



# ERECTILE AND SEXUAL DYSFUNCTION

The Complete Guide



LIMITLESS MALE  
Medical Clinic



**“If you’re a man over 30,  
you need to read this book!”**

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### **Is Erectile Dysfunction negatively affecting your relationship and quality of life?**

Erectile dysfunction isn't something you have to live with! 10 years ago, ED treatment was limited to Cialis® and Viagra®. Today there are multiple options available to you!

Let's start by clearing the air. Erectile and sexual dysfunction are **NOT** taboo topics. And they cannot continue to remain to be seen as such. Because the truth is...ED is far too common to remain a forbidden topic. Erectile dysfunction is more than your ability to get or not get an erection. Achieving and maintaining an erection is a complex chain of events that involves your heart, lungs, brain, and other vital systems. If you are not achieving a full erection, it could be a warning sign of a more serious condition such as heart disease, diabetes, high blood pressure, and more.

### **What is Erectile Dysfunction?**

We at Limitless believe erectile dysfunction is a common sexual health issue that primarily affects men over 40 but can affect men of any age. We're redefining ED to include the inability to attain or maintain an erection firm enough for sexual intercourse.

As you can see below, erections are accomplished by various systems in your body working together. The nervous (brain), circulatory, and endocrine systems all work together to produce a 3-step sexual response.

To start the sexual response cycle, there must be desire. This is also known as your "sex drive" or simply libido. With sexual dysfunction, this phase is often missing and can prevent the rest of the response from occurring. In normal sexual health, triggers such as thoughts, words, sights, smell, or touch "put you in the mood" and lead to the first stage of the sexual response cycle, excitement.

Excitement, otherwise known as sexual arousal, is the first step. During this phase, the brain sends nerve signals down the spinal cord to the penis to signal the start of an erection. The arteries responsible for supplying blood to the penis (corpora cavernosa and corpus spongiosum) start to widen to prepare for increased blood flow.

From there, the widened arteries become engorged with blood and expand. When the arteries expand, it adds pressure that compresses the veins that normally drain blood from the penis. This is important because it helps slow the outflow of blood from the penis. This causes the blood pressure within the penis to rise which creates the firm erection necessary for sexual intercourse.

Once you've achieved an erection, you should be able to maintain it for the duration of intercourse. According to a 2005 Journal of Sexual Medicine study, the average erection during sex lasts 5.4 minutes. Now while this number can vary based on age, health condition, and sexual activity (including foreplay), the study found that to be the average among the 500 couples sampled.

At the end of the day, ED is more than not being able to get an erection. It's your health. We must move past the stigma of ED. Ignoring symptoms just because you're embarrassed can have serious side effects. If you're struggling with erectile or sexual dysfunction, talk to a provider today. They'll be able to answer any questions you have and recommend treatment options to get you back in the game.

## What Causes Erectile Dysfunction?

While there are several causes of ED, one of the most common questions we hear is...“Isn't ED just part of aging?”

That's partly true. Yes, aging indeed increases the odds, but that's not only the cause...

In your 40s, you have about a 40% chance of suffering from some form of ED. In your 50s, 50%, in your 60s, 60%, and so on. And as your age starts to increase, your risk of atherosclerosis, aka clogged arteries, rises, which is one of the most prevalent causes of ED. This makes the danger of not getting tested and treated even greater. With atherosclerosis, you're at a much higher risk for heart attacks, strokes, and even wound infections. However, clogged arteries aren't the only cause of ED.

### Others physical causes for ED include:

- High blood pressure
- Nerve damage
- Peyronie's disease (extreme curvature of the penis)
- Obesity
- Diabetes
- High cholesterol
- Injury to the penis
- Lower testosterone
- Elevated estrogen

Physical causes are just part of the equation. If your head is in the wrong place, getting an erection will be difficult.

### Psychological causes of ED can be:

- Anger towards your partner
- Anxiety / Depression
- Boredom with your partner
- Performance anxiety
- Past traumatic sexual experiences
- Guilt
- Stress

Finally, your lifestyle choices can cause ED. If you're a smoker, if you are a heavy drinker, or engage in illegal drug use, these can all cause ED. Even certain medications, both OTC (over-the-counter) and prescription, can cause ED.

This is why it's so important to talk to a healthcare professional. They have the training needed to help diagnose the root cause of your ED and recommend a treatment.

## Common Symptoms of Erectile Dysfunction

One of the issues with erectile dysfunction is that it's more than just “not being able to achieve an erection”. Any issue that consists of the inability to achieve and maintain an erection strong enough for satisfactory sex can be defined as ED. This includes libido, achieving and maintaining an erection, and reaching a healthy orgasm. This is a broad definition and can encompass several symptoms related to the quality and duration of erections and sensitivity.

Even if you can achieve an erection, there can be other signs that could indicate sexual dysfunction. Low libido, premature ejaculation, and retrograde ejaculation are all symptoms that can show up.

ED can start from a variety of causes and can show up as countless symptoms. The next step is to talk to your healthcare provider about what options you have.

### SYMPTOMS OF ERECTILE DYSFUNCTION

- Difficulty achieving or maintaining an erection
- Less girth/length in your erections
- Decreased sensation and pleasure
- Softer erections
- Lack of desire or avoidance of and intimate moments
- Inability to ejaculate or premature ejaculation
- Emotional – embarrassment, shame, anxiety
- Peyronie's Disease – causing an angle that causes pain or inability to have intercourse



In your 40s, you have about a **40% chance of suffering some form of ED. In your 50s, 50%, in your 60s, 60%, and so on.**

## Treatment Options and Benefits

You've decided to talk to your doctor (and hopefully your significant other). That's great! Oftentimes, not knowing what the next step is can keep you from making the initial appointment. The good news is, there are more options today than just Viagra® and Cialis®.

Testosterone Replacement Therapy, oral medication (troches such as Weekender/Nighter, Hercules/Zeus, or Thor), procedures (such as focused shockwave therapy and platelet-rich plasma injections), and more are all available depending on how severe your symptoms are. When first visiting your provider, the first thing they will most likely do is get a blood sample. This will give them a good overall picture of your health including your testosterone levels. This is a good starting point for any erectile dysfunction because if your testosterone levels are low, it can greatly impact your desire and ability to attain an erection.

Testosterone Replacement Therapy (TRT) works to replenish your testosterone levels back to an optimal level for you and maintain them at a safe level through regular blood testing. Testosterone is more than just helping to build muscle. Without sufficient testosterone production, you could be left with decreased sex drive and symptoms of erectile dysfunction. Increasing your body's testosterone also works as a vasodilator, expanding the blood vessels necessary to support the blood flow needed for erections.

Now, depending on the extent of tissue damage to the penis, your provider may recommend procedures such as LimitlessPulse™ Focused Wave Therapy and LimitlessResurrect™ Platelet-Rich Plasma to help treat the issues at the source and reverse the root cause of symptoms.

### LIMITLESSRESURRECT™ PLATELET-RICH PLASMA

Treatment involves extracting of platelets through a blood spinning process that we re-inject directly into the penis. These growth factors in the activated PRP rebuild, rejuvenate, regenerate, and revitalize the penis.

### LIMITLESSPULSE™ Focused Wave Therapy

LimitlessPulse Focused Wave Therapy uses focused, pulsating waves to target more and deeper blood vessels (up to 3x deeper than previous), activating healing, waking up sleeping cells in the penis, creating new blood vessels, and rejuvenating erectile tissue, for better overall erections and improved sexual performance.

This cutting-edge therapy restores and rebuilds blood vessels in the penis, allowing the tissues to absorb blood and gain volume, resulting in stronger erections and thus improving your sex life, confidence, and relationship.

#### BENEFITS OF PRP

- Non-pharmaceutical
- Reduce the need for medications
- Reverses the Root Cause of ED
- Lasts from 12 up to 18 months

#### BENEFITS OF ESWT

- Non-pharmaceutical/non-surgical
- Safe with pre-existing conditions
- Addresses a root cause of ED
- Longer-lasting results with minimal maintenance
- Treatments take less than 15 minutes
- No anesthesia required

## TRIMIX / QUADMIX

TriMix and Quadmix have compounded medications that are delivered directly into the penis to increase blood flow, allowing you to achieve and sustain an erection. These injections are self-administered just before intercourse. With effects starting between 5 and 20 minutes of giving the injection, and lasting 30-90 minutes.

## PT-141 Peptide Therapy

PT-141, also known as Bremelanotide, is a peptide therapy that works directly through the nervous system to increase arousal, desire, and satisfaction with sex. PT-141 gives you the desire and motivation along with the ability to increase blood flow to the penis, returning the intimacy and passion to your relationship.

## Oral SPE Options

Sexual performance enhancing (SPE) treatments are a more effective and efficient treatment for erectile health and improved sexual performance. PDE5 Inhibitors (Sildenafil and Tadalafil) sublingual troches are dissolvable oral medications that work quicker than a tablet form. Delivering an almost instant response, allowing you to be intimate more in the moment!

Oral ED medications can range from a low-dosage, daily-use solution to an "it's go-time" troche to get you ready fast. SPE treatment options include Check out all SPE options troches including Weekender/Nighter, Hercules/Zeus, and Thor. Ask a provider for more information.

## LIMITLESSDRIVE

A nutritional supplement formula designed specifically to improve sexual performance in men. Daily supplementation with the ingredients in Limitless Drive has been shown in clinical studies to cause a significant improvement in sexual function in men with ED without any side effects.

#### BENEFITS OF TRIMIX & QUADMIX

- Non-surgical
- Localized medication
- Enjoy intercourse immediately
- Quick and lasting

#### BENEFITS OF PT-141

- Improved sexual desire and performance
- Regained self-esteem and confidence
- Improved relationship with your partner
- Better, healthier sex which enhances mood, reduces stress, and lessens depression

#### BENEFITS OF SPE MEDICATIONS

- More spontaneous intercourse
- Support sustained erections
- Designed for rapid-response
- Enhances sexual performance
- Sublingual and oral dissolving delivery forms allow the drug to be absorbed in the bloodstream quicker than tablet form. Typically within 30 minutes vs. hours
- Preferable treatment to vacuums and pills that can take too long to work and remove spontaneity
- Date 'nights' turn into date 'weekends.'

#### BENEFITS OF DRIVE

- Improves sexual performance in men
- Supports sexual arousal and desire
- Supports N.O. production and blood flow

## Combination Therapy

Using any of our erectile dysfunction therapies in conjunction with one another can have a synergistic effect on symptoms to enhance and increase your results.

Ask a provider today about what treatment plan would work best for you.

## How to Prevent Erectile Dysfunction

While there are more treatment options than ever for ED, the best treatment is still prevention. At the top of the list in ED prevention is making changes to your lifestyle.

### Lifestyle habits such as:

- Obesity
- Smoking
- Stress
- Poor Diet
- Excessive Drinking
- Relationship Issues

can all cause ED. Making smarter food choices, exercising, and working to manage stress is a big step in the right direction for preventing ED. Stress, especially professional and personal stress (such as relationship trouble) is considered one of the main reasons for ED in middle-aged men.

## Have The Conversation

In conclusion, erectile and sexual dysfunction affects more than just men. If you suffer from any of the symptoms of erectile or sexual dysfunction, you need to have a conversation with your significant other.

*The conversations you aren't having could be the most important ones.*

ED is not a taboo topic and should be openly and freely talked about not only between patient and provider but amongst couples as well. If you aren't discussing it and you're battling erectile dysfunction or any change in erections, you won't know where to start to improve the symptoms or your relationship.

If you suffer from erectile dysfunction and you DON'T talk about it, the struggle to know what options exist for treatment can create further angst and stress your relationship.

In conversations with patients suffering from erectile dysfunction, there are many emotions that they battle while also struggling with the disease. There is frustration, disappointment, mental angst, and embarrassment to mention a few. And it's easy to get caught up in your own emotions and forget to have the difficult conversations with your partner. They too are struggling with emotions, including feeling like it is their fault, a lack of attraction and desire, frustration, and a loss of passion mixed with wanting to help.

Let's face it, intimacy and desire are important cornerstones of a relationship and without them, the relationship can deteriorate unintentionally. But it's the fear of the conversation you're not having that may be even more detrimental to your relationship. So let's get the conversation started. First and foremost, just **BE HONEST**.

It's also important to start that dialog with your partner at a time when you can both communicate openly and freely, with no judgment, no distractions. Come together on a common ground to discuss the topic. That means not while dinner is being cooked, kids are being chased or while getting caught up on Netflix shows. A quiet time when both have the time and are ready to talk and listen.

Guys, tell your partner that you want to talk about a personal and sensitive topic when your partner is ready and able to discuss and listen. That means for your partners, give them your full attention, be present, and let them talk. Supporting each other and listening will go a long way. And come up with a plan together that you can follow through with, whether that plan is to do some research or schedule an appointment to talk to a medical provider about options, decide something together that you both agree on. And don't forget to keep talking with each other about the topic. View this as an opportunity to find new and different ways to add some intimacy and passion to your relationship. Have confidence in knowing that there are options.

Look, erectile dysfunction affects over 30 million men in the United States. **YOU ARE NOT ALONE.**

*Get back in the game today and take action. When you're ready, schedule a complimentary consultation with Limitless Male at [LimitlessMale.com](http://LimitlessMale.com).*



- **Should I see a mental health professional?**

There's good stress and bad stress when it comes to sexual performance, and depression and anxiety fall under the latter. When your brain experiences healthy stress (e.g., from exercise, a new relationship, or a promotion at work), your body releases testosterone. When you're sexually stimulated, that extra testosterone helps to relax the blood vessels in your penis and cause an erection.

However, when your brain is under unhealthy stress (e.g., from traumatic events, relationship problems, or work stress), your body releases a hormone called cortisol. Cortisol constricts the blood vessels in your penis. When blood can't flow properly to your penis, that's when you may have difficulty achieving an erection. Over time, chronic stress (chronically high cortisol levels) decreases the amount of testosterone your body makes. Low testosterone, also known as "low T", is common in men with mental health issues like depression and anxiety who experience erectile dysfunction.

The first step is to determine if your ED is caused by another physical health problem. Once that's ruled out, seeing a mental health professional to treat your depression or anxiety could help with erectile dysfunction.

- **What causes loss of sensation in the penis?**

As we age, the skin of the penis naturally becomes less sensitive. In fact, all of your skin does. But the loss of sensation in the penis can be compounded by nerve damage, physical trauma, mental issues, or low testosterone.

- **Do I have Low T if I have Erectile Dysfunction?**

Low testosterone is one possible cause of ED. However, it is just one possibility, and not every man with ED has low testosterone. Laboratory tests can determine if this is a factor. Ask your provider if this is something you should be tested for.

- **Why do one-third of young men experience ED?**

ED can happen at any age and it's usually a sign of underlying health conditions. Part of the increase may be due to better awareness of ED leading young men to seek treatment.

- **Do medications cause or make ED worse?**

There are several prescription and over-the-counter drugs that may cause or exacerbate erectile dysfunction. While these drugs may treat a disease or condition, they can also affect a man's hormones, nerves, or blood circulation, resulting in ED or increase the risk of ED. These include diuretics and high blood pressure drugs, antidepressants, anti-anxiety drugs, and antiepileptic drugs, antihistamines, non-steroidal anti-inflammatory drugs, parkinson's disease medications, antiarrhythmics, muscle relaxants, prostate cancer medication, and chemotherapy drugs. If you experience ED and think that it may be a result of medication, do not stop taking the drug without first consulting your doctor. If the problem persists, your provider may be able to prescribe a different medication.

- **Does insurance cover ED treatments?**

This depends entirely on your insurance. While most companies don't, some will cover certain parts of a treatment plan.

- **Are there any payment plans or financing available?**

The CareCredit health, wellness, and personal care credit card gives you a convenient, flexible way to pay! Limitless Male now offers financing for LimitlessPulse™ Focused Wave Therapy and LimitlessResurrect™ (Platelet-Rich Plasma) Therapy through CareCredit.

- **Why do guys get morning wood?**

When men slip into deep REM sleep, it corresponds with an erection that lasts 20-25 minutes. "Morning wood" is just the last of these regular nocturnal erections. And contrary to popular myth, morning wood doesn't have anything to do with having to pee.

The two leading theories behind why men get erections in the morning both center around hormone levels and increased blood flow:

1. Norepinephrine production dips during sleep. (This is the chemical responsible for keeping testosterone in check)
2. Nitric oxide increases during REM sleep. This is the chemical that relaxes arteries in the penis, increasing blood flow enough to cause an erection

- **Should I only take ED medications when I'm "in the mood"?**

It depends on the medication. Certain medications such as SPE options and Trimix/Quadmix can be used therapeutically to stimulate blood flow and ultimately, erections. This can have both physical and psychological benefits. Be sure to talk to your provider to determine if therapeutic options are right for you.

- **Are there any natural remedies for erectile dysfunction?**

That depends entirely on how advanced your erectile dysfunction is. If you're just starting to experience some of the symptoms, there are a few natural supplements that have shown results. If you're looking for an easy-to-use solution without hunting down the individual ingredients, we include both L-Arginine and Pine Bark Extract in our **Limitless Drive** supplement. Limitless Drive is available at any of our clinics and can be purchased at your convenience.

- o L-arginine, which works as a vasodilator, has been shown in several studies to improve erections in those that suffer from mild to moderate ED. One study found that 92% of 40 participants reported achieving a normal erection after 3 months of treatment.
- o Pine Bark Extract, which has early research that suggests, used alone or in combination with L-arginine, might improve sexual function in men with ED.



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**LIMITLESS**

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