

Management of ED (Erectile Dysfunction)

Expectations:

It will NEVER be as good as it was when you were young. The BEST that can be hoped for is that it will be almost as good as it was before you lost the ability to achieve erections on your own. Any curvature with erection (Peyronie's Disease) may be worsened by some of these therapies. Also, shrinkage of penis does occur and may be irreversible.

Information online:

<http://www.urologyhealth.org/urology/index.cfm?article=11>

Oral phosphodiesterase-5 inhibitor (PDE5-I):

- Trade names include Viagra, Levitra, and Cialis.
- Side effects include headache, flushing, runny nose, temporary vision changes. If chest pain occurs, then seek prompt medical attention. This medication should not cause priapism (a painful erection that will not go down), but if that condition occurs then seek emergency medical care.
- If a particular PDE5-I does not work for you, it is possible that a different drug will.
- Find a source of L-arginine and pycnogenol. These are not prescription medications. They are not proven to help, but studies show a benefit for some men. They are basically vitamin/herbal supplements. Side effects should be minimal but could be variable depending upon the source (how the manufacturer got the medication).

Vacuum erection device (VED):

- There are many different penile pumps available on the market. The ones prescribed by physicians typically cost \$500-800. Cheaper ones can be found through the internet or adults-only stores. However, you tend to get what you pay for it.
- Side effects are minimal but include embarrassment, sore penis, and bruising.
- The particular brand prescribed by our clinic varies upon current government contract. However, a brand we have used in the past is Osbon and their website is:
<http://www.timmmedical.com/patients/>
- Erection health is often related to overall health. Make good lifestyle choices with a healthy diet, no smoking, less alcohol, and more exercise.

Intracavernosal injection (ICI):

- Major side effect of this therapy is Priapism. It is an erection that will not go down and is usually painful. **PERMANENT DAMAGE** will occur to your penis if you do not seek emergency treatment after four hours.
- Alprostadil is a chemical that can cause erections. It is also produced by our bodies.
http://en.wikipedia.org/wiki/Prostaglandin_E1
- There are two methods to get alprostadil into the penis: via injection or suppository into the urethra.
- The injection source that we use is Edex. You may hear about TriMix, which is actually three medications created at a compounding pharmacy, but we do not commonly prescribe this medication.
- You must go to the clinic for your first dose in order to make sure it is well tolerated.
- Website for Muse:
<http://www.muserx.com/hcc/>
- Website for Edex:
<http://www.edex.com/>

Inflatable penile prosthesis (IPP):

- We use this option if the methods above are not successful. There are two main manufacturers of IPP that we use.
- AMS
http://americanmedicals.com/mens_erecile_products_objectname_male_ams_700.html
- Coloplast
<http://straighttalk.net/>