

## Mayo Clinic Minute

### Why online treatments for erectile dysfunction could be harmful

Video	Audio
	It's more common than you think.
00:00:34 DR. TOBIAS KOHLER:	"About half of all men above age 50 have it."
	Still, nobody wants to talk about their erectile dysfunction.
00:00:36 DR. TOBIAS KOHLER:	"It's often a sign of underlying medical problems – heart disease, depression, diabetes, etc."
	Dr. Tobias Kohler, a Mayo Clinic sexual health expert, says there are excellent treatments available, but too many men turn to questionable websites and so-called "natural supplements" because they're too embarrassed to ask their health care provider.
	But that could be making things worse.
00:04:07 Tobias Kohler, M.D. Urology Mayo Clinic	"Imagine if you're going online, you're answering a few questions and then they're giving you these medications when, in fact, it's not even safe for you to have sex because you have an underlying heart problem. That's going to be hard to discover with an online application."
	And the so-called natural supplements aren't regulated.
00:04:48 DR. TOBIAS KOHLER:	"So they can pretty much promote anything, say anything they wish, unsubstantiated claims. If you look at studies looking to prove their efficacy, they just don't work."
	So if you're having trouble in the bedroom, let your health care provider help you with a treatment that's safe and actually works.
	For the Mayo Clinic News Network, I'm Ian Roth.