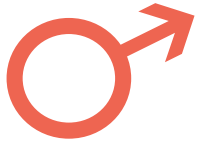


Low Testosterone and Erectile Dysfunction: 5 Common Questions Answered



WHAT IS LOW TESTOSTERONE?

Testosterone, a very important male hormone, helps power a man's sex drive, reproductive abilities, even the development of muscle and bone. Production peaks in early adulthood so a gradual decline in testosterone is natural with age, but the degree varies by person.

When testosterone levels get too low, as measured with a blood test, the condition is called hypogonadism. Symptoms often include lower sex drive and overall energy levels, an increase in body fat and reduction in muscle mass, and feelings of moodiness or laziness.

HOW CAN I REDUCE MY RISK OF LOW T?

- Maintain a normal weight.



- Manage stress levels.



- Build muscle mass.



- Don't skimp on sleep.



IS ERECTILE DYSFUNCTION USUALLY CAUSED BY LOW TESTOSTERONE?

Erectile dysfunction, or ED, could be the result of many factors and requires discussion to figure out. Most men have enough testosterone to maintain erections —

even after age 60.

In general, correcting a low-testosterone problem will not return normal erections because testosterone and erections are separate things with different treatments.

IS ED USUALLY ALL IN YOUR HEAD?



Less than 10% of ED cases happen because of psychological reasons—and that usually occurs in younger patients.

CAN ED BE A SIGN OF MORE SERIOUS CONDITIONS?

Almost three-quarters of ED cases are caused by existing medical conditions like diabetes or heart disease. Habits like smoking or drinking, or medications can also contribute to ED.



Have more questions?

Schedule an appointment today with Ochsner's team of men's health specialists. Ochsner is now offering a concierge-style service geared around men's health and specializing in erectile dysfunction and low testosterone.

This concierge-style care will allow you to see multiple specialists, spanning from urology to cardiology and ophthalmology, on the same day, all in one location.

To learn more, please call **504-703-4MEN.**