

## Emotional Pain Associated With ED

Performance anxiety is a very real issue for most men at one time or another. The fear of not being able to perform adequately, dissatisfaction with penis size, and self-consciousness about body appearance can all lead to the very thing that most men wish to avoid - failure to get an erection.

Sadly it seems that for a large number of men, their ability to get an erection and have sex is viewed as an integral part of their masculinity and potency. So it's no wonder that the onset of impotence, even when triggered by an underlying physical condition, can produce psychological problems that further impact on the impotence.

Overcoming impotence often gives men unrealistic expectations about their ability to immediately cure their emotional problems as well as their physical ones.

Because of the emotional pain associated with ED, it's common for men to make excuses or avoid sexual situations with their partners in an effort to forget about the condition. Whether intentional or unintentional, these actions can make a woman feel inadequate within the relationship, often resulting in rejection, loneliness and depression. Some women may fear they are no longer attractive to their partner, or that his attitude is the result of something she may have done. Others may worry: "Is something wrong with our relationship?" Or, "Is he having an affair?" Thus, a man's failure to communicate his condition may contribute to feelings of anxiety or depression in his partner, or lead her to express anger and frustration.

How erectile dysfunction is treated depends on what things are causing it. After your doctor checks you for medical problems and medicines that might cause erectile dysfunction, he or she may have you try a medicine to help with erectile dysfunction. Some of these medicines are injected into your penis. Other medicines are taken by mouth. Not everyone can use these medicines. Your doctor will help you decide if you can try them.

There is no doubt that Viagra, the little blue pill that revolutionized the treatment of impotence has had a profound effect on men who have erectile dysfunction. But simply finding a "quick fix" for impotence doesn't overcome other problems that may have been there before treatment began.

Some real things we have figured out with viagra are:

- Percentage of time Viagra use results in sex: 66%
- Percentage of Viagra users who have sex at least once after using the drug for a few weeks: 83%
- Average duration of erection with 100 mg of Viagra and 20 minutes of sex videos, among men with erectile dysfunction: 1 minute

So use the drug properly under prescription and feel better and much more comfortable than ever before.

Reference:-

[http://www.viagracures.com/articles/sexual\\_relationship/emotional\\_pain.html](http://www.viagracures.com/articles/sexual_relationship/emotional_pain.html)