

ERECTILE DYSFUNCTION (ED)

Erectile dysfunction is defined medically as the persistent inability to achieve or maintain a penile erection sufficient for sexual performance.

Some of the most common issues that can lead to ED: high blood pressure, diabetes, vascular disease, obesity, depression, performance anxiety, major life changes/stressors, relationship issues, poor diet/nutrition, smoking, excessive alcohol use, some medications, neurologic conditions, obstructive sleep apnea, chronic kidney disease/dialysis, prior pelvic surgery or radiation for colon/rectal/prostate/bladder cancers, as well as an acute exacerbation of other medical issues or sickness. Low testosterone levels *may* be involved as well, but is not typically the sole cause of ED. The medical definition and treatment of ED does *not* include issues related to ejaculation (delayed, absent, low volume, painful ejaculation) or issues related to penile sensitivity/feeling.

Treatment options: **PDE-5 inhibitor medications, intracavernosal injections (ICI)**, psychologic therapy, testosterone supplementation, vacuum erection device (VED), intraurethral alprostadil (MUSE), and implantation of a penile prosthesis. *Contrary to some commercials or advertisements you have seen, it is important to understand that achieving a normal or high level of Testosterone does not guarantee resolution of ED, as the cause of ED is multifactorial.*

PDE-5 Inhibitors (Medications)

Viagra (Sildenafil)	100mg, 50mg
Cialis (Tadalafil)	20mg, 10mg, 5mg, 2.5mg
Levitra (Vardenafil)	20mg, 10mg
Stendra (Avanafil)	200mg, 100mg

These medications differ based on time of onset and how long they last in the body. One is not “the strongest” or “the best”, and their dosages are not comparable. Viagra (and Levitra) is taken 1 hour prior to intercourse and lasts in body for 4-6 hours. Cialis (20mg) takes a few hours to start working but can last in body 24-36 hours. Cialis (5mg) is taken every day with your other meds to help with ED (so you don’t have to remember to take it right before intercourse) and can also help with urination (BPH). Stendra works in 15 min but there’s no generic and is costly.

Side effects include headache, flushing, nasal stuffiness, visual changes, hypotension/dizziness, backache. These medications work better without having had a recent heavy, fatty meal. Do not take more than what has been prescribed. If you experience an erection that lasts for more than 4 hours, this is called Priapism and must be treated urgently. Don’t wait to see if it goes away on its own – call the office for guidance. Don’t take these medications within 4 hours of Flomax (Tamsulosin). You **cannot** take these medications if you also take NITRATES for blood pressure or heart issues. If you have heart disease, please check with your cardiologist or primary care doctor before trying these medications.

Your insurance company may not always cover the full cost of any of these pills. We recommend using “GoodRx” to shop prices at local pharmacies, as some can offer these at considerably less cost (Publix & Costco seem to be significantly cheaper than CVS, Walgreens, Walmart).

Intracavernosal Injections (ICI or “Trimix”)

- A combination of 3 medications that is injected by the patient, at the time they want to have intercourse, into the side of the penis with a micro needle/syringe.
- This medication is made by a compounding pharmacy that we can order for you.
- Insurance does not typically cover the cost and you pay the pharmacy directly for the medication.
- Once you have the medication, our staff can show you and teach you how to use it properly and safely.
- We have additional information about this available.

Dr. Disick does not recommend or offer treatments such as stem cell injections, the “P Shot”, shock wave therapy (eWave, GAINSwave, Phoenix). These are not recognized by the American Urology Association as standard treatments for ED despite the flashy brochures, websites, or scientific “studies” you may be shown. We are not selling you products - we don’t believe patients should be paying physicians or “Men’s Clinics” exorbitant amounts of money out of pocket for unregulated and unproven treatments. In Latin, the expression is Caveat Emptor (*Buyer beware!*)