



Quality of Life
for Your Days and Nights

Erectile Dysfunction

Lesson 1 Worksheet

Is there anything medically wrong with me?

Medical Concerns Checklist

The following issues can complicate your ability to get, maintain, and complete sexual intercourse, though by no means rule you out of a health and happy sex life. Often, a medical issue makes sexual functioning harder, then the mental stress of this causes even more complications, thus in a spiral making your sexual functioning harder and harder to obtain.

Please consult your Primary Care Doctor to discuss these issues and know if you need to address them to help your overall sexual functioning.

Endocrine

Diabetes, Cholesterol, Testosterone (total and free), Thyroid (all 4), and overall hormonal and pre-hormonal health.

Heart and Vascular

High Blood Pressure

Low blood Pressure

Varicosities near the penis

Nerve Functioning

Back pain or injury that causes pinched, crushed, or cut nerves. Neuropathy caused by diabetes and other issues can hurt penis functioning too.

Anatomy

Abnormalities of the penis, testicles, or pelvic floor. Check for rare cases of tissue damage or varicose veins as well.