

Patients with erectile dysfunction or impotence: quitting smoking might improve your condition

Smoking and ED

Erectile Dysfunction (ED) means the persistent inability to obtain or maintain erection adequately for satisfactory sexual performance. Smoking is associated with the development of ED. Smoking damages the blood circulation system in penis and causes blockage in the blood vessels and leads to ED. Smoking also causes reduction in sperm production by about 20%, damages normal development of sperms, raises the opportunity of stillbirth and deficiency in the embryo, or even sterility.

Quitting smoking improves ED

Quitting smoking can promote men's cardiac and sexual health. Studies have found a high prevalence of smoking among ED patients and it was hypothesized that quitting smoking can improve ED. However, smoking is an addiction to nicotine and relatively few people can quit successfully without professional help.

Are there any help available?

Yes, you can receive free smoking cessation service (counseling and nicotine replacement therapy (NRT)) by participating in the following research programme, which is **free of charge**.

The Departments of Community Medicine and Nursing Studies of the University of Hong Kong, in collaboration with other agencies, are now carrying out a research study on smoking cessation among ED patients in Hong Kong. The aim of the study is to promote quitting smoking among ED patients and to test the effectiveness of a smoking cessation intervention among them. If you decide to participate, you will receive an individual counseling and, if necessary, free supply of NRT.

To participate in the study, you should meet the following criteria:

Ethnic Chinese male of age 18 or above; (ii) be in a stable relationship with a female partner for at least the past 6 months; (iii) have a clinical diagnosis of ED; (iv) smoking at least 1 cigarette per day; (v) have an intention to quit smoking.

Do not miss this opportunity of free smoking cessation service and call the Registration Hotline 6592-8001 or 2819-9899 now.