

Here's why erectile dysfunction doesn't indicate infertility on sexual and reproductive health awareness day.

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Introduction

People have a misconception that erectile dysfunction (ED) is the same as infertility. However, while ED does not cause infertility, it can contribute to it. It's a symptom, not a condition. As a result, recognising the fundamental cause of the illness can aid in the treatment of infertility that results from it. Infertility can be caused by a variety of factors, and ED is just one of them [1].

On this year's Sexual and Reproductive Health Awareness Day, February 12, here's all you need to know about the link between ED and infertility [2].

What exactly is ED?

Erectile dysfunction, which affects the majority of men, refers to a man's inability to get and maintain an erection for a long amount of time in order to engage in sexual activity. Low libido can also be a result of this. "The symptoms of ED and infertility are sometimes confused; however this is not the case.

High blood sugar, cholesterol, and high blood pressure are just a few of the many reasons of the illness. Heart illness, obesity, Parkinson's disease, excessive alcohol use, drugs and smoking, sleep issues, cancer treatments, and genital injuries are among the other causes. Psychological problems such as depression and stress can also play a role as underlying causes [3].

The link between ED and fertility is being decoded.

There will be no direct effects of ED on fertility. However, it might make it difficult for a couple to conceive and accept motherhood if they have it. "ED can cause a guy to experience stress, anxiety, sadness, communication problems, guilt, humiliation, embarrassment, and low self-esteem, causing him to avoid sexual activity." Ineffective ejaculation, which is required for the sperm to penetrate the vaginal canal and reach the woman's egg, is one of the causes of male infertility, while

infertility itself elevates the risk of anxiety and despair, which leads to ED.

Erectile dysfunction causes

An erection may not be attainable or remain long if the blood vessels (veins) that ordinarily compress during an erection do not fully compress. This can be caused by an injury or a condition that prevents the vessels (arteries) from fully expanding as they should when filled with blood.

Erection is impossible to achieve if nerve signals do not stimulate blood vessels to function properly or if blood flow to the penis is limited. Nerve dysfunction can also cause a loss of sensation in the penis, leading to impotence. Erectile dysfunction can be caused by a variety of drugs that impede vascular or nerve function [4].

What is the best way to deal with ED?

Having a healthy lifestyle, managing your diabetes, cholesterol, and high blood pressure levels with the advice of an expert are just a few things that can help you fight ED. Exercise frequently and eat a well-balanced diet rich in fresh fruits and vegetables. Alcohol, smoking, and narcotics all have a deleterious impact on sperm. You should de-stress by doing yoga, meditation, or any other exercise you enjoy.

References

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