

Tackling Erectile Dysfunction Together

One of the first things to remember is that Erectile Dysfunction (ED) isn't anyone's fault. It is a common medical condition, and your partner is not alone in his struggle. Even though ED is common, it often leads to feelings of rejection and may be intimidating to discuss. Instead of beating yourself up and keeping quiet, use this guide to open the discussion with your partner so you can work together to overcome ED and get that intimacy back in your relationship.

Learn About Erectile Dysfunction

Erectile dysfunction is a problem that affects more than 30 million men in the United States and approximately 40% of men by age 40. For more than 80% of men the cause of ED stems from a physical problem. The good news is that it is treatable in most cases. Below are some common causes of ED:

- Side effects from medications
- Medical conditions (e.g. diabetes, heart disease, etc.)
- Surgery or injury (e.g. prostate removal, spinal cord injury, radiation therapy, etc.)
- Psychological factors

Pick The Correct Time And Place To Discuss ED With Your Partner

First, try to find a private place where you can talk about your partner's condition. It is best not to have this conversation in the bedroom — find another private, comfortable place. If you're unsure of what to say, you could start by asking your partner if now is the right time to have a discussion about your relationship. It is beneficial to have an open, honest dialogue when both members feel at ease and have the energy to engage.

Emphasize Why This Is Important To You

Studies show that ED can negatively impact a couple's overall happiness and leave them feeling disconnected. Consider beginning the conversation by focusing on the positive aspects of your relationship and sex life followed by discussion on why ED is a shared problem and should have a shared solution. Consider using following bullet points to help guide the conversation:

- Emphasize this is a shared condition impacting you and your relationship
- Share your own feelings and how ED impacts you
- Discuss your sexual wishes for the relationship
- Mention ED is often the result of an underlying condition and can be treated by a doctor
- Reaffirm his importance and build his confidence
- Do not show disapproval/disappointment or use language/tone that makes your partner feel at fault

Find A Doctor

Identifying the root cause of the ED can help men find a suitable treatment. Urologists are doctors that specialize in medical conditions relating to male reproduction, such as ED. To find a Urologist in your area that specializes in ED, visit www.coloplastmenshealth.com/find-a-physician

When speaking to a urologist, remember, there is no need to feel embarrassed or ashamed. They treat patients with ED regularly. If your partner agrees, consider joining him at his doctor appointment. It's helpful to have both partners there to ask questions and review solutions together.

Discuss Treatment Options

A physician may offer different treatment options for ED. It is important to have an open discussion with your partner and doctor about the benefits and consideration of each treatment so that you can select the option that is right for you and your partner. Below is a list of some treatments that may be reviewed by your Urologist:

- Oral medications
- Shot therapy
- Vacuum erection devices
- Penile implants
- Insertable medications

Being on the same page about which treatment(s) to try is likely to lead to better outcomes.

Commitment To The Process

Like any other condition, you want to share your commitment to the process. Below are some ways you can show your commitment:

- Set up reminders for doctor appointments to make sure appointments aren't missed
- Attend the doctor's appointment with your partner if he is agreeable
- Provide consistent reassurance and encouragement
- Be willing to participate with the selected treatment option
- Keep an open mind and share your experiences and perspective on the treatments

Remember, multiple treatment options are available for ED. If one of the options isn't working as desired, share this feedback with the doctor and consider trying something different.

To find a local urologist, talk to someone else who has been through ED, or learn more about ED visit www.ColoplastMensHealth.com.
