vacuum-constriction device:

This device is used as a tube. It uses as over the penis. This device is called a penis pump. It is used to pull the blood into your penis for erection and hold the erection until the tube is removed. First consult with your doctor, if your doctor prescribes you use it.

Change your lifestyle.

At this time everyone is busy making their life better. Because of this, most people are stressed, smoking, their sleep cycle are bad and many more things. Lack of sexually aroused are happening because of this. So simple stop smoking. Seek anyone help or do it by yourself. Start exercising and lose weight. Start eating a healthy diet. If you are stressed, you can start counselling. It has been

seen little improvements in your lifestyle can make a huge difference in your erectile dysfunction problem.

You can overcome erectile dysfunction with your doctor and your little effort. In the start hanging your lifestyle will be difficult, trust me it is going to help you a lot.