

‘I’d been warned about the side effects and had tried to prepare myself but you can’t. The side effects had a huge physical impact on me. I saw a specialist who explained how to have sex successfully but in the early days I got very frustrated. There was a range of different treatments to help my sex life, but some of them could be painful and I’d burst into tears. My surgeon set me up with a ‘buddy’ who experienced ED. Now I’m a ‘buddy’ helping someone else. ’

GRAHAM

WHAT YOU SHOULD LOOK FOR

- Painful erection
- Inability to have an erection or engage in penetrative sex

Identifying and reporting the symptoms early will help you get speedier and better treatment, and give you the best chance of living life to the full again.

If you spot blood in your pee, even if it disappears or observe any of the symptoms above, you must visit your doctor so it can be investigated. Blood in pee can be an indication of cancer or an infection and should always be checked out.

Further information

For more information on urology, its conditions and about the signs and symptoms you should be aware of visit theurologyfoundation.org/urologyhealth

THE
**UROLOGY
FOUNDATION**



Leading the fight
against urology disease

The Urology Foundation is committed to transforming the lives of people with a urology condition through ground-breaking research, training and education. Working with researchers, urologists and nurses we are dedicated to improving the nation’s urology care so that fewer lives are devastated.

 theurologyfoundation.org
 [@TUF_Tweets](https://twitter.com/TUF_Tweets)
 [The Urology Foundation](https://www.facebook.com/TheUrologyFoundation)

The Urology Foundation
is a registered charity (1128683)



UROLOGY
Awareness
MONTH

Knowing the signs of Erectile Dysfunction

A little TUF guide on
urology health

THE
**UROLOGY
FOUNDATION**



Urology disease affects **one in every two people** at some stage of their life.

These conditions affect your kidneys, bladder, and for men it also includes their prostate and reproductive organs.

Although we don't often speak about these conditions, they are very common and they are expected to become more common due to the effects of the lifestyles we lead and the ageing population.

For instance, one in ten men in the UK over the age of 21 suffers from erectile dysfunction (ED) but despite this large number, only 33 % seek help for the problem.

When urology conditions are diagnosed early, there is a higher likelihood for successful treatment and quality of life is less affected. There is no need to suffer in silence; there is treatment available.

This leaflet contains information about:

- **The signs and symptoms of erectile dysfunction**
- **When to seek medical attention**
- **What you can do to prevent or relieve the symptoms**

Erectile Dysfunction (ED)

Erectile Dysfunction (also known as impotence) affects 1 in 10 men in the UK. The common condition is the frequent inability to achieve or maintain an erection sufficient for sex. It can be triggered by both physical and psychological causes and tends to affect men over 40.

WHO IS AT RISK?

ED particularly affects men over 40. It is estimated that half of all men will suffer from the condition in some way before they are 70. You are more at risk if you have:

- A condition affecting your nervous system
- A hormonal condition, such as a thyroid problem
- Depression (some drugs can affect function)
- Diabetes, high blood pressure or heart disease
- Recently had surgery in the pelvic area

PREVENTING ERECTILE DYSFUNCTION

You can reduce your chances of suffering from ED by:

- Exercising regularly
- Stopping smoking
- Not taking any recreational drugs
- Maintaining a healthy weight
- Talking to your partner and/or your doctor about your symptoms
- Eating a healthy diet and reducing your risk of heart disease (the two are connected in some cases)



Support The Urology Foundation

The only charity dedicated to all urology disease in the UK and Ireland. Thanks to our generous supporters we have been able to fund the brightest and best researchers and projects that fight urology disease.

You too can join the growing number of TUF supporters in the UK. There are various ways to get involved – by donating, fundraising for us or getting involved in a TUF challenge.

Please find out more on our website:
<http://www.theurologyfoundation.org/get-involved>