

HEALTH TIPS

WHAT YOU CAN DO

Erectile Dysfunction

Erectile Dysfunction (ED) is when a man has trouble getting or keeping an erection. ED is common and can happen on occasion to many men. If it lasts for more than 3 months it is considered ED. Here is what you can do:



Try to exercise regularly.

- Try to exercise regularly.
- Maintain a healthy weight.
- Do not smoke.
- Drink less alcohol.
- Do not use illegal drugs.

During your visit to the doctor's office or clinic:

■ **Ask** about treatment options for ED.

■ **Ask** about:

- Diet.
- Exercise.
- How to reduce stress.
- How to stop smoking.

■ **Ask** about counseling.

■ **Talk** about medicines you are taking as some could make your symptoms worse.



Do not smoke.

Questions to ask your doctor's office or pharmacist:

- Can I take my ED medicine with other medicines? _____
- How often should I take my ED medicine? _____
- Is there a limit to the amount of ED medicine I can take in one day? _____
- Should I take my ED medicine with or without food? _____
- Are there foods or drinks I should not have while taking my ED medicine? _____
- If there are warning labels on the medicine bottle, what do they mean? _____
- What are the side effects of my ED medicine? _____
- What should I do if I suffer a serious side effect? _____



Drink less alcohol.

