

# No Erectile Dysfunction (ED)

According to your responses, you do not appear to be suffering from erectile dysfunction symptoms. Occasional problems with erections are common for healthy men, but that does not necessarily indicate ED.

Speak with an expert, such as those at Oakwood Health, on maintaining your sexual health. Taking preventive measures is worth more than seeking curative treatment.

Our recommendation for you at this moment is as follows:

- Continue to have regular medical examinations.
- Retain or enhance healthy lifestyle behaviours.

## How to Prevent ED

- Consume whole grains, fruits, vegetables, nuts, heart-healthy fish, and extra-virgin olive oil to maintain a healthy diet. Ensure that your diet is rich in vitamin D, which you may get in fortified milk, eggs, yogurt products, and cheese.
- Maintain a body mass index (BMI) in the healthy range of 20 to 25. It can assist in preventing high blood pressure, heart disease, high cholesterol, stroke, and type 2 diabetes.
- 150–300 minutes of light-to-average physical exercise per week, such as swimming, golfing or walking. Physical activity can help you maintain or enhance your mental and physical health and overall quality of life.

- **Keep your alcohol consumption to a bare minimum.**
- **Put an end to your smoking and drug use.**
- **Limit stress.**
- **Continue to be sexually active.**
- **Shun anabolic steroids. Overuse of these products can harm a man's testicles and testosterone production.**
- **Check the level of testosterone in your body. In most men over 40, their T levels fall by about 1 percent per year after hitting 40.**



**Oakwood Health Network has clinics in Brampton, Oakville, and Toronto. Schedule an appointment with us, and we will determine whether or not Hormone Testing is necessary, depending on your history.**

**BOOK A FREE CONSULTATION - 905-469-4465**

**HARDR.**

Also, download our app HARDR to benchmark yourself, track your improvement and get unique content.

