

LIFESTYLES

SHARE YOUR STORY

The Journal welcomes ideas for stories about people in our community who have gotten married, graduated, joined the military, etc.

Call the Journal at 285-7411

ED: Possible symptom of heart problems?

Q. Is erectile dysfunction a possible symptom of heart problems?

A. Erectile dysfunction, which is inadequate erection for sex, can indicate that something is wrong with your heart. Here's why:

Blood flowing to the penis creates erections. Plaque buildup narrows and hardens arteries (atherosclerosis) reducing blood flow throughout the body. The arteries supplying blood to the penis are smaller than those for the heart. So, ED can be an early sign of atherosclerosis, which can increase your risk of heart attack and stroke.



Fred
CICETTI
HEALTH CARE WRITER

The risk factors for heart disease signaled by ED are:

- Age. Younger men are more likely to have heart disease with ED. Men under 50 are at especially high risk. ED in men over 70 is probably not a sign of heart problems.
- Genes. It's more

likely ED could be a sign of heart disease if you who had a close relative with heart disease at an early age.

- High blood pressure.
- Elevated LDL or "bad" cholesterol.
- Obesity.
- Diabetes.
- Smoking.
- Inactivity.
- Depression.

Ian M. Thompson, MD, a urologist at the University of Texas Health Science Center at San Antonio, did a study that showed a strong association between ED and heart disease.

"Our data suggest that older men in this group (with ED) have about a twofold greater risk of cardiovascular disease

than men without erectile dysfunction," Thompson said.

Dr. Thompson's study involved 9,457 men over a seven-year period. All were aged 55 or older.

Dr. Thompson found that men who reported erectile dysfunction for the first time during the study carried a 25 percent increased risk for developing subsequent heart disease during follow-up. In men who had ED from the beginning of the study, the risk of developing subsequent heart disease risk was 45 percent.

German researchers also reported that men with ED are twice as likely to suffer from cardiovascular disease.

Dr. Michael Bohm, a cardiologist at Germany's Saarland University, and his colleagues studied 1,519 men from 13 countries who were involved in a study of drugs to treat cardiovascular disease. The men were asked about their ED at the beginning of the study, two years into it and at the end at five years. There were 55 percent with ED at the beginning of the trial, nearly double the normal incidence of about 30 percent in the population at large.

The team reported that, in the five years of follow-up, men with ED were 1.9 times as likely to die from heart disease, twice as likely to have a

heart attack, 1.2 times as likely to be hospitalized for heart failure and 1.1 times more likely to have a stroke.

The studies in the U.S. and Germany are just two of more than 100 studies linking heart disease to ED. Cardiologists urge men with ED to get a complete medical exam to screen for coronary artery disease that can lead to heart attack.

If you would like to read more columns, you can order a copy of "How to be a Healthy Geezer" at www.healthyeezer.com.

Cicetti is a health care writer with more than 40 years of journalistic experience.

SENIOR MENU

Hot meals for people 60 or older are served at noon Monday through Friday at Koochiching County Senior Center, 307 Fourth St.

Meals are for anyone, regardless of income. A \$3.50 donation is suggested. Meals are subject to change. Participants under age 60 are welcome at \$6.50 each.

For reservations call 283-3460 the day before the meal. Cancellations may be made the day of the meal.

MONDAY

Pulled pork
Hamburger buns
Fresh potato wedges
Baked beans
Cookies

TUESDAY

Roast turkey
Mashed potatoes
Gravy
Dressing
Carrots
Pumpkin bars with cream cheese frosting

WEDNESDAY

Spinach and ham egg bake or alternate
Seasonal fresh fruit
Apple juice
Cinnamon rolls

THURSDAY

Closed

FRIDAY

Cabbage rolls
Mashed potatoes
Wax beans
Jell-O with topping

AFFIRMATION OF BAPTISM



Young students were confirmed Oct. 6 at Zion Lutheran Church. Pictured, from left, are Tyler Cann, Briana Becvar, Walker Wegner, Pastor Stephen Olson, Savannah Boe and Eric Cann.

ROTARY GUESTS



Tom Judd and Briana Larsen were guests of Rotarian Jenell Feller, left, at a recent meeting of the International Falls Rotary Club. Judd and Larsen spoke about themselves and the work that they do at the Occupational Development Center.

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register. (once, you're done!)

remark. (comment, blog.)

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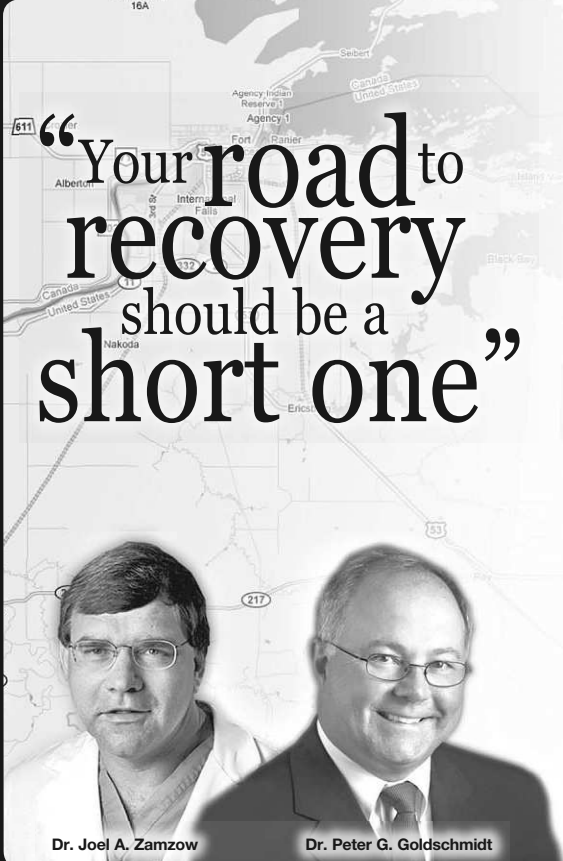
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