



# Erectile Dysfunction

**Nick Tadros, MD, MCR, MBA**  
*Associate Professor, Department of Urology  
Residency Program Director  
Director, Men's Health  
The Ohio State University Wexner Medical Center*

**MedNet21**  
Center for Continuing Medical Education

**THE OHIO STATE UNIVERSITY**  
WEXNER MEDICAL CENTER

## WHAT IS ERECTILE DYSFUNCTION?

“The inability to maintain an erection firm enough to have sexual intercourse”

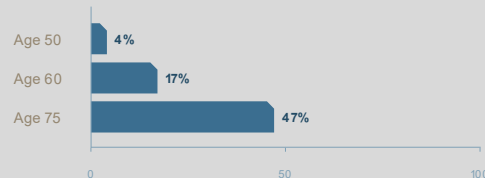


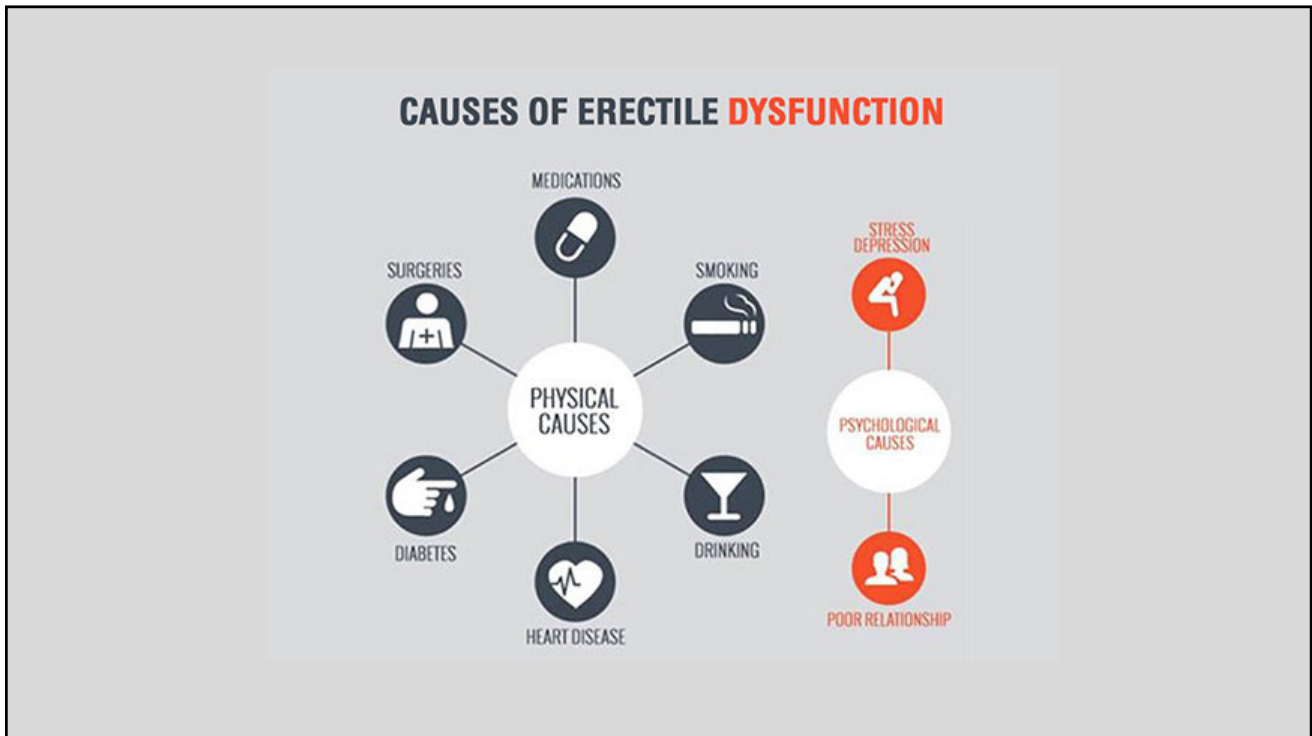
Approximately 1 in 5 American men aged 20 and older suffer from some degree of ED.<sup>2</sup>

In the United States, this adds up to as many as

**30 million men.**<sup>1,13</sup>

**Age breakdown of men with total inability to achieve an erection<sup>1</sup>**





## ED and Cardiovascular Disease

ED can be the presenting symptom for heart problems in many men

Men with ED are 50% more likely to suffer a heart attack during their lives

- occurrence of heart symptoms in 2-3 years
- cardiovascular events in 3-5 years

## ED and Smoking

Quitting smoking now can improve erections by 30% in one year

Smoking is a leading cause of cardiovascular disease



## ED and Diabetes

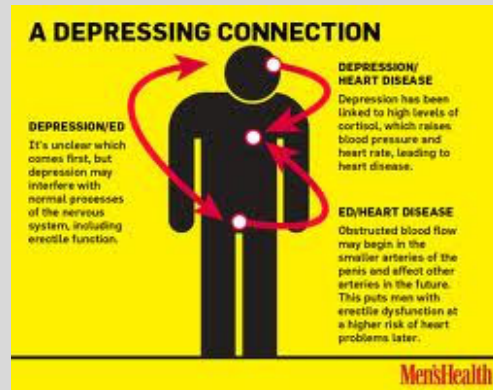
- The world diabetic population is expected to reach 366 million by 2030
- ED among diabetic men varies from 25-95%
- More than 50% of men with diabetes have sexual troubles and typically occurs within 10 years of their diabetes diagnosis
- Diabetes may cause irreversible damage to the nerves, blood vessels and smooth muscle function

## ED AND DEPRESSION

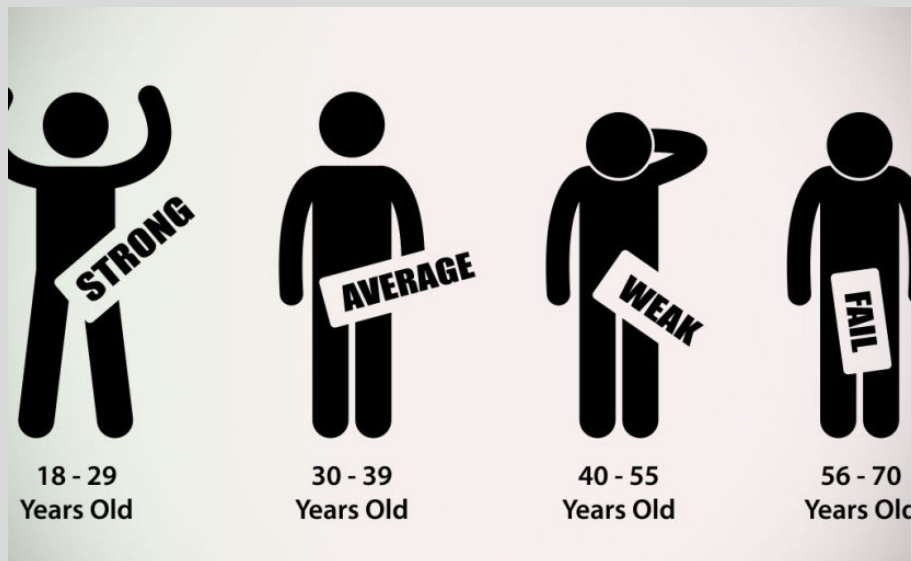
40-60% of men with depression complain of sexual problems

- Medications
- Cortisol levels
- Loss of libido

Treatment of depression can improve erections



## DEGREE OF ED BY AGE



## YOU DO NOT HAVE TO LIVE WITH ERECTION PROBLEMS!

Nearly EVERY man can be successfully treated!



## ORAL MEDICATIONS

Initial option for erectile dysfunction symptoms

VIAGRA (Sildenafil): introduced in 1998

Phosphodiesterase Inhibitors: Promotes arterial vasodilation (increase blood flow) to penis

- Must take at least ½ hour to 1 hour before anticipated sexual activity
- Must take 2 hours after eating
- Can remain effective for up to 4 hours; Tadalafil can be effective up to 36 hours



## ORAL MEDICATIONS

### Cialis (tadalafil)

- Introduced in 2003
- For ED: 10-20 mg as needed or 5 mg daily (2008)
- For BPH&ED: 5 mg daily (2011)

### Levitra (vardenafil)

### Stendra (avanafil)

### Which medication works better?

- No head to head trials
- Patient specific outcomes



## ORAL MEDICATION: SIDE EFFECTS

- Headache
- Facial flushing
- Runny nose
- Upset stomach
- Body aches
- Risk of erection lasting 4 hours or more (priapism)



*DO NOT take ED medications with NITRATES!*

## VACUUM ERECTION DEVICE (VED)

### Advantages

- On demand use
- Non-invasive
- Safe and effective
- Drug free
- Penile rehab??



### Disadvantages

- Cumbersome
- Unnatural erection
- Penile pain/discomfort
- Delayed ejaculation



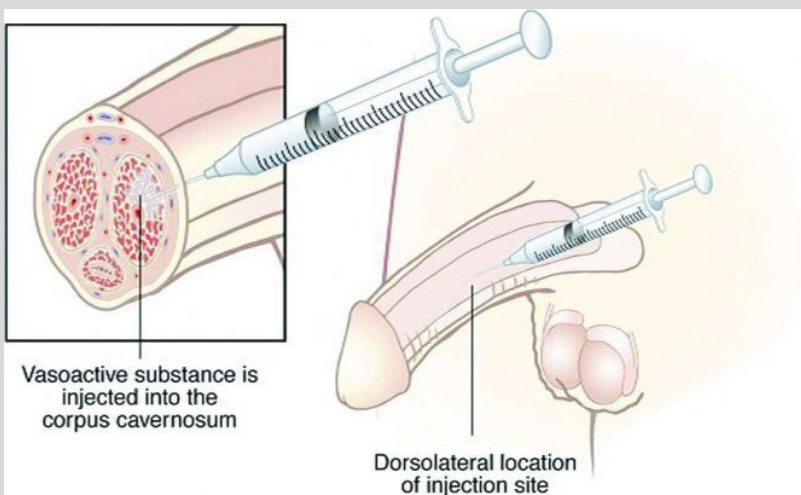
## INTRACAVERNOSAL INJECTION THERAPY (ICI)

Introduced in early 1980's

- Papaverine
- Phentolamine
- Alprostadil

Marketed

- EDEX
- TriMix



## PENILE INJECTION THERAPY

### Advantages

- Effective
- Onset of erection within 5-20

### Disadvantages

- Priapism
- Possible bleeding at injection site
- Requires training
- Bruising
- Can cause penile curvature
- Poor long-term tolerability
- Fear of sticking needle into penis



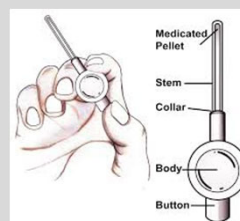
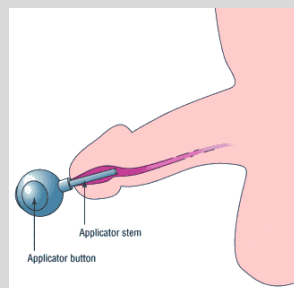
## INTRAURETHRAL SUPPOSITORY

### Advantages

- No needles or injection
- Erection within 10 to 15 minutes

### Disadvantages

- Penile pain/burning
- Inadequate penile rigidity
- Must be refrigerated
- Cost
- Decreased dexterity/vision may find difficult administration

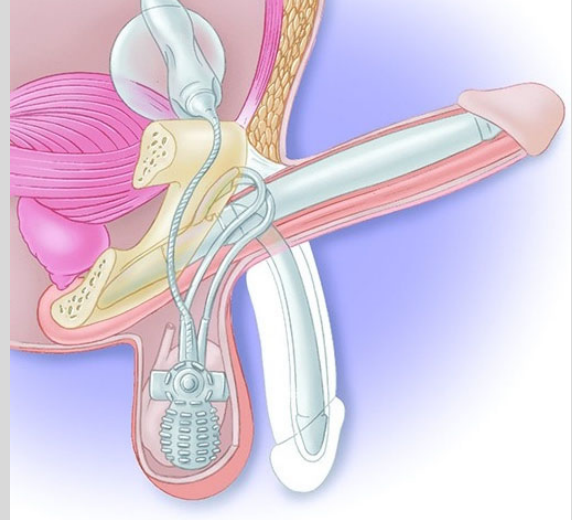




## SURGICAL OPTIONS: PENILE IMPLANTS

Ideal for men who have tried other treatments without success/regained quality of life

- On demand w/o need for medication
- Implants have been on the market for over 30 years (over 15,000 implants performed **YEARLY**)
- Extremely high patient and partner satisfaction



## 3-PIECE INFLATABLE PENILE IMPLANT

- Totally concealed in body
- Similar to natural erection
- Provides rigidity but deflates for concealment
- Erection longevity is controllable
- Highly recommended





## **BENEFITS**

- Long term solution
  - At 10 years, 80-90% of implants are still functioning
- Provides the ability to have an erection anytime you choose
  - Have sex when the mood strikes
- Enables you to maintain an erection as long as you desire
- Eliminates the need for costly medications
- Does not interfere with ejaculation or orgasm

## POSSIBLE RISKS

- Infection
- Mechanical failure
- Penis will be shorter
- Head of penis is not as hard
- Erosion
- Lose the ability to have natural erection

## OTHER PENILE IMPLANTS

Two Piece Inflation Prosthesis

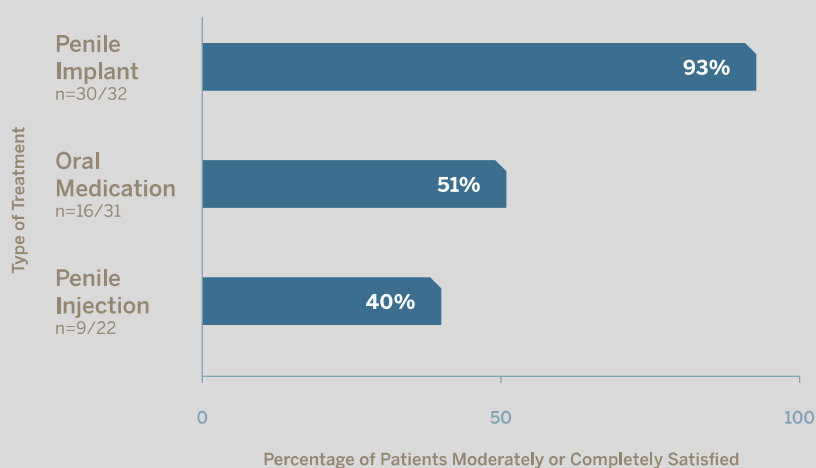


Malleable Prosthesis



## TREATMENT SATISFACTION

### Overall Patient Satisfaction with ED Treatments<sup>11</sup>



## Summary

- ED is a very common problem
- Nearly every man can be successfully treated for ED
- Talk to your partner
- Talk to your urologist
- Not every physician specializes in ED and/or has a specialized interest in sexual function