



WELLNESS Q+A

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Q

Does “use it or lose it” apply to men’s health?

A

Absolutely. If you don’t stretch regularly, you become less flexible. If you stop exercising, you lose strength and stamina. The same principle applies to erectile health. Early signs of erectile dysfunction (ED), such as difficulty maintaining an erection, may seem minor at first, but without treatment, they often progress. This happens because ED is frequently tied to underlying issues like poor blood flow or low testosterone levels, which worsen over time without intervention. Staying active through exercise, eating a balanced diet, and maintaining a healthy weight not only support flexibility and strength, but also promote the circulation and hormonal balance critical for sexual health. Addressing issues early can prevent decline and help you stay at your best.



Q

Why do men fear talking about ED?

A

ED is often tied to feelings of masculinity, making it a sensitive subject for many men. Admitting a problem can feel like admitting failure, leading to embarrassment or avoidance. But ED isn’t just a sexual health issue—it can signal more serious conditions such as heart disease or diabetes. By seeking care early, men not

only improve their quality of life but may also uncover and address broader health concerns. The “use it or lose it” principle applies here, too. Taking proactive steps to manage ED can prevent further decline, improve confidence, and restore vitality. Talking to a doctor is an act of strength and self-preservation.

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