

Inverse link confirmed for exercise, erectile dysfunction

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(HealthDay)—Physical activity is inversely associated with erectile dysfunction (ED), according to a confirmatory study published in the September issue of *The Journal of Sexual Medicine*.

Paul D. Loprinzi, Ph.D., and Meghan Edwards, from the University of Mississippi, examined the correlation between objectively measured physical activity and ED in a national sample. Data were obtained for an analytic sample of 692 adults aged 50 to 85 years (representing 33.2 million adults) from the 2003 to 2004 National Health and Nutrition Examination Survey. Participants wore an ActiGraph 7164 accelerometer for up to seven days. ED was assessed via self-report.

The researchers found that for every 30-minute-per-day increase in

moderate-to-vigorous physical activity, participants had a significantly reduced risk of having ED after adjustment (odds ratio, 0.57).

"This confirmatory study employing an objective measure of physical activity in a national sample suggests an inverse association between [physical activity](#) and ED," the authors write.

More information: [Abstract](#)
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