



THE MIDLIFE MAN'S ED OPTIONS CHEAT SHEET

What Works, When It Works, and
What to Know About
Erectile Dysfunction

**A Shame-Free Guide to
Understanding Your Choices**



Key Message

ED is common. ED is treatable. One failed solution doesn't mean you're out of options.

*Please note that this guide does not constitute medical advice. Check with a licensed clinician before trying any new treatment and only obtain prescription medications from a licensed pharmacy.

OPTION #1: LIFESTYLE FOUNDATIONS	Best for: Every man	What it helps: ● Blood flow ● Heart health ● Erections ● Energy Focus on: ● 150 minutes of movement weekly ● Strength training ● Better sleep ● Heart-healthy eating
OPTION #2: ED MEDICATIONS	Best for: Mild to Moderate ED	Examples: ● Viagra ● Cialis ● Levitra Pros: ● Convenient ● Effective for many men ● Easy starting point Know This: All of these solutions require a doctor's prescription. If medication stops working, don't assume nothing else will.
OPTION #3: PUMPS & RINGS	Best for: Men wanting a non-drug solution	Pros: ● Drug-free ● Effective ● Can restore confidence Common Mistake: Using the wrong ring size or rushing the process. Recommended products: Bathmate Dr. Joel Kaplan Firmtech
OPTION #4: SHOCKWAVE		How It Works: Stimulates new blood vessel growth.

THERAPY	Best for: Mild to Moderate ED	Works Best When: Blood vessels still have healthy function. Less Effective For: Severe ED
OPTION #5: HORMONE & MEDICATION REVIEW	Best for: Men with low desire, energy, and/or inconsistent erections	Ask Your Doctor About: ● Testosterone ● Thyroid ● Medication side effects Remember: Low testosterone is rarely the whole story .
OPTION #6: PENILE INJECTIONS TO IMPROVE BLOOD FLOW	Best for: Moderate to Severe ED	Pros: ● Highly effective ● Fast results ● Predictable erections Reality Check: The needle is much smaller than most men imagine.
OPTION #7: EMERGING TREATMENTS		Includes: ● Botox ● Fillers ● PRP ● Stem Cells Current Reality: Some options show promise, but evidence varies significantly.
OPTION #8: PENILE IMPLANTS	Best for: Severe ED when other options fail	Pros: ● Extremely reliable ● High satisfaction rates ● Long-term solution



DON'T DO THIS

- Suffer in silence
- Assume aging means your sex life is over
- Give up after one failed treatment
- Believe internet miracle cures



DO THIS

- Get evaluated
- Ask questions
- Explore multiple options
- Talk with your partner
- Work with qualified professionals

WANT MORE HELP?

[Join the waitlist](#) for my men's coaching program launching Fall 2026

"Most men who successfully overcome ED didn't find one perfect solution. They found the right solution for them."

Karen Bigman

Certified Sexuality Educator | Host of *Taboo to Truth: Life & Sex After 50*