

### ERECTILE DYSFUNCTION - Dr. Delphine Victoria

Issue 35

16th September, 2012

**E**rectile dysfunction (ED) is a condition where a man has trouble getting/keeping an erection. ED becomes more common with age. Many people have trouble speaking with their doctors about such a topic but if you have ED, you should tell your doctor as it can be a sign of health problems. It may mean that the blood vessels are clogged. It could also mean you have nerve damage from diabetes. If you don't see your doctor, these problems will go untreated. Your doctor can offer several new treatments for ED. For many men, the answer is as simple as taking a pill. Getting more exercise, losing weight or stopping smoking.

#### CAUSES

ED usually has a physical cause, such as disease, injury, or side effects of drugs. Any disorder that causes injury to the nerves or impairs blood flow in the penis has the potential to cause ED. Because an erection requires a precise sequence of events, ED can occur when any of the events is disrupted. The sequence includes nerve impulses in the brain, spinal column, and area around penis, and response in muscles, fibrous tissues, veins & arteries in and near the corpora cavernosa. Damage to nerves, arteries, smooth muscles, and fibrous tissues, often as a result of disease, is the most common cause of ED. **Diseases such as diabetes, high blood pressure, nerve disease/ damage, multiple sclerosis, atherosclerosis & heart disease account for the majority ED.** Patients should be thoroughly evaluated for these conditions be-

fore they begin any form of treatment for ED.

Lifestyle choices contribute to heart disease and vascular problems also raise the risk of ED. Smoking, excessive alcohol, overweight & not exercising are possible causes of ED.

Surgery-especially radical prostate and bladder surgery for cancer can also injure nerves and arteries near penis, causing ED. Injury to penis, spinal cord, prostate, bladder, and pelvis can lead to ED by harming nerves, smooth muscles, arteries & fibrous tissues of corpora cavernosa.

In addition, ED can be a side effect of many common medicines such as blood pressure drugs, antihistamines, antidepressants, tranquilizers, appetite suppressants & cimetidine. Psychological factors such as stress, anxiety, guilt, depression, low self-esteem & fear of sexual failure can also cause ED. Even when ED has a physical cause, psychological factors make it worse.

#### TREATMENT

Making a few healthy lifestyle changes may solve the problem. Quitting smoking, reducing alcohol consumption, losing excess weight & increasing physical activity may help some regain sexual function.

Cutting back on or replacing medicines that could be causing ED is considered next. For example, if a patient thinks a particular blood pressure medicine is causing problems with erection, he should tell his doctor and ask whether he can try a

different class of blood pressure medicine.

Psychotherapy & behavior modifications in selected patients are considered next if indicated, followed by oral or locally injected drugs, vacuum devices, and surgically implanted devices. In rare cases, surgery involving veins or arteries may be considered.

#### PSYCHOTHERAPY

Experts often treat psychologically based ED using techniques that decrease anxiety associated with intercourse. The patient's partner can help with techniques, which include gradual development of intimacy and stimulation. Such techniques also can help relieve anxiety during treatment for ED from physical causes.

#### POINTS TO REMEMBER

- ED is usually associated with a medical condition such as diabetes, high blood pressure, nerve disease or nerve damage, multiple sclerosis, atherosclerosis, and heart disease. Patients should be thoroughly evaluated for these conditions before they begin any form of treatment for ED.
- Lifestyle choices that contribute to heart disease and vascular problems also raise the risk of ED. Smoking, drinking alcohol excessively, being overweight, and not exercising are possible causes of ED.
- ED is treatable at all ages.
- Treatments include lifestyle and medication changes, psychotherapy, drug therapy, vacuum devices, and surgery



**“To enjoy good health, to bring true happiness to one's family, to bring peace to all, one must first discipline and control one's own mind. If a man can control his mind he can find the way to Enlightenment, and all wisdom and virtue will naturally come to him.”**

~ Buddha

#### Inside this issue:

SMART DIET TIPS	2
BENEFITS OF A BANANA	2



## SMART DIET TIPS



**“Protein is the ultimate fill-me-up food – it’s more satisfying than carbs or fats and keeps you feeling full for longer.**

**Drink plenty of water or other calorie-free beverages.**

Before you tear into that bag of potato chips, drink a glass of water first. People sometimes confuse thirst with hunger, so you can end up eating extra calories when an ice-cold glass of water is really all you needed. If plain water doesn't cut it, try drinking flavored sparkling water or brewing a cup of fruit-infused herbal tea.

**Be choosy about nighttime snacks.**

Mindless eating occurs most frequently after dinner, when you finally sit down and relax. Snacking in front of the TV is one of the easiest ways to throw your diet off course. Either close down the kitchen after a certain hour, or allow yourself a low-calorie snack.

**Enjoy your favorite foods.**

Instead of cutting out your favorite foods altogether, be a slim shopper. Buy one fresh bakery cookie instead of a box, or a small portion of candy from the bulk bins instead of a whole bag. You can still enjoy your favorite foods -- the key is moderation.

**Eat several mini-meals during the day.**

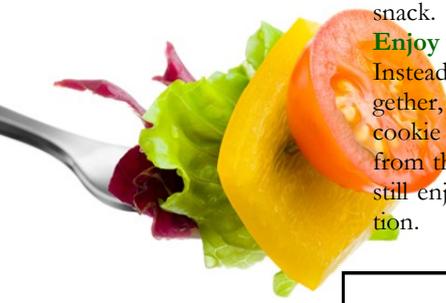
If you eat fewer calories than you burn, you'll lose weight. But when you're hungry all the time, eating fewer calories can be a challenge. "Studies show people who eat 4-5 meals or snacks per day are better able to control their appetite and weight," says obesity researcher Rebecca Reeves, DrPH, RD

**Eat protein at every meal.**

Protein is the ultimate fill-me-up food -- it's more satisfying than carbs or fats and keeps you feeling full for longer. It also helps preserve muscle mass and encourages fat burning.

**Stock your kitchen with healthy foods.**

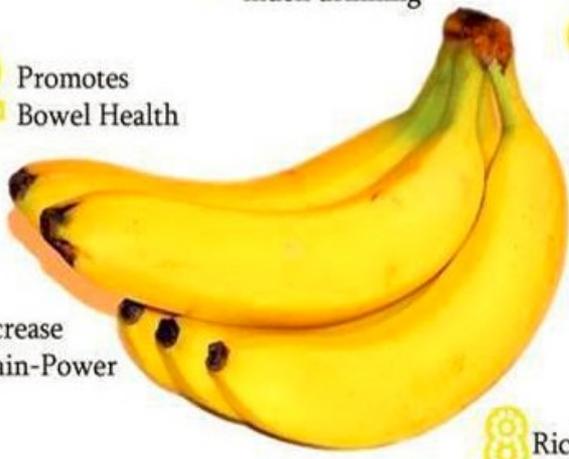
Having ready-to-eat snacks and meals-in-minutes on hand sets you up for success. You'll be less likely to order a pizza if you can throw together a healthy meal in five or 10 minutes. Here are some essentials to keep on hand: frozen vegetables, whole-grain pasta, reduced-fat cheese, pre-cooked grilled chicken breast, whole grain tortillas or pitas, and bags of salad greens.



## BENEFITS OF A BANANA

### 10 Benefits of Banana

- 1 Restores healthy blood glucose level
- 2 Promotes Bowel Health
- 3 Increase Brain-Power
- 4 Lifts your Spirit
- 5 Helps to reduce the hangover effects after too much drinking
- 6 Good Fertilizers
- 7 Soothes Ulcers
- 8 Rich in Iron
- 9 Provides Energy
- 10 Better Regulate



**Nutritional value per 100 g (3.5 oz)**

<b>Energy</b>	371 kJ (89 kcal)
<b>Carbohydrates</b>	22.84 g
- Sugars	12.23 g
- Dietary fiber	2.6 g
<b>Fat</b>	0.33 g
<b>Protein</b>	1.09 g
Vitamin A equiv.	3 µg (0%)
Thiamine (vit. B <sub>1</sub> )	0.031 mg (3%)
Riboflavin (vit. B <sub>2</sub> )	0.073 mg (6%)
Niacin (vit. B <sub>3</sub> )	0.665 mg (4%)
Pantothenic acid (B <sub>5</sub> )	0.334 mg (7%)
Vitamin B <sub>6</sub>	0.4 mg (31%)
Folate (vit. B <sub>9</sub> )	20 µg (5%)
Choline	9.8 mg (2%)
Vitamin C	8.7 mg (10%)
Calcium	5 mg (1%)
Iron	0.26 mg (2%)
Magnesium	27 mg (8%)
Manganese	0.3 mg (14%)
Phosphorus	22 mg (3%)
Potassium	358 mg (8%)
Zinc	0.15 mg (2%)

## OUR SERVICES

### SECOND MEDICAL OPINION

We provide a second medical opinion service from independent consultants on our empanelled list of qualified doctors. They provide an unbiased opinion of your current medical condition with treatments that are required to cure the illness. We request you to raise a query with us & upload/ attach your current medical diagnosis for us to get back to you with an opinion & the treatment required. Further, if the patient seeking opinion opts to go for a treatment in our network hospitals, other details can be provided.

### ELECTIVE SURGICAL PROCEDURES

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The Electronic Medical Record Management system developed by CareAsia is best defined as **Your Virtual Health Manager**. Salient product features of EMRM are:

1. Unlimited Medical Record Storage of all types whether it be prescriptions, discharge summaries, digital scan images, imaging reports, or any pathological investigation report.
2. Digitization of Medical Records. The system picks out data from your scanned medical records & digitizes it so as to process your raw information to give you useful information.
3. Customized Reporting. All the reports submitted by users are processed & a summary/detailed report is generated as per the user's needs.
4. Intelligent Alerts. Once you upload the data, the system processes it using our algorithms & generates alerts, reminders, warnings, etc to assist your healthcare needs through a very user friendly interface. For example, the CareAsia EMRM system immediately updates your records to show the reports that are out of bounds & what are the parameters that are off limits or it could update the user about a lab report that might be very old & would recommend a retest for the same

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WANT TO SUBMIT  
ARTICLES?  
DO YOU HAVE  
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**Do write to us with  
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CareAsia intends to serve by providing value added services to its clients. It would serve patients beginning from the time the patient enquires from us to the time the patient gets his/her treatment performed & satisfactorily returns to the country of origin.

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