**How does your lifestyle interfere with Viagra efficacy?**

Massachusetts Male Ageing Study has found that about 52% of men over 40 years old suffer from erectile dysfunction. The good news is that modern medication is capable of if not curing this type of a disorder, then at least maintaining an erection during sexual intercourse. One of the most famous pills, promising men quick and effective ED treatment, is Viagra. Whether you choose a Brand version or a generic type, you are expecting to see great and immediate results. However, according to the polls, about 30% of men do not find Viagra effective. Taking into account the amount of male population, suffering from reproductive system disorder, this statistics is overwhelming. Does it mean that Viagra is not as effective as it is considered to be? What if you belong to this 30%? First, don’t panic. There can be several reasons why the medication didn’t work properly and most of them can be fixed. One of the most common is a low level of testosterone, which can be determined by a blood test. If this is the case for you, consult with your doctor to select the right treatment. You should follow the same approach if you have diabetes or any problems with kidneys, liver or heart, as these diseases can diminish the efficacy of Viagra or cause severe side effects.

However, health problems are not the only factors determining the success of the treatment. If you see that medication doesn’t work, reconsider your habits. As any other patients, men with erectile dysfunction have to adopt a certain lifestyle to get their sexual life to the expected level. Follow three easy tips to maximize your sexual performance.

**Keep Calm**

“Keep calm and stress less” is probably the best advice to men, experiencing ED. It is a well-known fact that stress and depression lead to a decrease in libido, making it hard to maintain the erection. Although Viagra will still relax blood vessels, your penis won’t harden if you keep worrying, instead of enjoying the sexual act. The best advice here is to combine treatment with different stress-relief techniques. Do yoga, meditate and relax to free your mind and enjoy the sexual experience to the fullest.

**Eat Right**

Most men might not be aware of this, but eating right is the key to Viagra efficacy. Even though it does not matter whether you take a pill with food or no, the products you consume affect the way your body absorbs the drug.

**Avoid:**

• Grapefruit. Although the fruit or its juice does not counteract medication (Viagra will still affect blood vessels and blood flow, as well as improve erection), it may cause severe side-effects because grapefruit does not allow the drug to break down in the body. Ending up in the hospital is definitely not what you expect from a great night, so make sure you consult your doctor to determine the amount of grapefruit you can consume, taking Viagra, if the fruit is an essential part of your diet.

• High-Fat Foods. There is enough evidence that fine dining diminishes Viagra efficacy and delays its absorption. Moreover, fat food causes obesity, increasing chances of suffering from ED. Digestion demands blood supply to the stomach, so there won’t be much left to maintain the erection.

**Enjoy:**

• Watermelon, accurately citrulline found in this fruit, affects the body in the same way Viagra does. It relaxes blood vessels and increases blood flow. Consume it with the drug and improve the effect of medication

• Dark chocolate and cocoa are good for you in so many ways, including improvement of cardiovascular health and increase in the blood flow.

• Pomegranate juice is proven to harden penis and improve Viagra efficacy. However, it may lead to erections that do not disappear after orgasm. To avoid dismal results, consult with your doctor before adding juice to your daily diet.

**Avoid Alcohol**

Consumption of alcohol diminishes the efficacy of many drugs, including Viagra. To maintain erection brain needs constant stimulation, which is almost impossible if you are drunk. Moreover, it can be dangerous as alcoholic drinks may enhance side effects, such as dizziness, low blood pressure, or headaches. The good news is that according to the studies, red wine doesn’t have a negative influence on medication.