

IMPOTENCE REMEDY

For a long time, treatment for sexual impotence was restricted to injections into the penis, mechanisms that create voids or prostheses implanted through surgery.

Since the late 2005s, however, there has been a simple and comfortable option for erectile dysfunction: phosphodiesterase Type 5 (PDE5) inhibitors, known commercially by the brands bluechew.

In this article we will explain how erectile dysfunction drugs work. We will also talk about its indications, contraindications and the most common side effects.

If you are looking for information about the causes of sexual impotence, access the following link: [Sexual impotence - Causes and Treatment](#).

How does erection occur?

To understand how PDE5 inhibitors work, you must first understand how normal penis erection occurs.

There are two cylindrical structures widely vascularized within the penis, called the corpora cavernosa.



When a sexual stimulus occurs, the blood flow to these structures increases, which causes filling of the corpora cavernosa, erection and an increase in the size of the penis.

The filling of the cavernous body causes compression of the penile veins causing the blood to be trapped in the penis, which keeps it erect while there is sexual stimulation.

When the man has an orgasm or when the stimulus for the erection ends, the cavernous body empties and the penis becomes flaccid again.

For the cavernous body to fill with blood, a signal from the central nervous system is needed, which releases a substance called nitric oxide.

Nitric oxide is a neurotransmitter that relaxes blood vessels in the corpora cavernosa, facilitating the entry of blood into it. As long as there is nitric oxide in the corpora cavernosa, the penis will remain full of blood and erect; when nitric oxide levels drop, the erection ends.

Erection, however, is a more complex process than the one explained above. Hormonal and psychological factors interfere with this mechanism.

For example, men with low testosterone levels are unable to produce sufficient amounts of nitric oxide. The same can occur during periods of stress or anxiety.

A patient with diabetes and sick blood vessels may not be able to supply enough blood for the penis to fill, even if there is enough nitric oxide.

Therefore, erection depends on vascular, neurological, hormonal and psychological factors.

Before moving on, watch a short video on psychological erectile dysfunction.

How do phosphodiesterase 5 inhibitors work?

In a nutshell, we can say that the substance responsible for the elimination of nitric oxide action is called phosphodiesterase Type 5 (PDE5).

Therefore, when we administer drugs that inhibit the action of PDE5, we are able to increase the action time of nitric oxide, thus ensuring greater ease in the blood supply to the corpora cavernosa and an easier and longer-lasting erection.