

It may be time to see your doctor



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How's Your Sexual Health?

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When you think of sexual health, erectile dysfunction probably comes to mind. If you're dealing with ED, you're not alone. Millions of men have it, and millions more worry it'll happen to them.

Are You at Risk for ED?

Physical and psychological risk factors for ED include:

- health conditions including type 2 diabetes, high blood pressure and high cholesterol
- chronic diseases like renal failure, vascular disease and heart disease
- obesity
- age – especially if you're over 50
- alcohol, drug and tobacco use
- mental health conditions like anxiety, depression and stress
- certain medications
- relationship issues

If you're concerned about ED, talk to your doctor. You may have an underlying condition that needs to be diagnosed. Your doctor may want to explore ED treatments including:

- prescription medications
- hormone replacement therapy
- lifestyle changes to improve your heart and vascular health
- mental health care



can cause:

- low sperm count, which can affect fertility
- an enlarged prostate, which can make it hard to urinate
- acne
- weight gain
- mood swings and irritability



can cause:

- loss of body and facial hair
- decreased muscle mass
- low sex drive
- poor concentration
- weak bones



If you have any of these symptoms or are worried about your testosterone level, see your doctor. They can give you a simple blood test to check your level and determine the right treatment.



You can also call a Personal Health Guide for help at **1-866-355-5999** or chat through the BCBSTX App 24/7.

[Schedule a Visit](#)

www.bcbstx.com/trsactivecare



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