



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?

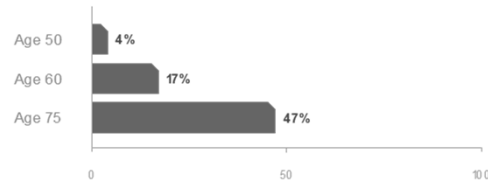
“The inability to maintain an erection firm enough to have sexual intercourse”

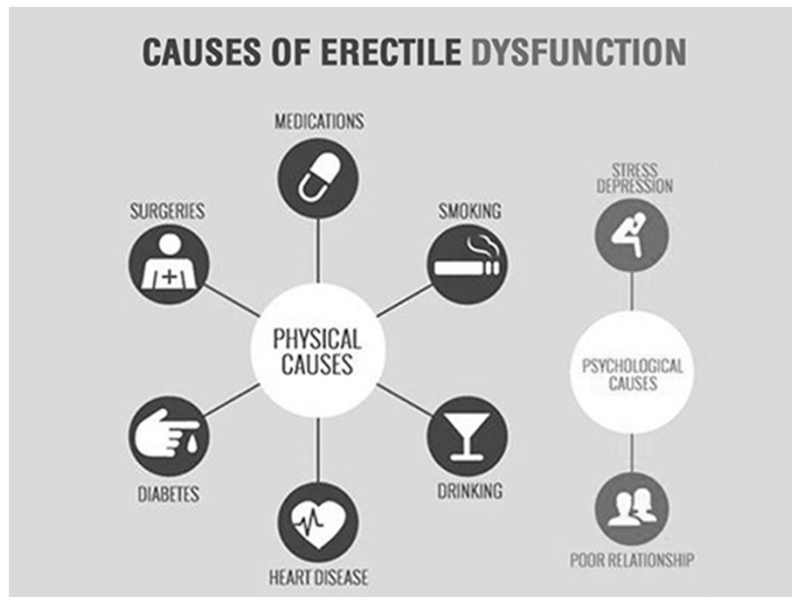


Approximately 1 in 5 American men aged 20 and older suffer from some degree of ED.²

In the United States, this adds up to as many as **30 million men.**^{1,13}

Age breakdown of men with total inability to achieve an erection¹





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

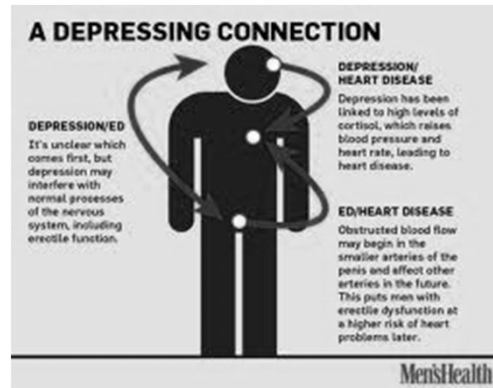
- The world diabetic population is expected to reach 366 million by 2030
- ED among diabetic men varies from 25-95%
- More than 50% of men with diabetes have sexual troubles and typically occurs within 10 years of their diabetes diagnosis
- Diabetes may cause irreversible damage to the nerves, blood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

ED AND DEPRESSION

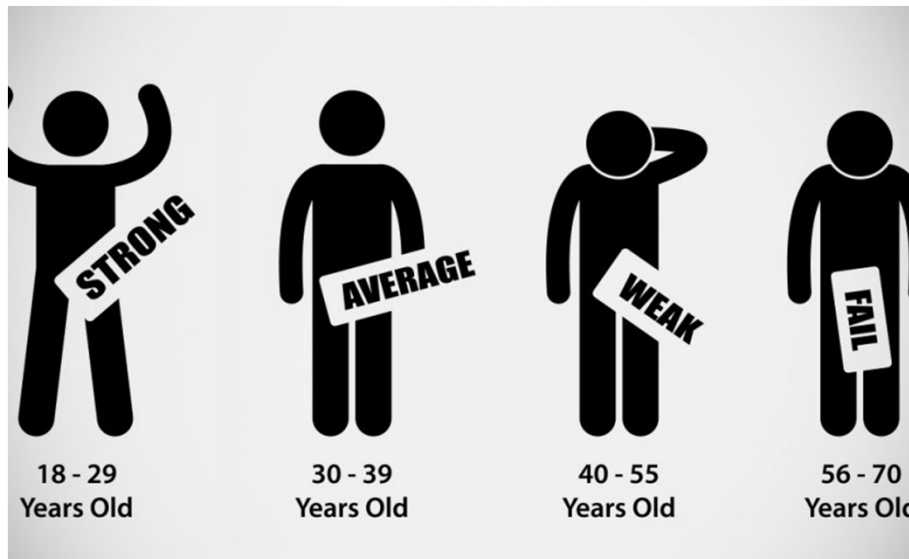
40-60% of men with depression complain of sexual problems

- 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)

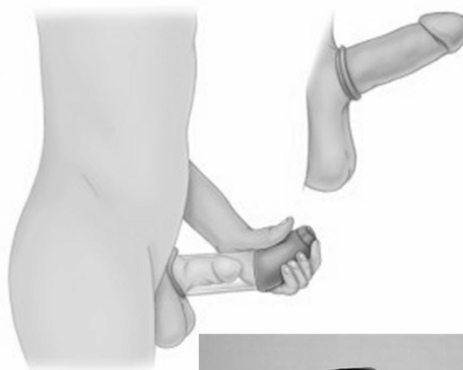


DO NOT take ED medications with NITRATES!

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



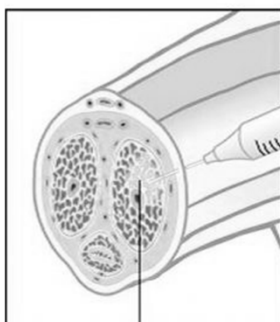
INTRACAVERNOSAL INJECTION THERAPY (ICI)

Introduced in early 1980's

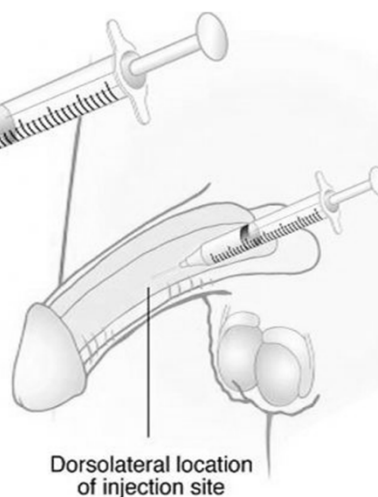
- Papaverine
- Phentolamine
- Alprostadil

Marketed

- EDEX
- TriMix



Vasoactive substance is injected into the corpus cavernosum



Dorsolateral location of injection site

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



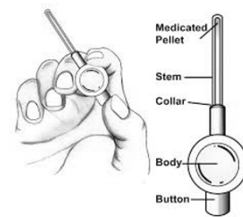
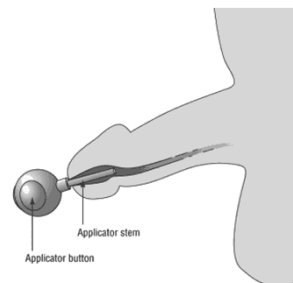
INTRAURETHRAL SUPPOSITORY

Advantages

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

Disadvantages

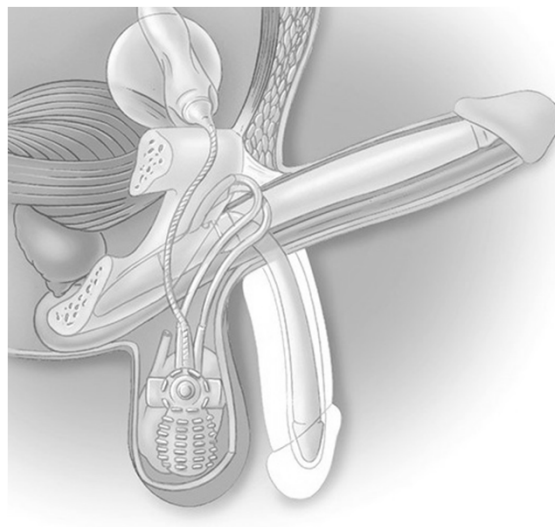
- Penile pain/burning
- Inadequate penile rigidity
- Must be refrigerated
- Cost
- Decreased dexterity/vision may find difficult administration



SURGICAL OPTIONS: PENILE IMPLANTS

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

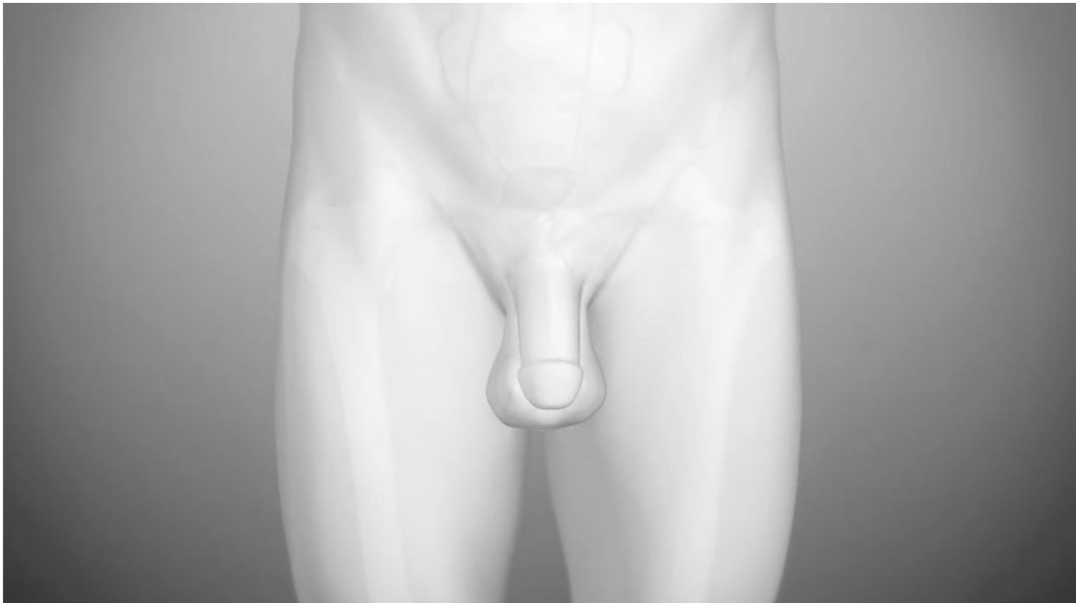
- On demand w/o need for medication
- Implants have been on the market for over 30 years (over 15,000 implants performed **YEARLY**)
- Extremely high patient and partner satisfaction



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

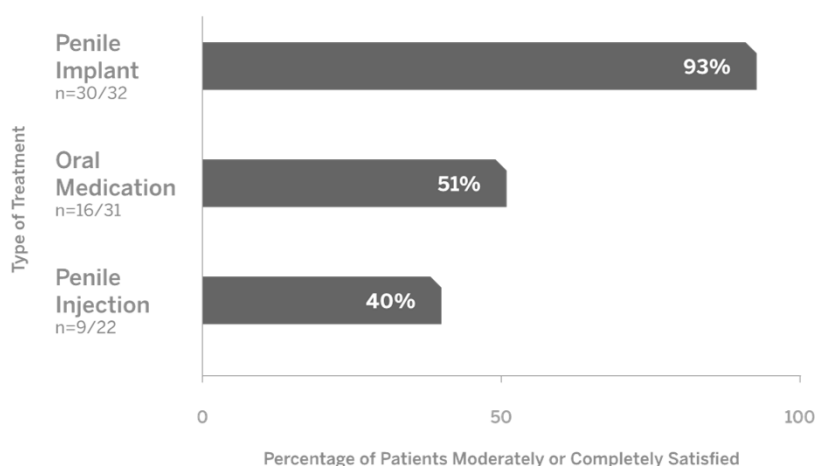


Malleable Prosthesis



TREATMENT SATISFACTION

Overall Patient Satisfaction with ED Treatments¹¹



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