

3 Main Causes of Impotence - You Need to Know This

One of the best ways in learning how to cure impotence is by knowing what the causes are. If you study online on the real reasons of impotence, you will discover that most of impotence cases is usually because of different kinds of hormonal conditions such as alcoholism, testosterone deficiency, diabetes, and the like rather than the usual purely emotional problems. For secondary impotence, it could be because of drugs being taken to treat other problems like high blood pressure and diabetes. This type of impotence can also be caused by damage from injury or surgery. In truth, it is only a mere 10% to 20% of impotence cases that psychological and mental problems are the causes. It is the fact or the realization that one is impotent that causes the patient to experience anxiety and depression.

These are 3 main causes of impotence:

Physical Causes

As mentioned before, 70% of impotence cases are due to physical problems and medical conditions such as diabetes or high blood pressure. Impotence is also a sign of an underlying physical condition, so the best approach would be to consult a doctor or specialist. He or she will be able to give you an idea of what you should do, the procedures that you will undergo to treat impotence, and the like. Doctors would usually make you go through a physical examination and would ask you about your medical and sexual history to get a clearer idea of where the condition originates. Aside from this, you will also be referred to a hospital for an ultrasound test to see if there is any problem in the groin or pelvic area.

Lifestyle Causes

These causes of impotence may derive from the person's lifestyle, leading to activities such as extreme obesity, lack of physical exercise, drug abuse, smoking, alcoholism, and steroid use. If there are no physical problems in the patient and yet he is experiencing impotence, it could be because of his lifestyle. So in order to cure it, the patient can try to change his lifestyle by avoiding the urges to drink, smoke, or take drugs for example.

Psychological Causes

10% to 20% of impotent cases is usually because of psychological and emotional problems that men face everyday. Some of these causes include depression, anxiety disorders, mental fatigue, psychological abuse or trauma, and even relationship problems.

Knowing the cause of impotence is the first step to overcoming the problem effectively.

Overcome impotence without drugs! We explore natural impotence cures [<http://www.impotence-cures.net/>]. Read our unbiased reviews and actual user experience on natural impotence treatments. Want to know how **bluechew** help cures impotence? ==> <http://www.smores.com/2wc7x-bluechew-review-real-alternative>

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