

## Testosterone Therapy and Erectile Dysfunction



The inability to get and maintain an erection that is strong enough for sexual activity is known as erectile dysfunction. If a healthcare provider believes erectile dysfunction is caused or complicated by low levels of testosterone, then testosterone replacement therapy (TRT) might be recommended.

### **What is Testosterone Replacement Therapy (TRT)?**

Sometimes also known as androgen replacement therapy, it is primarily used to treat low testosterone levels—also known as male hypogonadism. TRT comes in the form of injections, pills, gels, patches, or even creams.

### **Does Testosterone Replacement Therapy (TRT) improve erectile dysfunction?**

Yes, and no. If your testosterone level is measured in the normal range, raising it through TRT probably won't help your erectile dysfunction.

However, in men with low testosterone, this therapy is beneficial in improving sex drive and erectile dysfunction.

Testosterone replacement therapy can help to improve erectile dysfunction in men with mild erectile dysfunction but not with moderate to severe erectile dysfunction.

### **What are the risks of testosterone therapy?**

A small number of men experience immediate side effects of testosterone treatment, such as:

- Acne
- Disturbed breathing while sleeping
- Breast swelling or tenderness
- Swelling in the ankles due to fluid retention
- Difficulty in urination
- Smaller testicles
- Skin irritation

Men who use testosterone therapy in the long term appear to have

- Increased prostate-specific antigen (PSA)
- Decreased sperm count, producing infertility
- **Higher risk** of heart attacks, strokes, and deaths from heart disease.

### **Takeaway**

Consult your healthcare professional about testosterone replacement therapy and weigh the pros and cons of receiving this treatment. If you're looking for a solution for erectile dysfunction, discuss alternatives with your healthcare professional.

### **Worried about your sexual performance?**

Try DM Chikara, a Daily Men's performance elixir. DM Chikara is an all-natural food-grade product that helps to enhance your sexual performance, and promote the health of your kidneys, liver and prostate. It is formulated with all-natural ingredients like ginseng, ashwagandha, milk thistle, and others.

Take DM Chikara one liquid stick a day, and you are on your way to your optimum health.