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Sommario/riassunto	Erectile dysfunction, or ED as it is frequently called, is a problem many men face. As men grow older there is a corresponding decline in their ability to obtain and maintain an erection. Erectile dysfunction is also common following the onset of some illnesses and treatment for them such as prostate cancer. While ED can affect a large number of men the good news is that there are steps men can take to minimize this problem and in some cases completely overcome it. The first step is to understand normal sexual function and to then see how age, medication, or medical treatment can lead to ED. The second step involves participating in "erection fitness training" or EFT. Psychologists Dr. Joel Block and Dr. Harold Dawley provide a simple to follow guide for men concerned with maintaining good sexual functioning.