Mediterranean Diet May Lower Risk of Heart Problems in Men with Erectile Dysfunction

Following a Mediterranean diet – one that includes whole grains, fruits, and vegetables – could help men with erectile dysfunction (ED) lower their risk for heart problems, according to researchers from Greece.

ED is a man’s inability to have a firm erection. Often, it is caused by insufficient blood flow to the penis, which may be linked to atherosclerosis – hardening of the arteries. Atherosclerosis is common in people with heart disease and, for some men, ED is the first sign that they are at risk.

Past research has found that following a Mediterranean diet can be good for heart health. For this study, the Greek researchers asked 75 men with ED to complete a questionnaire designed to assess how strictly they followed a Mediterranean diet.

They found that the men who did not follow the diet closely were more likely to have poor cardiovascular health. These results suggest that the Mediterranean diet is a better choice for heart health in men with ED.

Thinking about following a Mediterranean diet? Your doctor can give you the best advice, but generally, this type of diet includes:

- Lots of fruits, vegetables, and legumes
- Whole grains, nuts, and seeds
- Olive oil
- Fish or poultry twice a week
- Less red meat

You might also consider:
• Having fresh fruit for dessert instead of cake or cookies.
• Using spices to season your food instead of salt.

The study results were presented in December at the annual meeting of the European Association of Cardiovascular Imaging held in Vienna, Austria.

Resources

European Society of Cardiology

“Mediterranean diet linked to improved CV function in erectile dysfunction patients”

(Press release. December 3, 2014)


Mayo Clinic

“Mediterranean diet: A heart-healthy eating plan”

(June 14, 2013)


Medical News Today

“What is the Mediterranean diet? What are the benefits of the Mediterranean diet?”

(January 2, 2015)

http://www.medicalnewstoday.com/articles/149090.php