

## What Age Does Erectile Dysfunction Start?

We know age increases the desire for sex decreases; it prevents getting an erection. Erectile dysfunction can happen to anyone at any age. Anyone can lose an erection. Many studies have shown that ED depends upon different factors like diet, exercise, stress. But age plays a role in erection because of body changes. With the increment of age health problem also increases. Health problems are the common reason for ED in most men. And reports also show ED is frequent in the older man. Let's see how erectile dysfunction and age are related to each other. What is the others reason?

Let's understand what ED is.

Erectile dysfunction is frequent in men. When the time of intercourse, you don't feel an erection in your penis. You have ED. In ED flow of blood become so less that your penis cannot be erect. There are many reasons for ED. ED may cause health problems like high blood pressure, diabetes, lifestyle, too much workload, stress, diet. Anyone can be the reason.

Let's understand what is the reason behind ED?

Not every man has experienced this. It's a common problem. But it does not depend upon only age. Because no one can tell you at which age you are going to experience it. But a study shows that only 2% of people have experienced ED first time under age 40. 4% of people have experienced ED first time between age 40-50. 26% of people have experienced ED first time between age 50-59. 40% of people are experienced ED first time between 60-69.

As you have seen result age plays a role in men to the experience of ED. With the in increment of age, they experience ED. And reports have also shown that erection is in good function for younger people and bad function for older people.

Let's ignore age for one moment and see the other reason. The first reason I'll say is a lifestyle. Smoking and drinking too much, not following a proper diet, not doing exercise, stress and anxiety. The second reason I'll say diseases. High blood pressure, diabetes, can cause ED too.

Your brain plays in ED too. When you are not feeling confident about sex. or you are facing any issue with your partner.

Research about age and erectile dysfunction.

In the 1980s researchers interviewed 1085 men between the ages 40-70 for 9 years. It is the first large study that shows the link between erectile dysfunction and age. It measures how many times they are having sex. in one month how many times they have erected as they grow older.

After years late in 2007, another research is done. They investigate 1455 men along with 1550 women. They found as they grow older their erectile problem is more common. As they grow older, poor health becomes the main reason for sexual inactivity.

Another research is examined in 2007. They have surveyed 2126 men between 2001 to 2001. Only 5% of men feel erectile dysfunction between the age of 20-39. While 70% of men were facing ED who were more than 70 years old. And 90% of men are facing ED, who is affected to some serious disease like diabetes, high blood pressure etc.

#### How you can diagnose ED?

When you feel you have ED. Consult with a doctor. There are many ways to diagnose erectile dysfunction. One of the popular ways is an oral medicine. There are many prescribed pills present in the market. With the ingredient Tadalafil, sildenafil and Vardenafil. You can use a tiny suppository before sex on your penis. Or you can use the tube over your penis.

You can change your lifestyle. For example, you can start exercising, quit smoking, communicate with your partner to improve your sexual life.

#### Conclusion

As we see, no one knows when you are going to experience erectile dysfunction first time. But the probability of getting ED increases with age. You have to do some simple thing to prevent ED besides your age.

According to a study, the man who exercises daily. They have less chance of getting ED. Exercise also gets to improve your health and that is also connected to ED.