

Mr Dick's Self Diagnosis Algorithm for Erectile Dysfunction

- Answer ALL 20 of the symptom questions in the sequence set out below. It is important that you follow up on every question and get back to the next one.
- If you answer Yes to any of the symptom questions then Go To the relevant Source section set out on right (you can click to Go To if your format allows). If you can identify the source as applicable to you, tick it on the Sources of ED checklist from A. Then come back to the next question.

<p>1. Physically inspect your Dick for any of the following:</p> <ul style="list-style-type: none"> • Is there any plaque or hard skin formation on the shaft? • If uncircumcised, do you have any difficulty retracting the foreskin while flaccid or during intercourse? • Is the opening of your urethra not at the tip of your Dick's shaft? 	<p>Go To 1.4.iii Genital Psysiology: Peyronies disease</p> <p>Go To 1.4.vii Genital Physiology: Phimosis</p> <p>Go To 1.4.vi Genital Physiology: Hypospadias</p>
<p>2. Do you have any of the following symptoms?</p> <ul style="list-style-type: none"> • decreased libido or sex drive; • slower or weaker erections; • general muscle atrophy; • increase in body fat; • infertility; • gynaecomastia (abnormal breast development); • shrinking or decrease in size of testes (balls); • frequent and night urination; • loss of beard and body hair and higher voice pitch 	<p>Go To 1.2 Hormonal Imbalance ED and review the whole section, especially</p> <p>1.2.i Testosterone Deficiency and</p> <p>Go To 1.3 Age-related ED and review the whole section, especially 1.3.i Hypogonadism</p>

3. Are you over 40?	Go To 1.3 Age-related ED
4. Do you suffer from severe headaches or eye problems?	Go To 1.2.ii Hyperprolactinaemia
5. Are you on any medication?	Go To 1.8.i Medical Drugs and Go To 1.2.11 Hyperprolactinaemia
6. Are you a Diabetic?	Go To 1.5 Diabetes and ED
7. Do you take any party drugs?	Go To 1.8.ii Street and Party Drugs
8. Do you have any of the following physical symptoms? <ul style="list-style-type: none"> • Parts of your Dick get erect and others don't; • Your Dick makes you feel some pain when he gets erect; • Your Dick bends markedly and differently from a normal bend during erection; • Your Dick is smaller than before, feels cold or changes colour; • One or both of your testes (balls) swell; • You have urination changes including more frequency, burning sensations or blood in the urine; • You have urinary leakage after you pee. 	Go To 1.4 Genital Physiology ED. Review the whole section including 1.4.i Pelvic Trauma, 1.4.ii Inflamed Prostate, 1.4.iv Pelvic Floor Muscle Dysfunction, 1.4.v Sacral Cord Injury
9. Do you have any heart issues or cardiovascular condition?	Go To 1.6 The Heart and 1.1 Genetic ED

<p>10. Your Lifestyle:</p> <ul style="list-style-type: none"> • Do you Smoke • Do you have any Sleep problems • Do you or have ridden a bicycle a lot? • Do you not have any alcohol free days? • Is your BMI over 25 or do you carry a few extra pounds? 	<p>Go To 1.7 Lifestyle Sources of ED and review all.</p> <p>Go To 1.7.i Smoking</p> <p>Go To 1.7.ii Sleep problems</p> <p>Go To 1.7.iv Bicycle Seats</p> <p>Go To 1.7.v Alcohol</p> <p>Go To 1.7.vi Middle-Aged Spread</p>
<p>11. Have you had any Surgery or Radiation Therapy for any cancer?</p>	<p>Go To 1.8.iii Surgery/Radiation Therapy</p>
<p>12. Do you suffer from any of the following symptoms:</p> <ul style="list-style-type: none"> • Delayed ejaculation and inability to ejaculate in normal sex situations; • Increasing need of porn to enjoy lovemaking with your partner; • ED drugs such as Viagra® and its cousins losing effect; • Masturbating with more and more extreme genres of sex. Normal porn no longer exciting; • Decreased sensitivity in your Dick from extreme masturbatory behaviour. • Not aroused by women in normal situations? 	<p>Go To 1.9 Porn Induced ED</p>
<p>13. Do you <u>never</u> get erections?</p>	<p>The chances are that your condition has predominantly Physical Sources and related to “plumbing issues”.</p> <p>Go To 1.4.v Genital Physiology: Sacral Cord Injury</p> <p>Go To 1.4.viii Genital Physiology Procedures</p> <p>Also, review Physical Sources Conclusion on advice for specialist help.</p>

14. Do you in any way feel your sexual performance is inadequate?	Go To 2.1 Perceived ED Go To 2.3 Performance Anxiety
15. Do you suffer from Depression?	Go To 2.2 Depression and ED
16. Do you suffer from Stress or Negative feelings?	Go To 2.5 Stress and Negative Emotions
17. Have you ever suffered from a memorable or hurtful rejection or bad sexual encounter experience?	Go To 2.6 Sexual Trauma
18. If you have a partner, do you find your partner unattractive or do you suffer from any of the following symptoms: <ul style="list-style-type: none"> • Delayed ejaculation and inability to ejaculate in normal sex situations; • Increasing need of porn to enjoy lovemaking with your partner; 	Go To 2.7 Partner Psysiology
19. Does your father suffer from ED. Do you have any close relatives that suffer from ED?	Go to 1.1 Genetic ED
20. Do you have any bisexual or homosexual tendencies?	For some men, social and family pressures get in the way of finding their true selves and their true sex orientation. This can lead to Psychological ED. <i>Only you</i> can resolve this but, it could be a source of ED.

You have now come to the end of the Self Diagnosis for symptoms and identified your source(s). Remember there is usually more than one source as Physical sources usually develop Psychological sources. It is important to try and identify the main source.