Erectile Dysfunction Isn’t Just a Blood Flow Issue. Here’s What to Know About ED — And the Best Ways to Treat It.

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Blood flow is often blamed when it comes to erectile dysfunction, but a new medical review suggests that treatment plans shouldn’t ignore what’s also happening psychologically.

According to a recent article published in the journal Current Directions in Psychological Science, personality traits and mental health issues are among the risk factors associated with ED. However, the authors point out, researchers tend to bypass the psychological aspects of this condition in order to concentrate on the physical causes and their treatments.

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