

## Consulting a healthcare provider:

As ED can have one or more serious causes (physical/psychological), you should see a healthcare provider in any case—even it's not an easy step for you. Remember: Your health is the most important thing, and you don't have to feel ashamed. Also think about talking to a counselor for psychological, emotional, or relationship therapy.

## Some basic questions to ask your doctor could be:

- What are possible causes of my erection difficulties?
- Which kind of tests do you recommend?
- Is my erectile dysfunction most likely temporary or chronic?
- What do you think is the best treatment for me?
- Which lifestyle changes are necessary?
- If I need medication, might Tadalafil be a good option?
- If you have other health conditions (e.g. diabetes, high blood pressure, etc.), please inform your doctor.

## What to expect from your doctor?

### Be prepared for questions such as these:

- How are you feeling? Are there other health issues or chronic conditions you have?
- Have there been any changes in your sexual desire?
- What seems to improve your symptoms? And what is worsening them?
- Do you get erections during masturbation, with a partner or while you sleep?
- Are there any conflicts in your relationship with your sexual partner?
- Does your partner have any sexual conditions?
- Are you anxious, depressed or under stress?
- When did you realize that you had difficulties getting or keeping an erection?
- Do you drink alcohol? If so, how much and what exactly?
- What medications do you take, including any herbal remedies, supplements, drugs, etc.?