



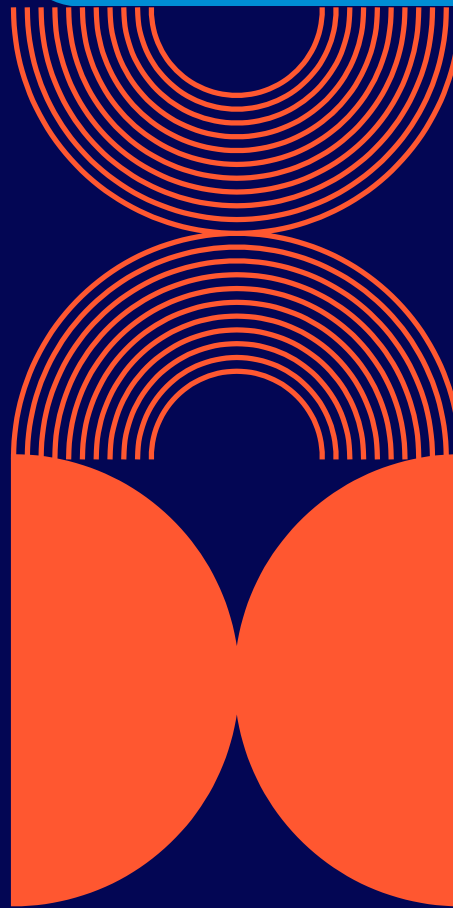
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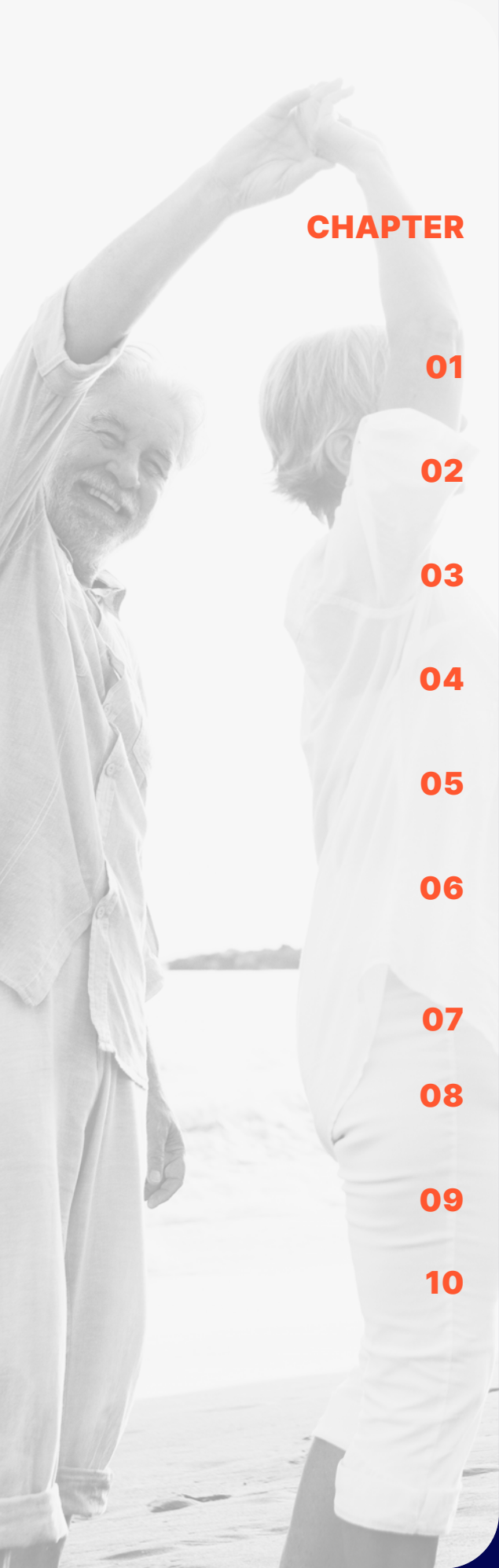
**MHC** MEN'S  
HEALTH  
CLINIC

# ERECTILE DYSFUNCTION

[www.menshealthclinic.com](http://www.menshealthclinic.com)

**The silent struggle is over with  
bespoke treatment plans available**





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# ABOUT US

**The original Men's Health Clinic (MHC) was established in 2012 with the specific goal in mind to provide men of all ages with the advanced tele health medical services to treat erectile dysfunction, premature ejaculation, and testosterone deficiency.**

The medical team with over 150 years of combined experience, is composed of specialist doctors, innovative pharmacists, and industry-leading researchers who work relentlessly to ensure the very latest, cutting-edge treatments. These are provided to our patients via convenient tele health consultations within the safe and secure environment of your own home, office or private space.

You may have been suffering in silence for years, but you are not alone. In fact, most of our patients have exhausted and failed with the one-size-fits-all alternative treatments by the time they reach Men's Health Clinic. Unfortunately, this approach provides only a band aid in most cases. Many patients tell us that they wish they had found Men's Health Clinic years earlier!

You may have only noticed the problem recently. Regardless, whether this is the case or you have been suffering for years, experiencing bedroom health challenges massively impact men's confidence and their positive mindset. Many men have commented over the years that their lives were transformed due to MHC's bespoke treatment services.

A recent study confirmed that 74.2% of relationships with intimacy problems end in separation. We understand the pressure men place themselves under when experiencing these debilitating sexual health issues. These include the failure to perform normally with their significant other and spoil all attempts to confidently enjoy the local dating scene.

We understand that every man is different to the next, meaning his problem is unique to him. This is the reason intelligent men choose MHC. They understand why custom-tailored medications specifically formulated to their own unique body, supported with an array of multidisciplinary services provide the best treatment outcome. Services include: a dedicated Performance Manager whose sole responsibility is to track results, intimacy coaching and sex therapy with highly regarded coaches and therapists, nutritional advice directly related to your problem, and specifically tailored mindset counselling sessions when required.

## CHAPTER 02

# ERECTILE DYSFUNCTION: UNDERSTANDING THE PROBLEM

Erectile dysfunction can be momentary or circumstantial: a brief problem getting an erection is quite normal and is typically nothing to worry about. However, sustained difficulty getting or maintaining an erection, persistent challenges in keeping an erection of sufficient quality to enjoy sex, or the complete inability to produce an erection could be a sign of something more serious. If you have experienced any of these symptoms, you may be suffering from erectile dysfunction (ED).

Unlike other men's health problems, the symptoms of ED are very specific and easy to recognize:

- Inability to produce or trouble maintaining an erection
- Insufficient erection quality for penetration
- Loss of erection prior to completing intercourse
- Diminished sexual enjoyment due to erectile dysfunction

Loss of a satisfying and enjoyable sex life can be a crippling blow to overall health and happiness.



Additionally, erectile dysfunction strikes at the core of what most men consider their male identity, resulting in strain on relationships, loss of confidence, and feelings of diminished self-worth. Left untreated, erectile dysfunction can ultimately lead to depression and a poor quality of life.

Fortunately, because ED is easy to recognize, it is simple to diagnose. Erectile dysfunction is also very treatable without the requirement to conduct a physical examination: MHC Men's Health Clinic has several effective medications and strategies designed to eliminate problems with erectile dysfunction and allow a return to peak performance and a thoroughly satisfying sex life.



## CHAPTER 03

*Producing and sustaining an erection is wholly dependent upon sufficient blood flow to the penis. During arousal, the blood vessels leading into the penis expand and the tissues within become filled with blood. At the same time, the blood vessels leading out of the penis receive a chemical signal that causes them to constrict. Blood is essentially trapped in the penis, the result being engorgement and erection.*

# WHAT CAUSES ERECTILE DYSFUNCTION?

Erectile dysfunction can result from a disruption to the delicate chain of physical and emotional responses to arousal.

Any condition that generally disrupts the regular, efficient flow of blood can have a drastic impact on the ability to produce and sustain an erection. Some of the more common health problems that can lead to this condition are:

### High Blood Pressure

According to [Mayo Clinic](#), high blood pressure (also known as hypertension) is one of the most common conditions that leads to erectile dysfunction. The heart becomes overworked, which contributes to the hardening and narrowing of the blood vessels; the restricted blood flow adversely impacts erectile function.

### High Cholesterol

Excess cholesterol builds up in arteries and blood vessels, creating plaque that constricts passages and chokes off the flow of blood. Diminished circulation to the penis increases the likelihood of erectile dysfunction.

### Diabetes

Excessive levels of sugar in the bloodstream cause a host of serious health problems, including damage to blood vessels and the nerve endings that regulate circulatory function. Blood flow in people living with diabetes can be inefficient, leading to problems with erections.

## CHAPTER 03

# WHAT CAUSES ERECTILE DYSFUNCTION

Certain common health difficulties also contribute to erectile dysfunction:

### Spinal Injury

An [article](#) published in Mayo Clinic says that injuries to the spinal nerves can significantly impact erectile function. Spinal cord injuries (SCIs) may interfere with the nerve pathways responsible for facilitating erections. The severity of erectile dysfunction (ED) is influenced by the location of the injury, the severity of the damage, and the duration since the injury occurred.

### Neurological Ailments

Multiple Sclerosis, stroke, and other neurological conditions can cause erectile dysfunction according to a [study](#) published in the National Library of Medicine (NLM). Surgery or medications intended to treat these problems can have an equally disruptive effect on the ability to produce and maintain an erection.

### Hormonal Imbalance

Certain health problems that affect the balance of hormones in the body, including [kidney and liver disease](#), can disrupt the ability to achieve an erection.

### Mental Health Challenges

A further complication of the dysfunction is the [medications](#) prescribed to treat mental health problems. It may play a contributing factor to the actual physical inability to achieve an erection in the first place.

Lifestyle choices can also be to blame for erectile dysfunction:

### Smoking

There are many health-related reasons to quit smoking, one of which is that smoking can interfere with erectile function. According to the [World Health Organization](#), smoking damages blood vessels, replicating the trauma that can result from serious illnesses involving the circulatory system.

### Drinking Alcohol

[Heavy drinking](#) fatigues blood vessels, causing them to become damaged or hardened and constricted.

### Obesity

According to the [World Journal of Men's Health](#), being overweight directly impacts circulatory function and efficiency; it can also indirectly cause erectile dysfunction by contributing to many of the health problems listed above.

A complete and accurate understanding of your health history with a Men's Health Clinic doctor will ensure a proper diagnosis and correct course of treatment to treat erectile dysfunction.

RESTORING CONFIDENCE

## CHAPTER 04

*Most loving partners will be understanding in the first or second failure of pleasurable intimacy. However, increased concern arises when erectile dysfunction (ED) becomes a persistent or unavoidable problem during sex. This issue not only affects you but also impacts your partner. They may feel that you are no longer interested in having sex with them, or become worried that you are seeing someone else, or have interest in someone of the same sex.*

*A casual partner may not be as forgiving, especially if it is a new relationship. Many patients tell us that when dating they feel they only have one chance to make a good impression. This compounds the problem because they focus on 'performance only' instead of truly enjoying the experience during intimate moments.*

## WHAT DOES MY PARTNER THINK ABOUT ERECTILE DYSFUNCTION

**We have spoken to thousands of partners over the years about erectile dysfunction (ED) within the relationship. Here are some of the common doubts, frustrations, and challenges partners tell themselves:**

### **"He's having an affair!"**

When erectile dysfunction becomes an impediment to satisfying sex with your partner or stands in the way of your desire to be intimate, this is often the first thought to cross their mind. It's natural for lack of intimacy to create a fear that the relationship itself is under threat. Without open and honest communication between partners about the true source of the problem, ED can spiral into a relationship-threatening crisis.

### **"He's just not attracted to me anymore..."**

This is another concern that is common among those in relationships involving erectile dysfunction, especially if there is a lack of communication about the true underlying reason for decreased or unsatisfactory sex. When sex becomes a source of frustration and disappointment, it's easy for your partner to wonder if a lack of desire is at the heart of the problem.

### **"He's no longer interested in sex at all."**

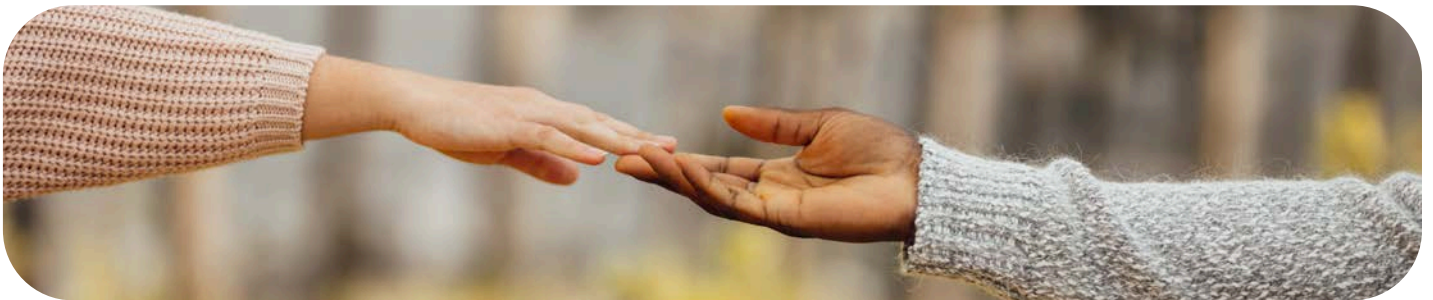
Men suffering from erectile dysfunction (ED) generally demonstrate a low desire for sex. This is likely due to the fear of failing or other embarrassing moments experienced with ED, either during penetration or foreplay which destroys confidence.

## CHAPTER 04

# WHAT DOES MY PARTNER THINK ABOUT ERECTILE DYSFUNCTION

### "I need to find satisfaction elsewhere."

This is perhaps the most damaging outcome for relationships impacted by erectile dysfunction. Partners who are kept in the dark about ED are left wondering what has gone wrong. They may eventually give up on the relationship or seek satisfaction outside the relationship. Allowing the problem to persist can break down the relationship and cause couples to separate.



### "I feel like we're no longer compatible."

Erectile dysfunction (ED) is especially complex in gay relationships, often leading to misunderstanding or worse. When one partner experiences ED, the other may mistakenly interpret this as a definitive lack of interest in sex or a sign of incompatibility. This can lead to affairs or the need to 'cruise' and taking on STD risks.

A loving partner may feel pressured to take on the role of "top" in the relationship because of erectile problems. A partner might begin to suspect the inability to 'get hard' signifies a hidden desire to become the "bottom." This is because ED might give the false impression of a reluctance to engage in penetrative sex. This misunderstanding can create emotional distance, feeling insecure or inadequate, and questioning whether the lack of arousal is a reflection of attraction or compatibility.

## Getting Help for Erectile Dysfunction

If you do not take control of erectile dysfunction, it will often take control of you and damage your personal relationships.

Fortunately, Men's Health Clinic (MHC) is the right choice to successfully diagnose and treat ED. Treated patients often report life-changing results.



## CHAPTER 05

*The symptoms of erectile dysfunction are easily identifiable and diagnosis can be made quickly, and with certainty. Men's Health Clinic (MHC) is the leader in providing effective ED solutions that lead to the restoration of a happy, fulfilling sex life. If you have been suffering from erectile dysfunction that has affected your happiness and health, it's time to take action.*

# TREATMENT BENEFITS AND OVERCOMING ERECTILE DYSFUNCTION

Our patients enjoy the following benefits from treatments:

- ✓ Closer personal relationships
- ✓ Restored confidence and self-worth
- ✓ A return to enjoying satisfying sex
- ✓ Much improved quality of life
- ✓ Feeling like a man again

Men find it difficult to discuss or even acknowledge erectile dysfunction, which can lead to years of dissatisfaction and lasting depression. There is no reason to suffer a moment longer. If you have been suffering in silence for some time, a successful treatment may bring you all the fun and joy that you have been missing.



## CHAPTER 06

# HOW MEN'S HEALTH CLINIC (MHC) HAS IMPROVED THE LIVES OF THOUSANDS OF MEN

Men's Health Clinic (MHC) is a telehealth clinic that specializes with conditions like Erectile Dysfunction (ED), Premature Ejaculation (PE), Testosterone Deficiency (TD), and Chronic Pain. MHC was established in 2012 in Sydney, Australia, and among the first clinics to openly advocate for men's sexual wellness. MHC has since expanded in different parts of the globe, including Canada, New Zealand, and the United Kingdom.

### How we help our patients:

#### Assessment

MHC starts by thoroughly evaluating your health profile to identify if you meet the criteria for our treatment options. This assessment process allows our medical team to offer the most effective treatment.

#### Doctor's Consultation

Once you are deemed suitable, our doctors will formulate your unique treatment plan which aligns best with your lifestyle. This may include counselling sessions, sex therapy, or nutritional advice.

#### Discreet Delivery

We understand this is a sensitive issue. Your treatment will be delivered discreetly to your door.

#### Ongoing Support

Your personal Performance Manager will remain fully accountable throughout your treatment term, maintaining regular check-ins on a monthly basis to ensure you are achieving optimal results.

#### Improve Quality of Life

Investing in your sexual health and the relationship with your partner directly improves your confidence and self-esteem. Learning to navigate the complexities of your sexual health often produces a more fulfilling and satisfying life both in and out of the bedroom.



# CUSTOM TREATMENTS

Custom treatments are at the heart of Men's Health Clinic's service.

At MHC, we believe that each individual is unique, that's why our service revolves around custom treatments. We tailor our treatment plans to meet the specific health profiles and needs of our patients.



## Understanding the Men's Health Profile Blueprint

Every man's health profile is a complex interplay of various factors like age, medical history, lifestyle, physical health, and psychological health. When a patient books an appointment at the Men's Health Clinic, we conduct a comprehensive assessment that includes a thorough medical history review and lifestyle evaluation. This information allows us to identify the root causes of ED, which may differ significantly from one patient to another.



# IS MEN'S HEALTH CLINIC (MHC) THE RIGHT CHOICE FOR ME?

## Expertise Since 2012 - The Original Men's Health Clinic

For more than a decade, Men's Health Clinic has become the trusted leader in men's sexual health. Our commitment to quality service and results is demonstrated by thousands of satisfied men globally.

## Comprehensive Care

We credit our success to the holistic approach we take. We understand that sexual dysfunction is complex — often involving physical, psychological, and emotional factors.



## Proven Results

Men's Health Clinic (MHC) is proud to have gathered thousands of five-star reviews on Google and Trustpilot over the years, which is testament to what we provide. Each review reflects our dedication to delivering exceptional patient care and effective treatments.

Google



Trustpilot



Thousands of five star reviews on Google and TrustPilot

## Ongoing Support

Support should not end after your initial consultation. We assign a dedicated Performance Manager to each patient. This highly personal approach ensures that you receive ongoing support and guidance throughout your treatment journey. Your Performance Manager will monitor your progress on a monthly basis and coordinate the needed adjustments to your care plan to achieve optimal results.



## CHAPTER 09

# ERECTILE DYSFUNCTION FAQs

### Are there differences between impotence and erectile dysfunction, or are they the same?

The terms 'impotence' and 'erectile dysfunction' are largely interchangeable. However, 'impotence' has developed a social stigma that makes discussing it (even with a doctor) quite difficult for many men. Additionally, impotence is typically used to mean a complete inability to achieve an erection, while erectile dysfunction more accurately conveys a larger spectrum of erection difficulties.

### How common is ED?

Statistics indicate that erectile dysfunction is a relatively common problem, especially among ageing men. Up to 25% of men aged 65 and older may have a sustained problem with ED. Difficulties are under-reported and under-diagnosed due to embarrassment about discussing the problem and inexperienced doctors misdiagnosing ED.

### Can ED be fully treated / cured?

Erectile dysfunction can often be effectively treated, and in some cases, it can be cured. It depends on the underlying cause. For example, if ED is due to psychological factors, lifestyle changes, or temporary medical conditions, treating these issues can lead to improvement or resolution. However, if ED is caused by chronic conditions like diabetes, cardiovascular disease, obesity, or hormonal imbalances, it may be managed rather than fully cured. Treatments range from lifestyle modifications and medication to therapy and surgical options. The success of these treatments varies among individuals based on their unique health profiles.

### What role does ageing play in erectile dysfunction?

Erectile dysfunction (ED) is falsely presumed to be a natural consequence of ageing. Ageing can result in an increased need for stimulation to achieve an erection, but erectile dysfunction need not be an automatic consequence of ageing.

What symptoms of erectile dysfunction should I look out for? Common symptoms of ED include:

- Difficulty producing or maintaining an erection
- Erection quality not sufficient for penetration
- Loss of erection prior to finishing
- Diminished sexual enjoyment

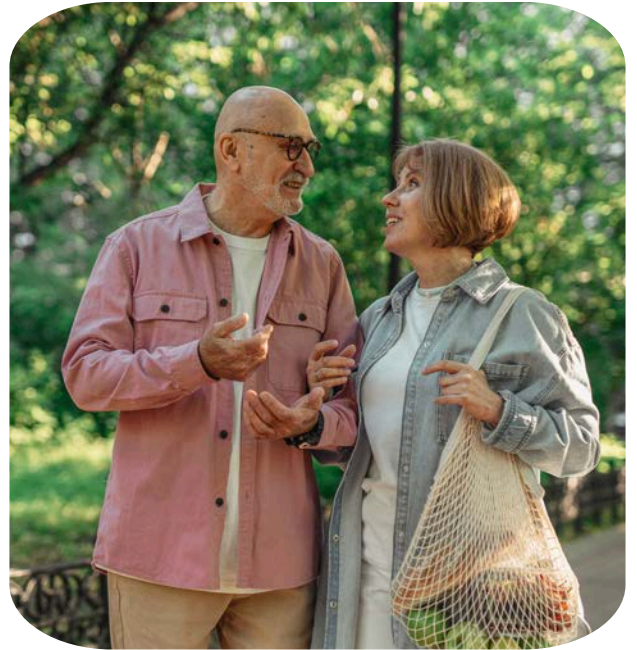
Pay attention to your health and listen to your body when you sense something is wrong. A consultation with our partner specialists at Men's Health Clinic (MHC) can help you understand the causes and solutions of ED.

## CHAPTER 09

# ERECTILE DYSFUNCTION FAQs

### Do any medications cause erectile dysfunction?

Many medications play a role in causing or exacerbating erectile dysfunction. According to [Medline Plus](#), typically, those used to manage blood pressure, such as beta blockers and other similar medications, create an impact. Some types of medications used to manage mood or depression have erectile dysfunction as a side effect. Alcohol and recreational drugs can also diminish erectile function.



### What is the relationship between erectile dysfunction and other men's health problems?

Erectile dysfunction can be a by-product of other men's health conditions, including premature ejaculation (PE) and testosterone deficiency (TD). A men's health specialist can help you determine the relationship between various difficulties and how best to treat each.

### Should I discuss erectile dysfunction with my partner?

Often, open and honest communication can be the key to maintaining a happy and rewarding relationship with your partner. If left unresolved or ignored, erectile dysfunction can destroy relationships. Your partner may question whether a lack of interest is at the heart of the problem or wonder what has taken the spark out of the relationship. Frustration, anxiety, depression, and stress can develop in ways that quickly threaten any relationship. Discussing your feelings and problems with your partner and letting them know they are part of the solution, not the problem, may work in some relationships. However, we often find the man deciding to take more of the “alpha” role and getting treated privately to simply surprise his partner. This is because loving partners would prefer to experience a dramatic performance in sex without anchoring their mind to the actual problem itself.

## CHAPTER 10

# MHC REVIEWS

At MHC, we receive heartfelt testimonials every day.

”

“I have been on the program about 3 months with MHC to improve on my men health performance. The medication has improved on my sexual activity and increased my confidence like young men. I encourage more men to give MHC a try. The team very understanding and professional to work with. I am happy with the results.”

**Tony Potrus**



”

“Excellent staff that are easy to work with and help with all your questions and concerns. Easy process to go through with the Doctor with a phone consultation if needed. Fast delivery with medication and follow up calls to make sure everything is going smoothly. Highly recommended and good results.”



**Matthew “Zed” Mcauley**

”

“I was down and out before I got treatment from the men’s health clinic. I was becoming resigned to the fact that my sex life was dead until after a few weeks things began to look promising enough to jump on the bike again as my confidence was at an all time low after losing my ability to engage. Today is like a dream come true and I just wanted to put it out there for all the men that suffer in silence. Talk to someone at the Men’s Health clinic, they chart all your results and can make an adjustment. I only talk from experience and want my fellow man to feel as good as I do at this point in my life.”

**Stephen Moir**



# CONTACT US

You deserve immediate, effective, and lasting sexual health care solutions to restore your quality of life to the very best it can be.

Our Medical Team are standing by and are ready to help you!

Contact us directly via telephone at +61 1300 959 733, or enquire online and one of our healthcare professionals will be standing by to help.

Do not suffer in silence any longer. There is no shame in having temporary difficulty with sex or intimacy. However, it is your condition and it is up to you to seek treatment.



## WEBSITE

[www.menshealthclinic.com](http://www.menshealthclinic.com)



## PHONE NUMBER

+61 1300 959 733