



Sex, Men and Health

What Women Need to Know

By Paul Alphonse Jr., MD, FACS

Erectile Dysfunction is More Common Than You Know

Erectile dysfunction (ED), also known as "impotence," is the repeated inability to get or keep an erection firm enough for sexual intercourse. It is a common health condition that not only affects approximately 30 million men in the United States and 152 million men worldwide, but also the women in their lives. Yet, despite the high prevalence of sexual dysfunction, 9 out of 10 men in the U.S. have yet to seek treatment from a physician. As a result, this is an important opportunity for you not only to get informed, but to manage this sexual issue together with your partner.

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forget erectile dysfunction affects not only your partner, but your sexual relationship.

Erectile dysfunction and Prostate cancer are potentially deadly conditions, but there are many ways you can help. Encourage your partner to schedule an appointment to get an evaluation if there are any signs of erection or urinary problems. More importantly, accompany him to a checkup; you can provide a new perspective that may not have been evaluated. Reassure your partner that it's nothing to be embarrassed about and that in the end you are concerned about him and his health. Making this an intimate conversation between you and your partner can ultimately save your relationship and your partner's life.

Diagnosis of ED May Uncover Other Serious, Treatable Disorders

Erection problems can be a powerful early warning indicator of impending serious heart disease, including a heart attack or even death.

The development of erectile dysfunction can be used to alert both patients and doctors to future coronary heart disease. Other danger signs exist such as poor blood glucose control, high blood pressure and excessive cholesterol levels. This is because diabetes, erection problems and heart disease all have an ominous common factor—damage to the blood vessels or "Endothelial dysfunction."



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Risk Factors You and Your Partner Should Know

- Age
- Diabetes
- Hypercholesterolemia
- Atherosclerosis
- Lifestyle

The Journal of the American College of Cardiology emphasizes how important it is for men to consult their doctors about ED and for their doctors to treat sexual dysfunction, as well as, their overall cardiovascular health. Even more important is the finding that cholesterol-lowering medications can reduce the chance of heart problems by about 30%, while Viagra and similar compounds may also be able to offer a small amount of protection.

Many physicians recognize and often encourage the crucial role that partners

and mothers have in the etiology and management urological issues. Don't