

# **ERECTILE DYSFUNCTION TREATMENT OPTIONS**

VA Southern Nevada Healthcare System

Urology Department

# WHAT IS ERECTILE DYSFUNCTION?

- **Erectile Dysfunction**, also known as **ED**, is when a man finds it hard to get, or keep, an erection that's firm enough for sex.
- It affects about 1 out of 2 men over the age of 50.

# WHAT CAUSES ED?

- ED happens when blood doesn't flow well to the penis, or when the nerves in the penis are harmed.
- Although it is more common with aging, growing old is not the cause.

ED can be caused by:

- Injury
- Surgery
- Heart Disease
- Peripheral Arterial Disease
- High Blood Pressure
- High Blood Sugar
- Alcohol, Drugs or Smoking
- Some Medications
- Emotional Stress (depression, anxiety or relationship problems)

# IMPROVING OVERALL HEALTH

- ED can signal an underlying health and/or emotional problem.
- Finding and treating the cause(s) of ED can improve your overall health and your sex life.
- Have your Primary Care Provider review over medications you are already taking to see if a different type or dose to improve ED is an option.
  - Never make changes to medicines without first talking to your provider.

# SUGGESTED LIFESTYLE CHANGES

- **Avoid Smoking/Vaping**
- **Avoid use of Recreational Drugs**
- **Limit use of Alcohol**
  - 2 drinks or less per day
- **Reduce Stress**
- **Reduce your Weight**
  - 10% of Total Body Weight
- **Increase Physical Activity**
  - 30 minutes, light activity, 3x/week
- **Improve Food Intake**
  - Vegetables/Fruit, Whole Grains, Protein

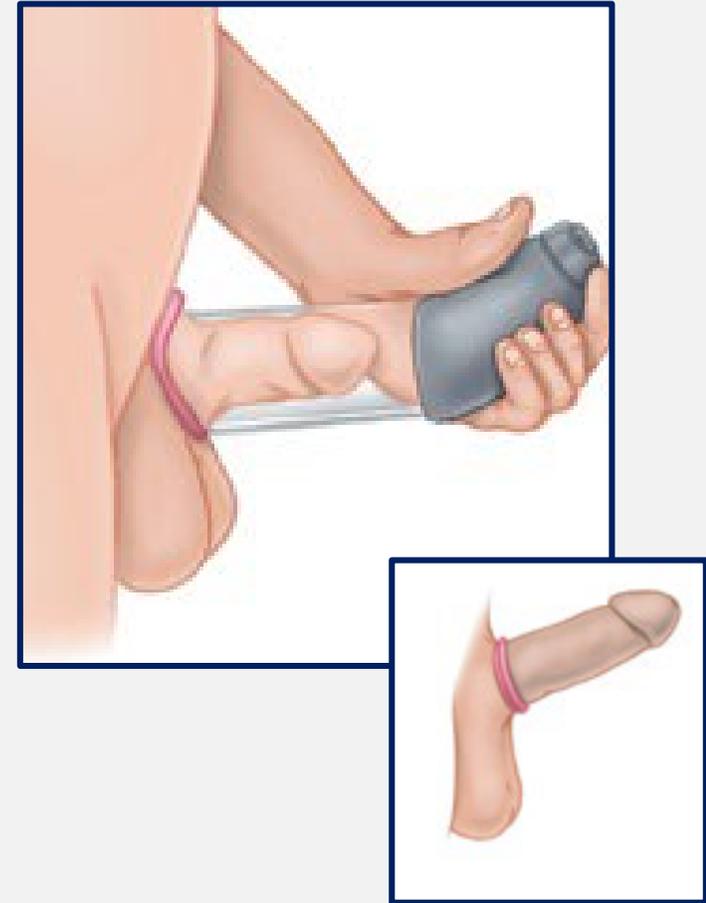
## TREATMENT OPTIONS

- Your physical and emotional health will need to be evaluated by your Primary Care Provider.
- You must have **tried, and failed**, with the oral medication **Viagra (Sildenafil 100 mg)** taken **on an empty stomach** as the first step.
- The following information may be graphic, but summarizes treatment options for ED beyond oral medication
  - Individual results may vary. Consult with the Urology Clinic to decide the option most suited for you.

## VACUUM ERECTION DEVICES (VED)

In use since the 1980s, a vacuum erection device consists of a hollow plastic tube, a vacuum pump and a tension ring. With the tube placed over the penis, the pump creates a vacuum that pulls blood into the penis. Once an erection is achieved, an elastic tension ring is placed at the base of the penis to help maintain the erection.

Click the following link for video demonstration:  
<https://www.youtube.com/watch?v=xYpHty0pICw>



# VACUUM ERECTION DEVICES (VED)

## PATIENT SATISFACTION AND OUTCOMES

VED patient satisfaction rates range  
from 68-80%

## POSSIBLE SIDE EFFECTS

- Penile bruising/burst blood vessels
- Penile pain/discomfort
- Penile numbness
- Delayed ejaculation or failure to ejaculate
- Cool or different colored erection

# VACUUM ERECTION DEVICES (VED)

## PRODUCT CHARACTERISTICS

- Non-invasive
- Drug free
- Cost effective

## TYPICAL DURATION OF USE

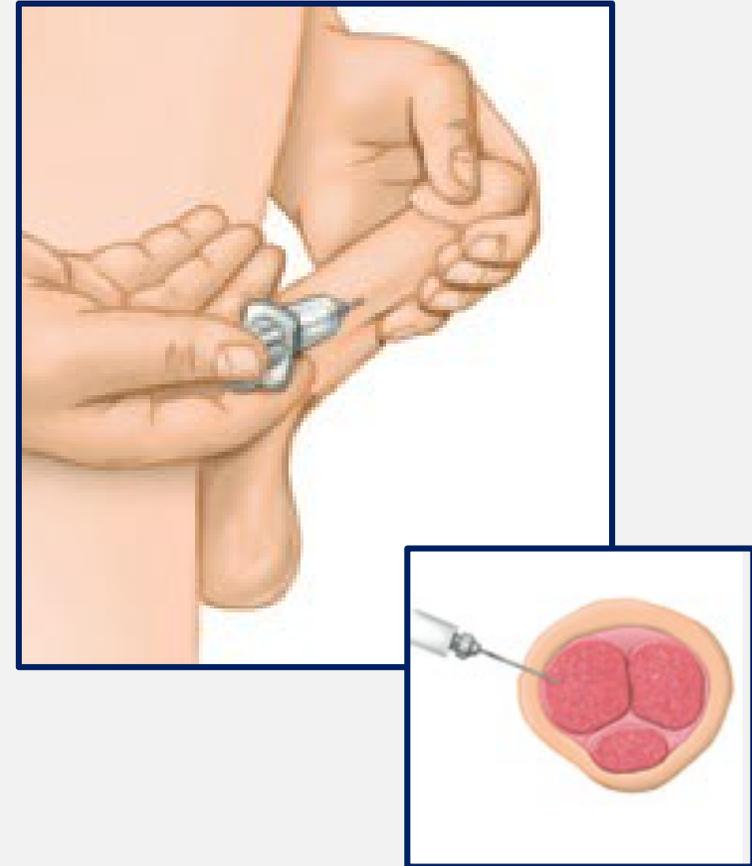
Despite initial high success rates, in a study of 85 patients, 73 of 85 (86%) decided to move onto other sexual aids

## SELF-INJECTION

In use since the 1980s, injection therapy uses a needle to inject medication directly into the base or side of the penis. These medications improve blood flow into the penis to cause an erection.

Click the following link for video demonstration:

<https://edex.com/how-to-use-edex.php>



# SELF-INJECTION

## PATIENT SATISFACTION AND OUTCOMES

- ~60% of patients were satisfied and continued use
- Satisfaction for men and partners at 4 years was 91.4%
- Clinical studies report ~60-86% success rates

## POSSIBLE SIDE EFFECTS

- Penile pain
- Prolonged erection
- Penile fibrosis
- Injection site hematoma
- Penile curvature
- Palpable plaque

# SELF-INJECTION

## PRODUCT CHARACTERISTICS

- Injected with a needle into the corpus cavernosum
- Onset of erection: 5-20 mins
- Refrigeration required

## TYPICAL DURATION OF USE

- Despite success rates, in a study of 294 men, only 59 (20%) continued the therapy
- 107 (45.5%) men discontinued at 6 months, and 151 (64.2%) men discontinued at 12 months
- Another study found 40% drop out rate at 12 months, and 70% at 43 months for post prostatectomy patients

## INTRAURETHRAL SUPPOSITORIES

In use since the 1990s, intraurethral suppository treatment for ED uses an applicator containing a small pellet that is inserted into the urethra. Once the pellet is released, it dissolves to increase blood flow to the penis to form an erection.

Click the following link for video demonstration:  
<https://www.youtube.com/watch?v=G04Ia2MO89Y>



# INTRAURETHRAL SUPPOSITORIES

## PATIENT SATISFACTION AND OUTCOMES

- Clinical study satisfaction rates are limited, but one study found 64 of 192 men (33%) were satisfied
- In clinical literature, success rates are reported at 40-65%

## POSSIBLE SIDE EFFECTS

- Penile pain
- Urethral pain or burning
- Urethral bleeding/spotting
- Dizziness
- Hypotension

# INTRAURETHRAL SUPPOSITORIES

## PRODUCT CHARACTERISTICS

- No needles
- Onset of erection: 5-10 minutes
- Refrigeration required

## TYPICAL DURATION OF USE

- In one study of 54 patients, over half discontinued use after 8 months
- Another clinical study reported 40-50% of men don't continue using this therapy after 6-8 months

# DISCLAIMER

- This information is not a tool for self-diagnosis or a substitute for professional medical advice.
- All treatment options remain the same regardless of ED cause.
- None of the options protect against sexually transmitted infections. Please use proper precautions to protect yourself.
- No matter the treatment option, go to the closest ER for evaluation if an erection lasts longer than 4 hours.
- Individual results may vary.

## **IMPORTANT NEXT STEP**

**Contact your VA Southern Nevada Primary Care Provider by:**

MyHealtheVet Secure Messaging

or

Main Telephone Line: 702-791-9000

**Please be sure to inform of the treatment option you are choosing.**

**A consult will be placed with the Urology Clinic for further assessment.**

# REFERENCES

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