



Men's Health: Erectile Dysfunction

Erectile dysfunction is often an early warning sign of vascular disease. Blood vessel health in the penis mirrors blood vessel health in the heart. Addressing lifestyle early prevents future cardiovascular events. ED is a metabolic signal, not just a sexual issue.

Poor endothelial function and reduced nitric oxide impair blood flow needed for erection. Insulin resistance, high blood pressure, and high triglycerides accelerate this damage.

Labs often show metabolic abnormalities years before heart disease develops.

Improving vascular health through nutrition, exercise, and stress reduction improves erectile function and long-term cardiac risk.

01 For Example

A 50-year-old develops ED and is prescribed medication. No metabolic evaluation is done. Years later, coronary disease is discovered. When lifestyle changes improve blood pressure and lipids, erectile function and heart health improve together.

02 Try This Today

Measure: Note whether ED appeared alongside other metabolic changes.

Do: Begin daily walking to improve vascular function.

Reflect: Ask whether ED is being treated as a symptom or a signal.



Select a plan:

<https://tinyurl.com/healthyu-amaze>

