

CIALIS

Tadalafil

A Comprehensive Informational Guide

What You Will Learn

- How Cialis works in the body
- Approved uses: ED & BPH
- Dosage options & timing
- Common side effects & safety

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Always consult a qualified healthcare professional before using any medication.

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Understanding Cialis (Tadalafil)

Cialis is the brand name for tadalafil, a prescription medication belonging to the class of drugs known as phosphodiesterase type 5 (PDE5) inhibitors. First approved by the U.S. Food and Drug Administration (FDA) in 2003, Cialis has become one of the most widely recognized treatments for erectile dysfunction (ED) and is also approved for the signs and symptoms of benign prostatic hyperplasia (BPH).

Unlike some other ED medications, Cialis is known for its longer duration of action — often referred to as the “weekend pill” because its effects can last up to 36 hours. This extended window provides greater flexibility for many users.

Key Fact: Cialis does not create sexual desire or cause an automatic erection. Sexual stimulation is still required for the medication to work.

How Cialis Works

During sexual arousal, the body releases nitric oxide (NO) in the erectile tissue of the penis. Nitric oxide activates the enzyme guanylate cyclase, which increases levels of cyclic guanosine monophosphate (cGMP). cGMP causes the smooth muscles in the blood vessels of the penis to relax, allowing increased blood flow into the corpora cavernosa — the sponge-like chambers that fill with blood to produce an erection.

An enzyme called PDE5 naturally breaks down cGMP, ending the erection process. Tadalafil selectively inhibits PDE5, allowing cGMP levels to remain elevated longer when sexual stimulation occurs. The result is improved ability to achieve and maintain an erection.

The Process in Brief

1. Sexual stimulation triggers nitric oxide release.
2. Nitric oxide raises cGMP levels → blood vessels relax.
3. Increased blood flow produces an erection.
4. PDE5 normally breaks down cGMP. Cialis blocks PDE5.
5. cGMP stays active longer → improved erectile response.

Approved Uses

Cialis is FDA-approved for the following indications in adult men:

1. Erectile Dysfunction (ED)

Erectile dysfunction is the consistent inability to achieve or maintain an erection sufficient for satisfactory sexual activity. Cialis helps improve erectile function by enhancing blood flow to the penis when sexually stimulated. It is available in both “as-needed” and once-daily dosing regimens.

2. Benign Prostatic Hyperplasia (BPH)

BPH is a non-cancerous enlargement of the prostate gland that commonly occurs with age. It can cause bothersome urinary symptoms such as frequent urination, weak stream, urgency, and incomplete

emptying. Cialis relaxes smooth muscle in the prostate and bladder, helping to relieve these symptoms.

3. ED + BPH (Combined)

Many men experience both conditions. A single daily dose of Cialis can address both erectile dysfunction and the urinary symptoms of BPH simultaneously.

Note: Tadalafil is also used under different brand names (e.g., Adcirca) for pulmonary arterial hypertension (PAH). This guide focuses on the Cialis brand indications for ED and BPH.

Dosage & Administration

Dosage should always be determined by a healthcare provider based on individual needs, response, and tolerability. Do not split tablets. Cialis may be taken with or without food.

Use	Starting Dose	Range / Notes
ED – As Needed	10 mg	5–20 mg prior to activity. Max once daily. Effects up to 36 hours.
ED – Once Daily	2.5 mg	May increase to 5 mg. Taken at same time each day, regardless of sexual activity.
BPH	5 mg	Once daily at approximately the same time each day.
ED + BPH	5 mg	Once daily. Addresses both conditions with a single dose.

For as-needed use, take Cialis at least 30 minutes before anticipated sexual activity. The medication can remain effective for up to 36 hours, offering a wide window of opportunity.

Side Effects

Like all medications, Cialis can cause side effects. Most are mild to moderate and temporary.

Common Side Effects (≥2%)

- Headache
- Indigestion / dyspepsia
- Back pain
- Muscle aches (myalgia)
- Nasal congestion / stuffy nose
- Flushing (warmth or redness of the face)
- Pain in arms or legs

Less Common but Serious – Seek Medical Help Immediately

Stop and get medical help right away if you experience:

- An erection lasting more than 4 hours (priapism) – can cause permanent damage
- Sudden vision loss or changes in one or both eyes
- Sudden hearing decrease or loss, or ringing in the ears
- Chest pain, pressure, pain spreading to jaw or shoulder, nausea, or sweating during sex
- Severe dizziness or feeling like you might pass out

Important Precautions & Contraindications

Do not take Cialis if you:

- Use any form of organic nitrates (nitroglycerin, isosorbide, recreational “poppers” such as amyl nitrite) – the combination can cause a dangerous drop in blood pressure.
- Are allergic to tadalafil or any ingredients in the tablet.
- Have been advised by a doctor to avoid sexual activity due to heart problems.

Tell your doctor before using Cialis if you have:

- Heart disease, history of heart attack or stroke
- Low or high blood pressure
- Liver or kidney problems
- Retinitis pigmentosa or other eye conditions
- A deformed penis or history of priapism
- Blood cell disorders (sickle cell anemia, leukemia, multiple myeloma)
- Are taking other medications for ED or pulmonary hypertension

Practical Tips for Users

- Take the tablet whole – do not crush, split, or chew.
- Alcohol in large amounts can increase the risk of side effects such as dizziness or low blood pressure.
- Grapefruit juice may interact with tadalafil; discuss with your pharmacist.
- Store at room temperature, away from moisture and heat.
- Keep out of reach of children.
- Never share your prescription with others.

Final Notes

Cialis has helped millions of men regain confidence and improve quality of life when used appropriately under medical supervision. It is a proven, well-studied medication with a favorable safety profile for most healthy adult men. However, it is not suitable for everyone.

Always obtain Cialis or generic tadalafil through legitimate channels with a valid prescription. Counterfeit products sold online without proper oversight can be dangerous.

For reliable information and legitimate options, visit:
<https://trustedtablets.online>

This guide is educational only. It does not replace professional medical advice, diagnosis, or treatment.
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