

Erection Enhancement

Changes In Erections

Almost all men experience occasional changes in their erections. Erection changes also occur over a lifetime. Not getting an erection does not equal “sexual dysfunction”. There are many reasons for not getting an erection including fatigue, stress, not being in the mood for sexual activity, alcohol and/or drug use, partner issues, insufficient sexual stimulation, and so on. As well, lack of erections from time to time does not mean that sexual activity must stop.

If a lack of erections occurs more often or if no erections are achieved, especially during masturbation or sleep, it is important to see a physician for an overall health assessment.

What Is Natural Erection Enhancement?

There are several natural strategies to maintain erection function without medications. Erectile function is connected with other areas of general male health. Some of these strategies take hard work and regular attention.

- **Get regular physical exercise.** Regular exercise is needed to maintain blood vessel health, including the small blood vessels in the penis. Exercise and a healthy diet are the only reliable ways to maintain overall sexual health.
- **Maintain a healthy body weight.** Men with a large amount of belly fat are at risk for high blood pressure, high blood sugar, and high fats in the blood. All of these things can cause microscopic damage to the blood vessels in the penis, causing erection problems. Medications used to treat these conditions often have direct effects on sexual functioning. Adult-onset diabetes (called Type 2 diabetes) is one of the common causes of erection problems.
- **Stop smoking.** Smoking is a major cause of erection problems. Smoking directly affects the health of the blood vessels. Evidence shows that doctor-monitored stop-smoking programs with the use of medications, nicotine replacement, and regular counseling are an effective combination to stop smoking.
- **Decrease alcohol intake.** Excessive alcohol intake is a common cause of erection problems, especially as men age. While moderate daily alcohol intake may not create long-term health problems, heavy alcohol use may cause sexual problems. Also, as men age they may find that even mild alcohol intoxication can reduce erections.
- **Increase relationship quality.** The quality of men’s relationships becomes increasingly important to their sense of sexual well-being and their sexual function, as time goes on. The best aphrodisiac for a man in a long-term relationship is a partner that is really attracted to the man and a relationship that involves communication, closeness and spending quality time together.
- **Avoid comparisons with others.** From time to time, everybody has some sexual experiences that are less than exciting, especially in long-term relationships. Sexual frequency usually declines significantly in all long-term relationships sooner or later.

Frequency of sex often does not lead to greater overall satisfaction in a relationship, so more is not necessarily better – better is better. Men need to avoid comparing their sexual lives to media reports of the sex lives of famous actors, sports heroes and erotic movie stars. There are a lot of lonely celebrities, despite the media hype.

What Are Erection Enhancement Medications?

A number of erection enhancement medications are available and more are under development. While medications provide an important treatment option for many men, they need to be used under the guidance of a physician.

If a person has not had sexual intercourse for some time, the situation may be anxiety provoking and awkward, for both partners. Also, improved erections do not necessarily improve the romantic relationship, although for many couples erection enhancement may generally improve their sexual experience.

How Are Erection Medications Used?

Sildenafil (Viagra ®), vardenafil (Levitra ®), tadalafil (Cialis ®)

- These oral medications all work by increasing a natural body chemical necessary for producing and maintaining an erection. When sexual stimulation occurs, the erection is enhanced.
- Generally some changes may be noted in about an hour. However, a heavy meal can delay the effects for up to two hours.
- Duration appears to be 8 to 12 hours, although tadalafil is advertised as lasting up to 36 hours.

Side Effects:

- Headache, upset stomach, nasal congestion, temporary visual changes, and dizziness.
- Sometimes side effects can be reduced with a lower dose. Most men find the side effects tolerable.
- Although rare, erections lasting longer than two hours should be treated immediately by medical personnel. A persistent erection may go away by ejaculating and/or the use of cold compresses or exercise.

Do Not Use With:

- Nitrates such as nitroglycerine or amyl nitrate, as these can cause a dangerous drop in blood pressure.
- Alcohol and street drugs, as the medication's effect can be reduced.

Things to Keep in Mind:

These medications do not produce an erection without sexual stimulation, and they do not increase desire for a sexual partner (although they may enhance motivation). Many men give up on these medications too early. Some men find that erections seem to improve over several uses, especially if it has been some time since they have had any erections at all.

Penile (Intracavernosal) Injections

- A variety of medications (e.g., papavarine, phentolamine, prostaglandin) are supplied in a mixture or singly and injected into the penis using a small, thin needle and syringe.
- An erection is produced in a few minutes with or without sexual stimulation.
- Erections usually last half an hour to an hour.
- These medications are usually used after first trying the oral medications listed above.
- The injection produces a reliable erection, especially in cases of nerve or blood vessel damage that does not respond well to oral medications.
- It will likely take several uses to determine the correct dose; doctors often do the first injection in their office, then prescribe a sliding scale of dosage that the patient fine-tunes at home.
- Using more than twice a week is generally not recommended.

Side Effects:

- Bruising of the penis sometimes occurs, but good injection technique can reduce this.
- Penile scarring can happen but is rare.
- The injection site can sting for a few seconds.
- Although rare, erections lasting longer than two hours should be treated immediately by medical personnel. A persistent erection may go away by ejaculating and/or the use of cold compresses or exercise.

Do Not Use With:

- No major drug interactions. Avoid if history of penis scarring (Peyronie's disease).

Things to Keep in Mind:

- Several uses are normally needed to adjust dosage and learn the injection technique.
- Some men find that the erection feels unusual, but they often adapt.
- Use is limited to once or twice per week.

Intraurethral Medications

- A medication (prostaglandin) commonly used for intracavernosal injections can be delivered into the opening of the penis to produce erections.
- This system, called MUSE ® (Alprostadil) places a tiny pellet of medication about 2 cm into the urethra using a special applicator.
- The medication relaxes blood vessels in the penis, increasing blood flow and producing an erection.

Side Effects:

- Irritation of the urethra may occur.
- Some users report an aching feeling in the penis.
- Low blood pressure is rare.

Do Not Use With:

- No major drug interactions.

