CLÍNICA VIVALDI · FREE SHEET · SEXUAL DYSFUNCTIONS

Erectile disorder

Persistent difficulty getting or maintaining an erection sufficient for sexual activity, for at least six months and with discomfort.

COMMON SIGNS

- Difficulty getting or keeping an erection
- Anxiety about sexual encounters
- Avoiding intimacy

TIPS FOR YOU

1. Medical check-up: there may be physical causes
2. Take the pressure off performance
3. Sex and couples therapy helps

FOR FAMILY AND FRIENDS

1. Take the pressure off: sex isn't only penetration
2. Talk without blame or reproach

WHEN TO ASK FOR HELP

1. See a doctor: there may be physical causes
2. If there is diabetes, high blood pressure or smoking

TO OBSERVE AND NOTE DOWN

☐ I find it hard to get an erection
☐ I find it hard to keep it
☐ I worry about not performing during sex
☐ I avoid sexual encounters
☐ I think about performance during sex
☐ It has been happening for months
☐ It causes me distress or relationship problems
☐ In the morning I sometimes do have erections

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-erectil
- Free guide: Couples: clinicavivaldi.com/en/guia-pareja
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112