

## Alternative Impotence Treatments for Older Men

Erectile dysfunction doesn't have to be a part of getting older. It's true that as you get older, you may need more stimulation (such as stroking and touching) to get an erection. You might also need more time between erections. But there's no reason why older men should not be able to get an erection and enjoy sex.

Erectile dysfunction is very common. Although it tends to be more common in the over 40-year-old age group, it can affect men of all ages. Studies have shown that:

- 52% of men at the age of 40 and 67% at the age of 70 are affected by minimal, moderate or complete ED.

The most common physical causes of old age erectile dysfunctions are:

- Alcohol, tobacco and drug use
- Fatigue
- Brain or spinal-cord injuries
- Hypogonadism (which leads to lower testosterone levels)
- Liver or kidney failure
- Multiple sclerosis
- Parkinson's disease
- Radiation therapy to the testicles
- Stroke
- Some types of prostate or bladder surgery
- High blood pressure
- High blood sugar
- Hardening of the arteries

There is also the possibility that your erectile problems are caused by some medicine you are using. In this case your physician may be able to change your medication.

Psychological issues that can lead to erectile dysfunction:

- Feeling nervous about sex, perhaps because of a bad experience or because of a previous episode of impotence
- Feeling stressed, including stress from work or family situations
- Being troubled by problems in your relationship with your sex partner
- Feeling depressed
- Feeling so self-conscious that you can't enjoy sex
- Thinking that your partner is reacting negatively to you

If you decide to seek therapy, it will probably be most effective if your sex partner is included. Couples can learn new ways to please one another and to show affection. This can reduce anxiety about having erections.

Today you have the option of a host of new erectile dysfunction treatments, so seek help right away. You can start by talking to your doctor or your therapist or you can seek alternative treatments for penile impotence.

You can find a lot of educational and support web sites (like ours) on the Internet where you can learn a lot about your condition and what's causing it and you can talk and find support from people just like you. The Internet is the place to start your research into alternative treatments.

Unfortunately, it is also the place where you will find an amazing number of web sites chocked-full with unsupported claims for wonder cures that can treat your penile dysfunctions in 30 days or less. Herbal remedies for erectile dysfunctions have been around for a number of years and they will still be around for a long time.

Herbal remedies do not have to pass any clinical tests and the marketers can make any claims whatsoever. They do nothing more than to publish their

opinions and their customers' opinions on the products they market.

Just make sure you won't be suckered into spending hundreds of dollars on worthless vitamins and plant extracts that you can buy at any drug store for a couple of bucks.

Today is the perfect day to start learning more about you and take control of your sex life. There is so much information floating around you and there are so many web sites that will offer advice on erectile dysfunction exercises, that there is no reason you have to put up with the embarrassment of yet again not being able to satisfy your partner and yourself. Erectile Dysfunction exercises do work. Men have employed homemade erectile dysfunction cures for ages and they do help men of all ages feel better about themselves and have a great sex life.

Exercising your penis might take a lot of effort on your part, but the results are truly incredible – amazing sex life! When you learn to take control of your body and actions, you'll definitely be a better lover. Are you ready to learn secret exercises that can help improve male impotence issues? If you want to achieve an amazing sex life with the use of Erectile Dysfunction exercises please visit our website for more information:

<http://www.erectionbooster.com/2007/10/04/alternative-impotence-treatments-for-the-older-gentleman-2/>

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### About the Author

Simon Jones <http://www.erectionbooster.com> I started my site as a meeting place for people who suffer from various health concerns. The topics I discuss range from sexual dysfunction to hair loss. I wanted to make a "safe haven" where one could have an anonymous place to discuss their problems, issues and solutions. Read the experiences from others and see if their solutions can be beneficial in helping you.