

What Causes Impotence? (Erectile Dysfunction)

Because it is a complex process, affected by many different processes, there are many ways that impotence can be caused, and it is one of the commonest forms of male sexual problems.

It can be caused by physical or psychological factors and usually, a combination of both. Nearly always, when physical conditions are present they are exacerbated by psychological issues as impotence commonly causes stress and anxiety and with it, a vicious circle of worry that further affects sexual response, expectation and performance.

At least a third of impotence (otherwise known as Erectile Dysfunction) is thought to be a result of psychological conditions alone, especially in younger men.

Psychological Conditions

- Stress/anxiety (work or home)
- Conflicts/dissatisfaction in relationships
- Depression and bereavement
- Tiredness
- Sexual boredom
- Unresolved gay feelings or other sexual hang-ups

In other cases there may be physical issues affecting Erectile Dysfunction.

Commonest Physical Issues

- Smoking (In studies of more than 6000 men, the smokers were 50% more likely to develop erection problems.)
- Alcoholism and drug abuse
- Lack of exercise (note: Riding a bike for long periods may cause increased risk of ED due to blood vessel and nerve damage.)
- Tiredness
- High cholesterol
- Diabetes
- Side effects from prescribed medication
- High blood pressure

If you've given up smoking and the impotence problem persists, first see your doctor to check there are no medical issues such as those above. If, after this, you believe your impotence could be psychological in origin, download [Sexual Confidence for Men](#) to redress the balance and regain your confidence.

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