

ERECTILE DYSFUNCTION

CAUSES



Psychological

Vascular – (ie damage from smoking or high blood pressure)

Hormonal (Endocrine system)

Neurogenic – (ie pelvic surgery, diabetes)

Drugs or prescription medications

TREATMENT OPTIONS



Lifestyle changes, psychological treatment and medication changes

Overall review of cardiovascular risk factors

Optimise health and diet

Review of medications and change if necessary

TESTOSTERONE REPLACEMENT



If levels below normal on two blood readings
Thoroughly evaluate for any contra-indications to replacement
Underlying reversible causes managed first

MEDICATIONS - PDE5 INHIBITORS (CIALIS, VIAGRA, LEVITRA)



Very safe with 80% response rate
Take 40 min prior to intercourse
Know how long they last depending on type taken
Need normal stimulation
Avoid alcohol/ fatty food just prior to ingestion
Need to try it a few times before giving up
Side Effects – overall these medications are very safe but may cause:

- Low blood pressure
- Facial / nasal flushing
- Headache
- Reflux
- Visual disturbance – blue discolouration

Cannot use with: High risk cardiac patients* and those on certain medications (Nitrates, Beta-blockers and Antiarrhythmics)

COMPOUNDED RAPID ACTING SUBLINGUAL FORMULA



Either in sublingual absorbable strip or lozenge
Sildenafil (Viagra) and Phentolamine formula
More effective and onset of action as fast as 5 minutes
Similar side effects as Sildenafil (Viagra)

INTRA-CAVERNOSAL INJECTIONS - (CAVERJECT OR TRIMIX COMPOUND PREPARATION)



Effective treatment for men who cannot take oral agents or for whom oral agents are no longer effective
It takes 5 – 15 minutes to work
Needs to be dose adjusted to each individual

patient

Expensive

Psychological barrier to injection

SIDE EFFECTS



Priapism – sustained erection more than six hours which may risk permanent damage to penis tissue

Pain

Infection

Penile Fibrosis (scarring) in long term usage

High blood pressure and heart rate

COMPOUNDED FORMULA



Either for injection or cream formula for non-injectable application

PENILE PROSTHESIS



Surgical insertion of patient controlled device

Overall high satisfaction rate of up to 90%

Concealed

Long term solution

Still have orgasm and ejaculation (if no pelvic surgery)

Indications:

- Patients who have failed other therapies

- Peyronie's disease (penile angulation) – moderate to severe with ED

- Severe vasculogenic disease

VACUUM DEVICE



15-20 different types. Cost varies from \$60 – \$800

Pros:

- Suitable for most patients

- Minimal discomfort

- Cheap in comparison to other treatments

Cons:

- Rigidity not satisfactory for most

- Noise of vacuum

- Erection may feel cold and un-natural

- Ring can only stay on 30 minutes at a time

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Urology Care Foundation, (2021), Erectile Dysfunction (ED), [[https://www.urologyhealth.org/urology-a-z/e/erectile-dysfunction-\(ed\)](https://www.urologyhealth.org/urology-a-z/e/erectile-dysfunction-(ed))], accessed 19/02/21.

McCabe, M. P., Sharlip, I. P., Atalla, E., Balon, R., Fisher, A.D., Laumann, E., Won Lee, S., Lewis, R., Segraves, R. T., (2016), Definitions of sexual dysfunctions in women and men: A consensus statement from the fourth international consultation on sexual medicine 2015, Journal of Sexual Medicine, 13(2), [<https://pubmed.ncbi.nlm.nih.gov/26953828/>], accessed 19/02/21.