
Subject: Re: Anyone here smoke?

Posted by [Goztow](#) on Tue, 18 Oct 2005 20:37:20 GMT

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Impotence is the constant inability of a man to maintain an erection for sexual purposes. It is estimated that impotence affects over 30 million men in the United States.

Sexual functioning requires the coordination of several functions in the body. This includes the nervous system (mental stimulation) working in coordination with hormones, and the vascular system which pumps blood into the muscle tissue that maintains the erection. Smoking can affect all these systems, thereby, causing impotence.²

Many diseases caused by smoking involve blockage of the arteries, meaning that smoking inhibits the flow of blood throughout the body. Strokes and heart attacks are one result of severe blood flow blockage. Impotence is another result of arterial blockage.

Long-term smoking causes more physiological damage. In a United States study², healthy men who smoked, with no history of impotence, heart disease or diabetes, were interviewed twice over 8 years. The second interview revealed that although these men still had no heart disease or diabetes, they were twice as likely to experience moderate or severe impotence.⁴

A secondary study⁵ indicated that smoking is an independent risk factor contributing to impotence. After considering other risk factors, it was found that current smokers were twice as likely to experience impotence as non-smokers.

Another independent study³ grouped impotent smokers, according to how many cigarettes they smoked each day. The study concluded:

heavy smokers (40+ cigarettes/day) had the "softest" night-time erections;
smoking was related to an abnormal decline of blood pressure in the penis.

http://www.hc-sc.gc.ca/hl-vs/tobac-tabac/body-corps/disease-maladie/infertilit/index_e.html

<http://www.google.be/search?hl=nl&q=smoking%2Bimpotent&mp;spell=1>

Reason enough for me not to smoke... Besides that noone should really actively work on having BAD BREATH.

I don't drink either but that's more a principals-thing.
