

Moderate to Mild Erectile Dysfunction (ED)

Based on your answers, you are experiencing mild to moderate ED symptoms. While some erections are still satisfactory, you are noticing that erections are more difficult to get and maintain and/or are not as hard as they used to be. Occasionally, you are not able to penetrate your partner.

It would help if you talked to your doctor as you are likely experiencing some health issues that are risk factors for ED and talk to a specialist, like Oakwood Health, about getting a multidisciplinary treatment plan to improve your ability to get and keep hard erections.

The good thing is that ED is treatable in the vast majority of instances! However, if left untreated, it could be a source of great mental stress for both you and your mate.



Cardiovascular Disease: Be Aware!

Almost half of all men diagnosed with cardiovascular disease experience symptoms of erectile dysfunction.

ED and cardiovascular disease are so closely related because ED is most often due to poor blood flow - cardiovascular disease restricts blood flow, all over the body.



If you are experiencing moderate ED, you should definitely have your family doctor check on your cardiovascular health. ED can be a canary in the coal mine for heart health!



Sexual Health is Mental Health

Even Moderate ED can be incredibly hard on the mental health of men. Stress, anxiety, depression & relationship issues are common. Often men will begin to avoid intimacy, to avoid embarrassment.

Sometimes ED starts off as a purely physical issue but then the mental health challenges begin to contribute to the problem as well. Addressing stress & anxiety is important in your journey back to a healthy sex life.

Something you can start doing right away, that will contribute to both stress reduction and cardiovascular health, is a daily walk - studies show even just 30mins per day can make a big difference!

ED Treatment

After identifying the underlying causes, it is imperative to consider effective ED treatment alternatives.

The good news is that ED specialists can properly treat erectile dysfunction in various ways, and treatments can be blended and tailored to your specific needs.

Oakwood Health Network facilities provide **erectile dysfunction therapies** that scientific evidence and thorough research supports.

- Shockwave Therapy
- Oral medication
- Dietary Supplements
- Testosterone Testing
- Pelvic Floor Physiotherapy
- Penis Pumps
- Platelet-Rich Plasma Therapy
- Psychological assistance

Our specialists will assess your situation and develop a personalized strategy for diagnosis and treatment, if necessary.

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