

Smoking and Impotence

There is a clear relationship between smoking and impotence.

Impotence, or erectile dysfunction, is when a man cannot get and maintain an erection long enough to perform sexually.

If you use tobacco you are twice as likely to have erectile dysfunction.

Nicotine reduces blood flow to all parts of the body including the penis. Blood flow is what allows the penis to become erect.

Using tobacco can also reduce the size of a man's erect penis.



Illustration by Caroline Nevak



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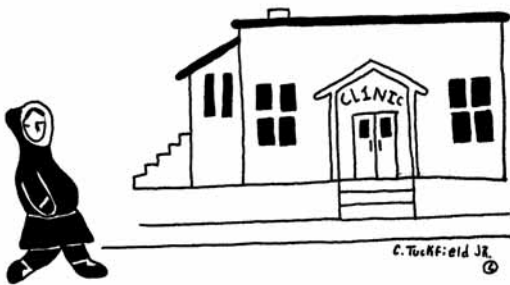


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Using tobacco:

- *Increases your risk for impotence.*
- *Can reduce the size of a man's penis.*
- *Reduce the length of time a man can have an erection.*

Using tobacco causes immediate and long-term effects on erections. Giving up tobacco often leads to improvement.



For more information on what tobacco use can do to you and how to quit, contact your local tobacco cessation program.

Sources: www.tobaccofreekids.org

McKinlay, New England Research Institute

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