

## High Blood Pressure Erectile Dysfunction Treatment

By Dr. Ashok Koparday Best Sexologist in Mumbai in **HYPERTENSION**

Be with the Best: Sexologist Mumbai Dr. Ashok Koparday

डॉक्टर अशोक कोपर्डे  [Click here to MEET DOCTOR](#)

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Erectile Dysfunction Best Treatment High Blood Pressure

### High Blood Pressure Erectile Dysfunction Treatment

[Hypertension](#) predisposes to ED. With the advances in medical science and technology erectile dysfunction can be DEFINITELY treated.

By Top Sexologist Mumbai, Dr. Ashok Koparday Samadhan Health Studio

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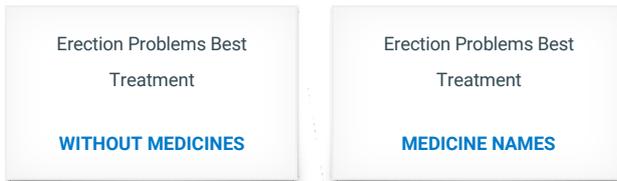
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See the picture of how organs in body are affected by High Blood Pressure. You will notice Male Genital Organs are not shown in the picture. This goes to show that Sex and Sexual Dysfunctions are still a taboo and even Doctor's don't speak with their patients of offer guidance as they speak and guide about Diet.

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## What is Hypertension?

Hypertension is a **chronic** medical condition caused by **persistent** rise in Blood Pressure.

Here we are talking about the commonest type of Hypertension called primary or essential hypertension. 90–95% of cases are categorized as “primary hypertension”, which means high blood pressure with no obvious underlying medical cause.

Note: (Primary) [Hypertension](#) is rarely accompanied by any symptoms. Symptoms when present (mild headache, fainting) are more likely to be related to associated anxiety than the high blood pressure itself.

High blood pressure is said to be present if it is persistently at or above 140/90 [mmHg](#).

The power to take control of your blood pressure and sexual health is in your hands. By living a healthy lifestyle and working with your doctor, there's a chance you'll once again be able to have normal sexual function

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## What is Erectile Dysfunction?

Erectile Dysfunction (ED) is persistent inability to achieve and maintain erection necessary for sexual intercourse.

[Erection](#) is caused by

1. sinusoidal relaxation,
2. arterial dilatation, and
3. venous compression

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### Why Hypertension can cause Erectile Dysfunction?

How does [Erection](#) happen?

Erection is essentially a vascular phenomenon. Erection occurs with the help of nerve supply that triggers biochemical changes at the cellular level. Along with nerve supply, blood supply and tissue quality of the genitals, the cognitive function of the brain with its neurotransmitters and hormones too play an integral part in bringing or impeding erection.

Sexual arousal causes relaxation of smooth muscles of the penis leading to dilatation of blood vessels going to the penis (arterioles).

Erection is stiffness, widening, lengthening and elevation in the angle of penis caused by trapping of blood in the cylinders of penis due to increased flow of blood in to the penis with simultaneous decrease in outflow from veins blood. This engorgement of blood in the body of penis is called Erection or tumescence.

When the blood flows out the penis returns to its flaccid state of detumescence.

# Picture showing different body parts

that are mainly affected by persistent High Blood Pressure.

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## How Hypertension/High Blood Pressure affects function of Erection?



### Complications of High Blood Pressure

[click]

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When the walls of blood vessels are less pliable, lumen of blood vessels narrower (due to atheromatous plaques) the pressure inside the blood vessels that supply blood to the body rises. This is called Hypertension or Increased Blood Pressure. In Hypertension there is damage to the tissues of the arteries, nerves, muscles and damage even at cellular level (endothelium).

Narrowing of the blood vessels going to the penis is commonly linked not only with high blood pressure (hypertension), but high cholesterol and diabetes too.

Men with high blood pressure may also have a low testosterone level.

Smoking (cigarettes) further damages the tissues.

## Which Medicines Used for the Treatment of Hypertension/High Blood Pressure can cause Erectile Dysfunction?

Diuretics used in the treatment of Hypertension decreases blood flow to penis. They also reduce zinc, which is necessary for making testosterone.

[Betablockers](#) are medicines used in the [treatment of Hypertension](#). Beta-blockers decrease the erectile response of penis to nerve signals, reduces blood supply to penis by preventing dilatation of arterioles and sometimes causes sedative effect not conducive to sexual activity.

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## Investigations for Hypertensive people with Erectile Dysfunctions

Stress Test is advisable for sedentary people who want to get charged with horse power in bed.



All necessary investigations for cardiovascular evaluation, other risk factors, co-morbid conditions and supervised management by competent Physician are important.

[Click to See BIG picture](#)  
Normal Fundus Left Eye

For academic study and research retinoscopy to measure changes in [optic fundus](#) is useful. Changes in retina can also tell how long a person has been hypertensive.

DID YOU KNOW:

Optic Fundus as seen by Fundoscopy is the only place where you can directly see blood vessels.

## Treatment of Erectile Dysfunction in a person with Hypertension

Effective lifestyle modification may lower blood pressure as much as an individual anti-hypertensive drug. Combinations of two or more lifestyle modifications can achieve even better results.

Treatment consists of addressing cognitive factors as well as dealing with the tissue damage caused due high blood pressure.

I

PSYCHO [SEXUAL THERAPY](#) restructures cognitive functions. It also addresses relationship issues.

II

MEDICAL MANAGEMENT of Erectile Dysfunction consists of wise use of

 [PDE5 Inhibitors \(see video\)](#) .

(See Advantages Risks of [Viagra](#) Sildenafil Citrate.)

Second line of treatment consists of use of [Vacuum Device](#),

Intra penile [injections](#) of vasoactive drugs.

Surgical management in young Hypertensive would be penile implant.

What about Ayurveda Herbal Medicines for treatment of ED?

[Ayurveda Medicines](#) [click] in Treatment of Erectile Dysfunction

III

MANAGING YOUR CHOICES

Never forget dexterous management of [elevated Blood Pressure](#). Not only is High Blood Pressure damaging, but it forebodes future events like cardiovascular catastrophe or renal complications.

Erectile Dysfunction is nature's warning signal.

[Hypertension](#) is the most important preventable risk factor for premature death worldwide.

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DID YOU KNOW

NOTE: Waist size is more important than any other parameter for prognosis of metabolic disorders.

Waist size of 40 or more in men and 35 or more in women is denotes high risk.

## Management of Hypertension

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- maintain normal body weight for adults (e.g. body mass index 20–25 kg/m<sup>2</sup>)
- reduce dietary sodium intake to <100 mmol/ day (<6 g of sodium chloride or <2.4 g of sodium per day)
- engage in regular aerobic physical activity such as brisk walking (=30 min per day, most days of the week)
- limit alcohol consumption to no more than 3 units/day in men and no more than 2 units/day in women
- consume a diet rich in fruit and vegetables (e.g. at least five portions per day);

Effective lifestyle modification may lower blood pressure as much an individual antihypertensive drug.

Combinations of two or more lifestyle modifications can achieve even better results.

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### ♥ How many men with Hypertension are likely to land up with Erectile Dysfunction?

[Sexual Health](#) being sensitive matter and still a taboo not yet overcome even by doctors it is difficult to get accurate statistics of correlation between Hypertension and Erectile Dysfunction. [See the picture of how organs in body are affected by High Blood Pressure](#). You will notice **Male Genital Organs are not shown in the picture**. This goes to show that Sex and Sexual Dysfunctions is still a taboo and even Doctor's don't speak with their patients of offer guidance as they speak and guide about Diet.

[1] One study shows 22 per cent of 40-year-old men and up to 49 per cent of 70-year-old men may have Erectile Dysfunction.

[2]A study in the [Journal of the American Geriatrics Society](#) found that about 49% of men ages 40 to 79 with high blood pressure had erectile dysfunction.

Another study of men with high blood pressure, published in the Journal of Urology, found that 68% of them had some degree of erectile dysfunction. For 45% of the men, it was considered severe.

The power to take control of your blood pressure and sexual health is in your hands. By living a

healthy lifestyle and working with your doctor, there's a chance you'll once again be able to have normal sexual function.

## I am taking treatment for Hypertension and my Blood Pressure is under control. Will I get Erectile Dysfunction?

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By Top Sexologist Mumbai Ashok Koparday

You are at a risk of getting Erectile Dysfunction. May be it will be delayed of lesser in intensity for the pathology has already begun and Hypertension is one parameter that expresses pathology. See the picture of how organs in body are affected by High Blood Pressure.

What your doctor did not tell you about NEWER methods of treatment of ED caused by high blood pressure?

*ERECTION PROBLEM SOLUTION WHEN VIAGRA DOES NOT WORK*

*erectile-dysfunction-situational*



Video New ED Cure

*Erectile Dysfunction Cure NEW Treatment ESWT Sexologist Mumbai*

Best Treatment of Erectile Dysfunction in People with Hypertension High Blood Pressure How it Causes Erectile Dysfunction Prevention is in Your Hands

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Top Sexologist for treatment of Erectile Dysfunction ED in India, Dr. Ashok Koparday [Samadhan Health Studio](#)

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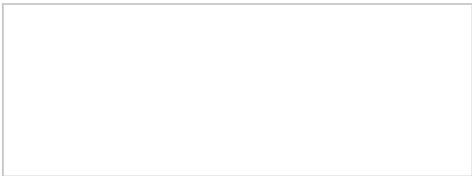
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