INFO PACK

MHC MEN'S HEALTH CLINIC

www.menshealthclinic.com/uk

ERECTILE DYSFUNCTION

The silent struggle is over with bespoke treatment plans available

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ABOUT US

MHC Men's Health Clinic was established with a very specific goal in mind: to provide men access to professional medical consultations and treatment for specialised men's health issues, including erectile dysfunction, premature ejaculation and testosterone deficiency. We are very proud to have assembled a team of industry leading doctors, pharmacists, researchers and men's health professionals able to provide unique, expert care and bring relief to our patients.

Just as important, we provide these expert men's health services in an environment of complete privacy and confidentiality.

If you have found MHC Men's Health Clinic following years of suffering in silence, you are not alone. You may have gone to a general practitioner or specialist in another field & been misdiagnosed. Or, you may have been reluctant to fully discuss your dissatisfaction, either from emotional discomfort or the mistaken belief that sexual frustrations are simply an unavoidable consequence of ageing.

Our greatest satisfaction is when a patient shares with us the personal joy and satisfaction that result from successful treatment and the reversal of years of suffering. Every story is unique and no two patients are the same: we take great care to listen to you, ask questions about your needs and goals, and devise a solution uniquely suited to restore your ultimate happiness, sexual satisfaction and quality of life.

If you are not satisfied with your sex life or suspect you are having a problem, don't wait to seek help. We are here to talk with you in complete privacy, to discuss your concerns and the medical and therapeutic options available to reverse your symptoms and restore your happiness. There is no need to suffer in silence.

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UNDERSTANDING THE PROBLEM

Erection dysfunction can be momentary or circumstantial: brief problems getting an erection are typically nothing to worry about. However sustained difficulty getting or maintaining an erection, persistent challenges keeping an erection of sufficient quality to enjoy sex, or the complete inability to produce an erection are all signs of something serious: if you have experienced any of these scenarios, then you may be suffering from Erectile Dysfunction (ED).

Unlike some other men's health problems, the symptoms of ED are very specific and recognisable:

- Inability to produce or trouble maintaining an erection
- Erection quality insufficient for penetration
- Loss of erection prior to completing intercourse
- Diminished sexual enjoyment due to erection dysfunction

Loss of a sex life that is satisfying and enjoyable can be a crippling blow to overall health and happiness. Additionally, erectile dysfunction strikes at the core of what most men consider their identity, resulting in strain to relationships, loss of confidence, and feelings of diminished self-worth. Left untreated, erectile dysfunction can ultimately lead to severe depression and poor quality of life.

Fortunately, because ED is so recognisable, it is very easy to diagnose. Erectile dysfunction is also very treatable: MHC Men's Health Clinic has a number of effective medications and strategies designed to eliminate problems with erectile dysfunction and allow a return to top performance and an enjoyable and thoroughly satisfying sex life.

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WHAT CAUSES ERECTILE DYSFUNCTION?

Producing and sustaining an erection is wholly dependent upon sufficient blood flow to the penis. During arousal, the blood vessels leading into the penis expand and the tissues within become filled with blood. At the same time, the blood vessels leading out of the penis receive a chemical signal that causes them to constrict. Blood is essentially trapped in the penis, the result being engorgement and erection.

Erectile dysfunction can result from any disruption to this delicate chain of physical and emotional responses to arousal.

As you may guess, any condition that generally disrupts the regular, efficient flow of blood can have a drastic impact on the ability to produce and sustain an erection. Some of the more common of these health problems are:

High blood pressure

High blood pressure (also known as hypertension) is one of the most common conditions that leads to erectile dysfunction. The heart becomes overworked which contributes to hardening and narrowing of the blood vessels, the restricted blood flow adversely impacts erectile function.

High cholesterol

Excess cholesterol builds up in arteries and blood vessels, creating a plaque that constricts passages and chokes off the flow of blood. Diminished circulation to the penis creates the likelihood of erectile dysfunction.

Diabetes

Excessive levels of sugar in the bloodstream cause a host of serious health problems, among them damage to blood vessels and the nerve endings that regulate circulatory function. Blood flow in people living with diabetes can be inefficient, leading to problems with erections.

4 WHAT CAUSES ERECTILE DYSFUNCTION

Certain other common health difficulties have the added effect of contributing to erectile dysfunction:

Spinal Injury

Trauma to the spinal nerves can have a debilitating effect on erectile function.

Neurological ailments

Multiple sclerosis, stroke, and other neurological ailments can cause erectile dysfunction as a side effect. Surgery or medications intended to treat these problems can have an equally disruptive effect on the ability to produce and maintain an erection.

Hormone imbalance

Certain health problems that affect the balance of hormones in the body, including kidney and liver disease can disrupt the ability to achieve an erection.

Mental health challenges

Further complicating the issue is medications prescribed to treat these problems which may contribute to actual physical inability to achieve an erection.

Lifestyle choices can also be to blame for erectile dysfunction:

Smoking

There are many health-related reasons to quit smoking, one being that smoking can interfere with erectile function. Smoking damages blood vessels, replicating the trauma that can result from serious illnesses involving the circulatory system.

Drinking alcohol

Drinking heavily fatigues blood vessels, causing them to be damaged or to harden and constrict.

Obesity

Being overweight directly impacts circulatory function and efficiency; it also can indirectly cause erectile dysfunction, by causing many of the health problems listed above.

Discuss your entire health history with your MHC Men's Health Clinic doctor: a complete and accurate understanding of your health history can help ensure a proper diagnosis and course of treatment for erectile dysfunction.

5 WHAT WOMEN THINK ABOUT ERECTILE DYSFUNCTION

Most women understand that sometimes you can experience a "problem" in bed. What is a serious concern is when Erectile Dysfunction (ED) becomes a persistent or unavoidable frustration during sex. That's not only a problem for you, that's a problem for your partner.

We have talked with thousands of women who have experienced ED within the context of a relationship, here's what they have to say about their common doubts, frustrations and challenges:

"He's having an affair!"

When Erectile Dysfunction becomes a common impediment to satisfying sex with your partner, or stands in the way of your desire to be intimate, this is often the first thought to cross her mind. It's natural for a lack of intimacy to become a fear that the relationship itself is under threat. Without open and honest communication between partners about the true source of the problem, ED can spiral into a relationship-threatening crisis.

"He's just not attracted to me any more..."

This is another concern that is common to women in a relationship involving Erectile Dysfunction, especially if there is a lack of communication about the true underlying reason for decreased or unsatisfactory sexual activity. When sex becomes a source of frustration and disappointment, it's easy for a woman to wonder if a lack of desire is at the heart of the problem.

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"He's no longer interested in sex at all."

Men who are suffering from Erectile Dysfunction generally tend to have a low desire to have sex and this is due to failing or embarrassing moments of experiencing ED either during penetration or foreplay. Naturally the confidence is effected and therefore this effects the overall desire to engage in any form of sexual activity.

"I don't understand what's wrong, so I need to find satisfaction elsewhere."

This is perhaps the most damaging outcome for relationships impacted by Erectile Dysfunction, and which stems from lack of open communication about the problem. Women who are kept in the dark about ED and are left to wonder what has gone wrong may eventually give up on the relationship, or turn to sex outside the relationship. Men who let the problem persist to this stage typically discover their relationship is irretrievably broken.

Getting Help for Erectile Dysfunction

In the end, it's very simple to understand: If you don't take control of Erectile Dysfunction, Erectile Dysfunction will take control of you, along with your most important personal relationships. ED is not something you suffer alone, it's also terribly damaging to partners. Erectile Dysfunction can and has destroyed relationships.

Luckily, you can find help. MHC Men's Health Clinic has grown to become the number one resource for successfully diagnosing and treating ED for men.

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TREATMENT BENEFITS AND OVERCOMING ERECTILE DYSFUNCTION

It bears repeating: the symptoms of erectile dysfunction are easily identifiable, diagnosis can be made quickly and with certainty, and MHC Men's Health Clinic is a leader in providing effective ED solutions that lead to a restoration of potency and a happy, fulfilling sex life. If you have been suffering with erectile dysfunction, you have grappled with the challenges to happiness, health and welfare.

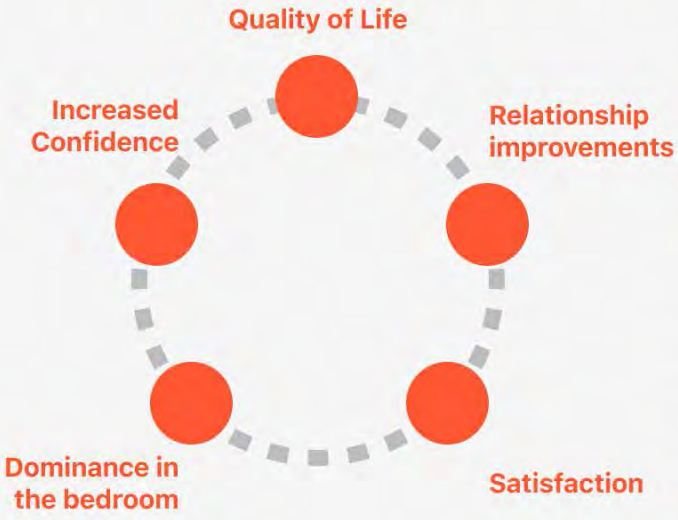
With successful treatment for erectile dysfunction comes relief from disappointment and restoration of satisfaction and enjoyment:

- Improved personal relationships
- Restored confidence and self-worth
- Sex that is wonderful and satisfying
- Improved quality of life

Some men find it difficult to discuss or even acknowledge a problem with erectile dysfunction, and this can lead to years of dissatisfaction and lasting depression. There is no reason to let this very treatable problem affect you one moment longer. If you have been suffering in silence for some time, successful treatment may bring amazement at all the fun and joy of life that you have been missing.

Erectile dysfunction may be one symptom of a spectrum of men's health-related problems that occur with ageing or stress, including Testosterone Deficiency (TD) and Premature Ejaculation (PE). If you are experiencing additional problems or if you suspect a hormonal imbalance or lack of desire may be partly to blame, we can help. (Discuss with your MHC Men's Health Clinic doctor the full range of effective solutions we offer – there is a path open to ultimate sexual health and satisfaction and we want to help you find it.)

Benefits of successful treatment



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Are there differences between impotence and Erectile Dysfunction, or are they the same?

The terms impotence and Erectile Dysfunction are largely interchangeable, however the term impotence has developed an additional social stigma that makes discussing it, even with a doctor, very difficult for many men. Also, impotence is typically used to mean complete inability to achieve erection, while Erectile Dysfunction more accurately conveys a larger spectrum of erection difficulties.

What role does aging play in Erectile Dysfunction?

ED is commonly presumed to be a natural consequence of aging, however this is not necessarily the case. Aging can result in added need for stimulation to achieve erection, but Erectile Dysfunction need not be an automatic consequence of aging. What symptoms of Erectile Dysfunction should I look out for? Common symptoms of ED include:

- Difficulty producing or keeping an erection
- Erection quality not sufficient for penetration
- Loss of erection prior to finishing
- Diminished sexual enjoyment

Be aware of your own feelings and concerns, and trust yourself to know when there is a problem. A consultation with the specialists at MHC Men's Health Clinic can help you understand ED causes and solutions.

How common is ED?

Statistics point to Erectile Dysfunction as a relatively common problem, especially among aging men. Up to 25% of men age 65 and older may have a sustained problem with ED. Difficulties are under-reported and under-diagnosed because of embarrassment talking about the problem, & inexperienced doctors misdiagnosing ED.

7 ERECTILE DYSFUNCTION FAQ

Do any medications cause Erectile Dysfunction?

Many medications play a role in causing or exacerbating ED, particularly those used to manage blood pressure, including beta blockers and similar medications. Some types of medications used to manage mood or depression have ED as a side effect. Alcohol and recreational drugs can also play a role in diminishing erectile function.

What is the relationship between ED and other men's health problems?

Erectile Dysfunction can be a by-product of other men's health conditions, including Premature Ejaculation (PE) and Testosterone Deficiency (TD). A men's health specialist can help you determine the relationship between various difficulties and how best to treat each.

Should I discuss Erectile Dysfunction with my partner?

Yes, open and honest communication is key to maintaining a happy and rewarding relationship with your partner. Left unresolved or ignored, ED can destroy relationships: your partner may question whether a lack of interest is at the heart of the problem, or wonder what has taken the spark out of the relationship. Frustration, anxiety, depression, and stress can develop in ways that can quickly threaten any relationship. Discuss your feelings and your problems with your partner and let them know they are apart of the solution, not the problem.

CONTACT US

The doctors at the MHC Men's Health Clinic are true leaders in the industry. You deserve immediate, effective, and lasting sexual health care solutions to restore your quality of life to the very best it can be. We are ready to help you – come see why thousands of men trust their ultimate satisfaction to our expertise. **All communications and patient details are kept in strict confidence.**

Please contact us directly via telephone at 0800 048 7718, or enquire online – one of our healthcare professionals will be happy to consult with you immediately.

Do not suffer in silence any longer. There is no shame in having temporary difficulty with sex or intimacy... the only shame comes from not letting the doctors at the MHC Men's Health Clinic help you find a lasting solution.

Website
www.menshealthclinic.com/uk

Phone Number
0800 048 7718