



ERECTILE DYSFUNCTION

What is Erectile Dysfunction?

Erectile dysfunction (impotence or ED) is the inability to obtain an adequate erection or maintain an erection that is hard enough for a satisfying sexual intercourse.

Who Suffers from Erectile Dysfunction?

Erectile dysfunction is not a natural part of aging. In fact, many healthy men who are 80-90 years old enjoy good erections and are sexually active.

ED becomes more common as men get older because of higher prevalence of medical problems that cause ED including high blood pressure, diabetes and vascular disease. Yet many men as young as 20-30 years old suffer from ED.

What are the causes of erectile dysfunction ?

ED may be the first sign of serious medical problems in many men like diabetes, high lipids, high blood pressure, heart disease and neurological disease. If you experienced problems with erections, it is important to get a prompt medical evaluation.

There are many causes of erectile dysfunction. Certain medications (including antihypertensive and anti-depression medications such as SSRI) can also cause ED. Some of the causes are environmental and situational such as anxiety, stress or relationship problems. These are commonly classified as psychological causes of ED.

What is complex erectile dysfunction ?

1. Erectile dysfunction in men with prostate cancer after radical prostatectomy
2. Priapism in men and other emergency penis problems.
3. Erectile dysfunction in men with Peyronie's disease (curvature of penis)
4. Erectile dysfunction in men for whom Sildenafil and Tadalafil do not work.
5. Erection problems in men with low testosterone.

Does occasional erectile dysfunction merit treatment ?

Having occasional erection trouble is not necessarily a cause for concern. Most men experience an occasional difficulty with getting an erection. But if erectile dysfunction is a persistent and ongoing problem, medical evaluation is warranted. ED can cause severe distress, often leads to relationship problems and can affect your self-confidence. It can lead to depression and affect work performance.



What is the Difference between Erectile Dysfunction and Premature Ejaculation?

Premature ejaculation is a common problem in men. Sometimes premature ejaculation is the only problem; other times premature ejaculation and erectile dysfunction can coexist together.

Premature ejaculation occurs when a man loses erection after ejaculation, which occurs too soon – often men ejaculate within 1-3 minutes of getting an erection. Erectile dysfunction typically results in loss of erection before ejaculation.

What are the treatment options available for men with ED?

A thorough medical evaluation is necessary for men with ED to elucidate underlying causes of ED. It is not uncommon to diagnose another significant medical problem in what otherwise appear healthy men who present to the urologist with ED as their only symptom.

1. Medical Treatment: Sildenafil and Tadalafil.
2. Intracorporeal (Penile) Injection Treatment for ED: Trimix, Bimix, Alprostadil
3. Intraurethral alprostadil: MUSE
4. Penile Implant: Inflatable 3-piece penile prosthesis and malleable penile prosthesis (semi-rigid).
5. Vacuum therapy
6. Shockwave therapy for ED.