

Helpful Information about Men's Health

There's always something the other guy has that you might want: a cool car, a great boss, a whoa-ho! job title, or must-have-it-now gadget. But no matter how rich, tough, or successful, there's one thing every guy has to deal with sometimes: the rare occasion where he can't have or sustain an erection. In fact people with high stress jobs or on-the-go lifestyles can be more susceptible to the exhaustion, flu-and-cold symptoms, or stress that can make it difficult to have intercourse, which further leads to depression in men.

Many depressed men experienced fewer episodes of sexual intercourse than they desired,. "This situation generates sexual dissatisfaction with their sexual life, a possible sense of frustration and may eventually lead to the development of depressive symptoms," they explain.

The association between depressive symptoms in men and erectile dysfunction (ED) appears to relate to decreased sexual activity and dissatisfaction with not being able to have a healthy sexual life, research indicates.

It's important to realize that many of these causes have nothing to do with age! If you are experiencing problems with ED, it doesn't mean you're getting "old" – it's just a sign to make some minor changes.

Erectile dysfunction is just the repeated inability to get or keep an erection firm enough for sexual intercourse. Its signs and symptoms is characterized by the inability to maintain erection. Normal erections during sleep and in the early morning suggest a psychogenic cause, while loss of these erections may signify underlying disease.

To cure Erectile Dysfunction commonly known as Impotence safely with minimum side effects we can make use of Viagra. VIAGRA DOES NOT PROTECT YOU FROM GETTING SEXUALLY TRANSMITTED DISEASES, INCLUDING HIV. Viagra is sold just as a medicine... as a treatment for an alleged disease called "erectile dysfunction".

Viagra is strictly prohibited to:
Men taking nitrates such as nitroglycerin.
Viagra should not be used by women or children.

Reference:-

http://www.viagracures.com/articles/miscellaneous/about_mens_health.html