Erectile Dysfunction Resources

Resources:
Centers for Disease Control and Prevention (CDC)
https://www.cdc.gov/diabetes/library/features/diabetes-and-men.html

Medline Plus
https://medlineplus.gov/erectiledysfunction.html

National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK)
https://www.niddk.nih.gov/health-information/urologic-diseases/erectile-dysfunction

ED is estimated to affect 18 million men https://pubmed.ncbi.nlm.nih.gov/17275456/
Having ED is not only a problem in the bedroom, it can mean serious health problems. Erectile dysfunction has been associated with the following medical conditions:

- Atopic Dermatitis https://pubmed.ncbi.nlm.nih.gov/28109691/
- Bipolar disorder https://www.jsm.jsexmed.org/article/S1743-6095(17)31887-8/fulltext
- Blood pressure https://pubmed.ncbi.nlm.nih.gov/28993149/
- Cardiovascular disease https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5675247/
- Chorioretinopathy https://onlinelibrary.wiley.com/doi/full/10.1111/j.1755-3768.2012.02528.x
- Chronic fatigue syndrome https://onlinelibrary.wiley.com/doi/full/10.1111/andr.12052
- Chronic Obstructive Pulmonary Disease https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4554043/
- Dementia
- Depression https://www.jsm.jsexmed.org/article/S1743-6095(15)30954-1/fulltext
- Diabetes or blood sugar https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7442469/
- Diverticulosis https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5058974/
- End Stage Renal Disease https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4094485/
- Fibromyalgia https://onlinelibrary.wiley.com/doi/10.1111/iju.14364
- Gallbladder stone disease https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6440063/
- Gout https://pubmed.ncbi.nlm.nih.gov/26089189/
- Hip Fracture https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4831780/

- Hyperaldosteronism https://www.surgjournal.com/article/S0039-6060(18)30556-7/fulltext
- Hypertension https://pubmed.ncbi.nlm.nih.gov/32073535/
- Inflammatory Bowel Disease https://academic.oup.com/ibdjournal/article/22/5/1065/4561734
- Irritable bowel syndrome https://onlinelibrary.wiley.com/doi/full/10.1111/j.2047-2927.2013.00120.x
- Lichen simplex chronicus https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4468076/
- Metabolic syndrome https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5313297/
- Neurodermatitis https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4468076/
- Osteomyelitis https://pubmed.ncbi.nlm.nih.gov/27169492/
- Osteoporosis https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4937938/
- Panic disorder https://pubmed.ncbi.nlm.nih.gov/27497294/
- Periodontal disease https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5818109/
- Peripheral neuropathy https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7870518/
- Prostate cancer https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6142143/
- Psoriasis https://pubmed.ncbi.nlm.nih.gov/28109691/
- Sleep apnea https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5427785/
- Sleep disorders https://pubmed.ncbi.nlm.nih.gov/25708176/
- Stroke https://pubmed.ncbi.nlm.nih.gov/20722781/
- Systemic lupus erythematosus https://pubmed.ncbi.nlm.nih.gov/26585071/
- Thalassemia major https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4554026/
- Traumatic Brain Injury https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6131467/

Men following a Mediterranean Diet score have a lower risk of erectile dysfunction https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2772916.

In addition, strawberries, blueberries, red wine, apples/pears, and citrus products are associated with a 14% reduction in risk of ED https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4733263/

Various nutrients and compounds from plants have been studied for their ability to prevent and/or treat erectile dysfunction. Here are several that have been linked to Erectile dysfunction treatment:

- Folic acid https://pubmed.ncbi.nlm.nih.gov/26302884/
- Gingko biloba https://pubmed.ncbi.nlm.nih.gov/9611693/
- Ginseng https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3339779/
- L-carnitine + Vitamin D https://pubmed.ncbi.nlm.nih.gov/30287894/
- Lepidium meyenii https://pubmed.ncbi.nlm.nih.gov/12472620/
- Male silkworm extract
- Myoinositol + folic acid https://www.europeanreview.org/wp/wp-content/uploads/398.pdf
- Niacin https://pubmed.ncbi.nlm.nih.gov/21810191/
- Panax ginseng https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3720104/

- Propionyl-L-carnitine, L-arginine + niacin https://pubmed.ncbi.nlm.nih.gov/21966881/
- Vitamin B12 https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6537974/
- Vitamin D https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7284343/

Research suggests that environmental agents can be a risk factor for erectile dysfunction by interfering with erectile ability. https://pubmed.ncbi.nlm.nih.gov/12065462/
Exposure to chemicals in the work place like bisphenol a (BPA) can cause ED https://pubmed.ncbi.nlm.nih.gov/19906654/ and exposure to phthalates may lower testosterone levels which are suggested to increase the risk of ED. https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5675227/.

Research has lined bacteria in the colon to causing inflammation that may lead to diverticulosis of the colon and this can lead to erectile dysfunction https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5058974/. Organisms in the digestive tract have been linked to diabetes mellitus which can also lead to ED https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6835620/ By targeting these organisms to treat the diabetes, ED can also be treated.

Physical inactivity leads to endothelial cell dysfunction which can lead to erectile dysfunction. Aerobic exercise with moderate-to-vigorous intensity can improve endothelial function and improve erectile function while also increasing testosterone levels https://pubmed.ncbi.nlm.nih.gov/30873650/ Both aerobic and anaerobic/resistance protocols have proven effective to improve erectile function through different mechanisms involving glucose and lipid metabolism, regulation of arterial pressure, production of nitric oxide and hormonal modulation. https://pubmed.ncbi.nlm.nih.gov/30873650/

Some of these combination therapies include:

- Alprostadil + α-lipoic acid https://www.europeanreview.org/article/11469
- Folic acid and Tadalafil https://pubmed.ncbi.nlm.nih.gov/23347176/
- L-Arginine + Tadalafil https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7261690/
- Phosphodiesterase type 5 inhibitors + Antioxidants https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7893498/
- Phosphodiesterase type 5 inhibitors + Vitamin E https://www.tandfonline.com/doi/full/10.1080/13685530802273624