

Health Assessment Survey

Date: _____

The following information should help you to put the recommendations on the Erectile-Function.com website and in the book, Survival of the FIRMEST, into perspective. The goal is to help you to formulate a plan specific to your particular needs and situation.

Body size and shape:

Height: _____ Weight: _____ BMI: _____

Waist measurement: _____

Hip measurement: _____

Divide waist by hip measurement (waist/hip ratio): _____

Blood pressure (systolic/diastolic): _____ / _____

Name any medication you take for hypertension: _____

Blood lipids:

Total cholesterol:

HDL cholesterol:

LDL cholesterol:

Triglycerides:

Hours of vigorous physical activity (e.g. brisk walk, aerobics, cycling) per week: _____

Do you have:

Diabetes yes _____ no _____

Diagnosed coronary artery or other vascular disease

Yes _____ no _____

Are you taking an SSRI for depression?

Yes _____ no _____

Recommendations:

CAUTION: You should consult your physician before embarking on any diet or exercise program.

- 1) **BMI:** If your BMI is over 25, you should plan to lose weight. Even losing 20-30 pounds over a year, which is an easily achievable goal, will greatly aid your erectile function. If your BMI is over 30, you have a serious health problem and you should embark on a weight loss regimen that will result in losing a pound a week (50 pounds per year). You should read the expanded online book in detail and do as many of our recommendations as possible. You should also do all of the things we recommend online regarding supplements. We're not just talking here about erectile function. This is an overall quality of life issue that might even shorten your life.
- 2) **Waist/hip ratio:** If you are white/black or Latino, and your waist measures over 40 inches (37 for Asian men) or your waist/hip ratio is over 0.9, you are also at risk for increased health problems and should reduce calories and increase activity.
- 3) **Blood pressure:** If your diastolic blood pressure (lower number) is over 80, and you do all of the things we recommend, it will likely drop over time to a more ideal measurement of less than 80. If it is over 90, you have a developing health problem and should consult your physician. You may well be able to normalize it by doing all of the things we recommend, but medication may be necessary. Be sure to mention that angiotensin-converting enzyme (ACE) inhibitors and angiotensin receptor blockers (ARB's) may improve erectile function, whereas other medications for treating high blood pressure may worsen it. If your diastolic pressure is over 100, it should

be reduced without delay. A serious elevation of high blood pressure can lead to a heart attack or stroke.

- 4) Blood lipids: If your total cholesterol is over 200, you should do all of the things we recommend and it is likely to decrease, but your physician may wish to consider a statin drug. More and more evidence indicates that for people *with health problems*, lowering total cholesterol to even as low as 150 may yield significant health benefits. Like any drug, it is better to avoid statins if you can solve the problem by following a healthy lifestyle. Serious side effects and complications are reported. However, statins should not worsen erectile function. There is some evidence they improve nitric oxide (NO) production in already diseased blood vessels.

If your HDL is decreased, a glass of red wine each evening will help to raise it (remember that any more than a glass can have negative effects in other areas). Exercise is also an excellent way to increase this "good" type of cholesterol and may be better for your overall health.

If your LDL is too high, weight loss, decreased fat intake, exercise, and when necessary, a statin, will help to reduce this "bad" type of cholesterol.

If your triglycerides are elevated, increasing your omega 3's to 2 grams per day, exercise, and decreased fat intake will all help; a statin may be recommended to benefit your total lipid profile. Higher doses of omega 3's have been used for elevated triglycerides but should be used under physician supervision.

- 5) Physical activity: If you are not doing an average of 30 minutes per day, you should increase to that level. Physical activity may be the single most important thing you can do for erectile function and general health. See chapter 5 and the expanded book online for lots of advice on increasing your activity. If you are trying to lose weight, an average of 60 minutes is recommended. This will require some major but worthwhile

alterations in terms of how you mobilize yourself and organize your time. Be sure to read our entire expanded book online to get some useful tips on how this can be accomplished.

- 6) Understand that assessment of your health status may require more testing and recommendations based on your detailed health history and physical examination. For example, an elevated level of C-reactive protein (CRP) can identify a separate risk factor and may yield information helpful to medical decision making. In other instances a stress electrocardiogram (EKG) or angiogram might be advised. However, one can surely say that the sooner you maximize your health by doing all of the things we recommend online and in our books, the greater the likelihood that further testing and treatment may be avoided. When you see your physician, be sure to mention this web site. He or she can then recommend it to other patients with decreased erectile function or even as a good place for their patients to get motivated to improve their health.
- 7) If you have diabetes, then diet, weight loss and increased exercise could make it disappear. Erectile dysfunction is very common in diabetics because of the bad effect of increased blood sugar on blood vessel health. You may have to work harder at doing all of the things we recommend to solve the problem without having to take Viagra-like drugs.
- 8) If you have established coronary artery or other vascular disease all of the things we recommend are likely to be the same recommendations you are hearing from your physician. You must do all of these things and you still may need Viagra-like drugs. CAUTION: deaths have been reported with Viagra-like drugs in men with coronary artery disease. You must consult your physician before taking those medications.
- 9) Serotonin reuptake inhibitors (SSRI's) such as Prozac, Zoloft, Paxil, Celexa increase the balance of serotonin relative to

dopamine, which reduces sexual desire and therefore function. A change to bupropion (Webutrin) may be helpful. Use of Viagra-like drugs may be necessary in addition to all of our recommendations.