

MEN'S HEALTH

U.S. Men Are Well Informed About Most—But Not All—Health Matters

(NAPSA)—According to a recent survey, men aged 40 to 60 are surprisingly well informed about their health.

“The popular belief is that men can rattle off sports scores and cite their stock portfolios, but they know very little about their health, so I was encouraged to learn that of all the men surveyed, 71 percent know their blood pressure numbers, and 66 percent know that the PSA is a test for prostate cancer,” said Jeff Csatari, executive editor of Best Life magazine.

However, the survey shows that many men still lack important knowledge about their sexual health—which could put their overall health at risk.

Many surveyed knew the definition of erectile dysfunction (ED) and correctly recognized its causes. However, nearly four out of 10 surveyed thought that ED may be caused by unsafe sexual behavior (38 percent), a third attributed the consistent inability to attain and maintain an erection sufficient for sexual intercourse to wearing tight underwear (29 percent), and a few even said sleeping on one's stomach could be a cause (4 percent).

While those are not causes of ED, 80 to 90 percent of erectile dysfunction cases are related to a physical or medical condition, such as diabetes, cardiovascular diseases and prostate cancer treatment.

“Some men wait as long as three or four years before they seek medical attention after experiencing ED because they are uncomfortable talking about erectile problems,” says Ridwan Shabsigh, M.D., the director of The New York Center for Human Sexuality at New York-Presbyterian Hospital/Columbia and associate professor of urology



A man's sexual health is often representative of his general well-being.

at Columbia University Medical Center. “Often, ED hints at potentially life-threatening conditions—erectile function can be used as an outward indicator of a man's overall health.”

Some of those surveyed said embarrassment keeps them from talking about ED, but based on their responses, they place a high value on their ability to have sex.

In fact, of all men surveyed, when given the choice between losing their hair or losing the ability to have sex, 87 percent said they would choose baldness. If it meant unemployment, 61 percent of all respondents would choose losing their job.

The survey, conducted by Harris Interactive on behalf of Best Life magazine and Lilly ICOS LLC, the makers of Cialis® (tadalafil), in association with Dr. Ridwan Shabsigh, was designed to gauge the attitudes, fears and overall health knowledge of 4,043 men in the United States.

Cialis is the only oral ED treatment shown to improve erectile function for up to 36 hours in most men. It is available by prescription only and is not for everyone. Men taking nitrates, often used for chest pain, should not take Cialis.

About Cialis

Cialis® (tadalafil) was approved by the FDA in November 2003 for the treatment of erectile dysfunction. Cialis is available by prescription only and is not for everyone. Men taking nitrates, often used for chest pain, should not take Cialis. Such a combination could cause a sudden, unsafe drop in blood pressure. The most common side effects with Cialis were headache, upset stomach, delayed backache or muscle ache. As with any ED tablet, in the rare event of priapism (an erection lasting more than four hours), men should seek immediate medical attention to avoid long-term injury. Men should not drink alcohol in excess with Cialis.

Cialis does not protect a man or his partner from sexually transmitted diseases, including HIV. In rare instances, men taking prescription ED tablets (including Cialis) reported a sudden decrease or loss of vision. It's not possible to determine if these events are related directly to the ED tablets or to other factors. If a man has a sudden decrease or loss of vision, he should stop taking any ED tablet and seek immediate medical attention.

Men should discuss their medical conditions and all medications with their doctors to ensure Cialis is right for them and that they are healthy enough for sexual activity. For full patient information, visit www.cialis.com.