

Physical Causes of Impotence Can Always be Avoided

Erection is a result of sexual intercourse which is considered as a physical activity. When a male is having a sexual intercourse, the nerves, muscles and tissues altogether function physically. However, when things turn wrong in any of these, erection will most likely fail. These phenomena are considered the physical causes of impotence.

Impotence doesn't develop at one time. It may be experienced in any of the sexual intercourse but it is very rare that a male experience erectile dysfunction regularly right after the first one. There is a gradual development in this condition. When any of the events that lead to erection are disrupted regularly during sexual intercourse or any damage in the nerves, tissues and muscles that perform their task occurs, impotence is most likely to develop dramatically and fast.

One of the main physical causes of impotence occurs in the functioning of the brain and the nervous system. When a failure in the transmission of messages and impulses from the brain and nervous system occurs, erectile dysfunction develops. This case is very common among males with hormonal imbalance and deficiency, injury in the spinal cord, surgeries done in the pelvis, Parkinson's disease and sclerosis. These diseases are all brain and nervous system related problems thereby resulting to a failure to make the penis erect.

One of the basic mechanisms of erection is the blood inflow that fills the spaces and gap in the corpora cavernosa. Failure to fill in these spaces is one of the definite physical causes of impotence. The failure to fill in the spaces in the corpora cavernosa is usually caused by blockages usually caused by hypertension, diabetes, high cholesterol and smoking.

Another mechanism of erection is the blood outflow that usually occurs right after the erection. However, if the blood outflow occurs in a short period of time, it is impossible to keep erection until orgasm is reached. The quick escape of the blood from the penis or the quick blood outflow is also one of the physical causes of impotence.

Since sexual desire and erection are physical activities resulting from physical functions of the other parts inside the body, when there is failure in these physical activities, they become physical causes of impotence. Sometimes, these physical causes cannot be avoided but the good thing is there is always a way to keep your potency such as vitamins and healthy lifestyle.

About the Author

Hi I am James Scott. I am an associated editor to the website trustpharma.com. I am committed to provide visitors with complete information on men's sexual health, issues related to sex, I will also give you information about various generic drugs like Generic Viagra, kamagra, Caverta, Zenegra, Penegra, Kamagra Oral Jelly etc.

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