ED Specialist Shares Insight On Treatment Options

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Atlanta, Georgia-based Choice Men's Health recently published an article about erectile dysfunction and the various treatments that can be used to correct it. The condition, like many others that affect sexual health, is not very well understood, and the article is meant to educate people about its symptoms and how it can be treated. It also explains when it might be necessary to seek professional help. Read the article here: https://www.choicemenshealth.com/how-to-treat-erectile-dysfunction/.

Visiting a men's health clinic is usually the best first step one can take when facing issues with sexual performance. According to the men's health clinic, there are several ways to tell when to seek professional help. Growing concerns about achieving normal erections, delayed or premature ejaculation are all valid reasons to seek out the help of a professional. Erectile dysfunction (ED) may be exacerbated by other conditions and habits, including tobacco use, obesity, injuries, medications, and more. Identifying the underlying cause of erectile dysfunction is the first step toward treating the ailment.

The process of diagnosing erectile dysfunction is relatively simple in most cases. The article says, "For most people, a physical exam and a review of their medical history are all that are needed to diagnose erectile dysfunction and recommend treatments. If you have chronic health conditions or any of the risk factors we talked about above, you might need further testing or a consultation with a specialist. Tests for any underlying conditions could include a physical exam that includes a careful examination, blood tests to check for signs of heart disease, diabetes, low testosterone levels, and other health conditions, urinalysis, ultrasound, and a psychological exam."

There are several ways in which erectile dysfunction can be treated. One treatment involves taking prescription drugs called PDE-5 inhibitors, the most well-known of which is Viagra. These are only available with a prescription and have their fair share of side effects, including visual abnormalities, hearing loss, indigestion, flushing, and headache. Other ED treatments include penis pumps, penile implants, surgery, dietary changes, exercise, and more.

"The best way to prevent ED and sexual dysfunction is to make healthy lifestyle choices and manage your

existing health conditions," the article says. "You should work closely with your doctor to manage diabetes, heart disease, or other chronic health conditions. You should also visit your doctor for regular checkups and medical screening tests. Don't smoke, limit your alcohol, and don't use illegal drugs. Take steps to reduce your stress, and if necessary, get help for anxiety, depression, or other mental health concerns."

Choice Men's Health can help with erectile dysfunction. The men's health specialist has a number of treatments available that can help their patients have happier, healthier sexual lives. Notably, a significant part of their approach involves developing and offering customized treatments for erectile dysfunction. By determining the needs and preferences of their patients, the men's health center designs custom treatments that produce excellent results.

"Our men's health clinic in Atlanta is dedicated to providing private and personalized treatments tailored to the needs of each individual," the clinic says. "Helping men improve their sexual health can't be done in a one-size-fits-all approach. Our certified medical professionals take the time to understand each individual and develop the best treatment protocol. We are committed to providing our patients with the best possible treatment and results. Here at Choice Men's Health, we understand how sensitive the topic of sexual health is. For this reason, our facilities are designed to make sure that you feel fully comfortable and private during your visit. It is our priority to help you regain your sexual vitality and confidence."

Additional information on erectile dysfunction treatment can be found in Choice Men's Health's articles on the subject. They recently published another informative article that explores when erectile dysfunction tends to become an issue for men. Read it here: When Does ED Start?

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Choice Men's Health

At Choice Men's Health in Atlanta, Georgia, we provide customized treatment plans to help men achieve a healthy and active sex life. With our licensed medical professionals, we provide personalized ED Treatments and PE Treatment.

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