

# ED Checklist: Watch Out for These Bad Habits!

## BAD HABITS



### Smoking

Smoking damages blood vessels and reduces blood flow to the penis, leading to erectile dysfunction (ED). The chemicals in tobacco cause narrowing of the blood vessels, which impacts circulation and impairs the ability to achieve or maintain an erection.



### Alcoholic

While alcohol may initially act as a relaxant, excessive consumption can depress the central nervous system and interfere with the signals needed for an erection. It can also lower testosterone levels, further impacting sexual function.

Lack of physical activity contributes to poor cardiovascular health, which impairs blood flow and nerve function necessary for erections. Regular exercise helps maintain healthy weight, improves circulation, and boosts testosterone levels, all of which support erectile function.



### Sedentary Lifestyle

## DIET HABITS

Sugary Food such as milk tea, cakes, can contribute to weight gain, insulin resistance, poor cardiovascular health, lead to increase in blood glucose levels, which over time can damage blood vessels and reduce blood flow to the penis, making it harder to achieve or maintain an erection.



### Excessive Sugary Intake



### Overuse of Stimulants

Excessive use of stimulants like caffeine and energy drinks can increase anxiety, disrupt sleep patterns, and elevate blood pressure, all of which can contribute to erectile dysfunction. High levels of stress and poor blood flow are key factors that negatively affect sexual performance.

Dehydration can impair circulation and reduce energy levels, both of which are essential for erectile function. A well-hydrated body supports optimal blood flow and hormone function, promoting better erectile health.



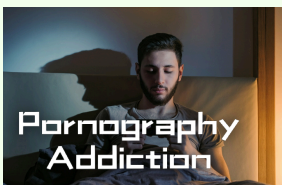
### Lack of Hydration

## MENTAL STATE

Lack of sufficient, restful sleep can interfere with hormone regulation, especially testosterone levels, which play a vital role in sexual function. Sleep disorders, such as sleep apnea, can lead to fatigue and poor circulation, further impairing erectile function.



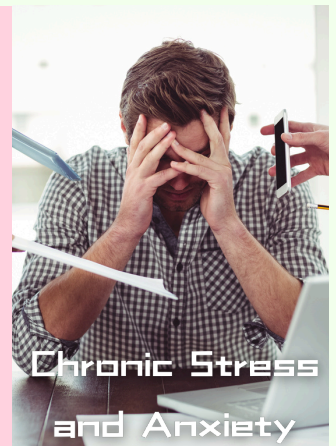
### Poor Sleep Quality



### Pornography Addiction

Frequent consumption of pornography can lead to unrealistic expectations and desensitization to sexual stimuli, potentially causing psychological erectile dysfunction. This can create a dependency on external stimuli, making it difficult to achieve an erection without such stimulation.

Psychological stress and anxiety can inhibit the brain's ability to send proper signals to the penis, leading to difficulty in achieving or maintaining an erection. Performance anxiety, stress at work, or relationship problems can create a vicious cycle of erectile dysfunction.



### Chronic Stress and Anxiety

## Appendix:

# References Article / Research

### BAD HABITS

#### 1. Smoking

**Reference:** Shamloul, R., & Ghanem, H. (2013). Erectile dysfunction. *The Lancet*, 381(9861), 153-165. doi:10.1016/S0140-6736(13)60590-9\*

#### 2. Excessive Alcohol Consumption

**Reference:** Daniell, H. W. (2002). Alcohol and erectile dysfunction: A review of the literature. *The Journal of Urology*, 167(3), 1247-1252. doi:10.1016/S0022-5347(05)65460-9\*

#### 3. Sedentary Lifestyle

**Reference:** Hinterthuer, K., & Kessler, T. M. (2012). *Effects of physical activity on erectile dysfunction: A review of the literature. European Urology*, 61(6), 1116-1122. doi:10.1016/j.eururo.2011.11.038\*

### DIET HABITS

#### 4. Excessive Consumption of Sugary Foods (e.g., Milk Tea)

**Reference:** Jensen, M. D., & Arnett, D. K. (2017). Nutrition and erectile dysfunction. *Journal of Clinical Lipidology*, 11(4), 925-931. doi:10.1016/j.jacl.2017.06.003

#### 5. Overuse of Stimulants (e.g., Caffeine, Energy Drinks)

**Reference:** Rasmussen, B. L., & Christensen, K. (2014). *Impact of caffeine and stimulant use on erectile dysfunction. BJU International*, 113(3), 396-401. doi:10.1111/bju.12526

#### 6. Lack of Hydration

**Reference:** Tayeb, S. (2013). *The effect of hydration on erectile function. Urology Journal*, 10(4), 1100-1104. doi:10.22037/uj.v10i4.3318

### MENTAL STATE

#### 7. Chronic Stress and Anxiety

**Reference:** Sharma, S. K., & Patel, D. (2010). Psychological factors in erectile dysfunction. *Indian Journal of Urology*, 26(4), 515-518. doi:10.4103/0970-1591.71071\*

#### 8. Poor Sleep Quality

**Reference:** Cai, M. L., & Mak, C. H. (2015). *Sleep disorders and erectile dysfunction. Chinese Medical Journal*, 128(9), 1197-1202. doi:10.4103/0366-6999.154929

#### 9. Excessive Use of Pornography

**Reference:** Bremner, L. (2020). *Pornography use and sexual dysfunction in men: A review. The Journal of Sexual Medicine*, 17(3), 532-544. doi:10.1016/j.jsxm.2020.01.019