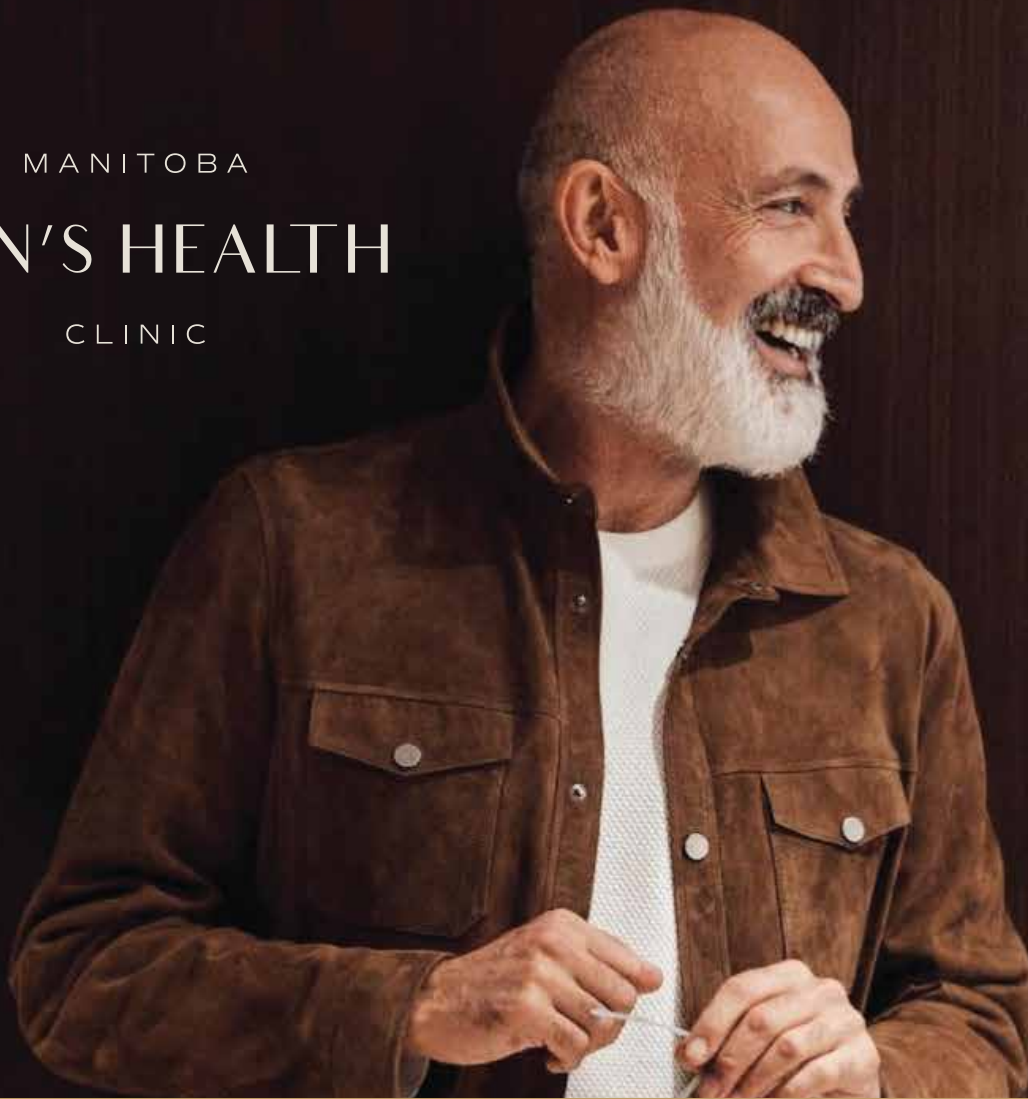


MANITOBA
MEN'S HEALTH
CLINIC



A GUIDE TO

Understanding Erectile Dysfunction

Patient Information Pamphlet

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How common is erectile dysfunction?

Erectile dysfunction is a fairly common condition among men, especially as they age! Around 40% of men at age 40 experience symptoms of ED with the number increasing to around 70% by age 70. The good news is that ED is treatable in most cases. Our doctors at the Men's Health Clinic can provide an accurate diagnosis and suggest the appropriate treatment option(s).



So... what causes erectile dysfunction?

ED can be caused by various factors including physical, psychological, and lifestyle-related causes. Physical causes include conditions such as heart disease, high blood pressure, and atherosclerosis (*thickening of the arteries*), which all contribute to impeding blood flow into the penis which makes it difficult to achieve and/or maintain erections. Diabetes can also be a contributing factor, with high levels of sugar in the blood damaging vessels/nerves leading to erectile dysfunction.

Certain medications such as antidepressants, antihistamines, and certain blood pressure medication can also contribute to causing or exacerbating already present ED.

Although not talked about as frequently, high levels of stress, performance anxiety, and relationship problems, along with the pressure of performing well sexually can make it challenging to achieve and maintain erections. Psychological causes such as these are large factors that can impact sexual performance. Erectile dysfunction is not often attributed to a sole cause, and is influenced by a combination of physical and psychological factors. If you are experiencing persistent erectile dysfunction, our staff are equipped to identify the underlying causes and recommend treatment options.

Love Your Heart, And All of Your Parts –Cardio’s Key Role in ED

If you’re asking yourself if there a link between erectile dysfunction and heart health? Yes. There is a well-established link between erectile dysfunction (and cardiovascular health. Cardiovascular health plays a significant role in erectile dysfunction. The penis requires adequate blood flow into the blood vessels that line it to achieve and maintain an erection. When these blood vessels are damaged or restricted, it can impact erectile function. This restriction can occur due to underlying cardiovascular conditions such as atherosclerosis (*hardening and narrowing of the arteries*), high blood pressure, and other forms of cardiovascular disease.

Atherosclerosis in particular is very closely associated with both ED and cardiovascular health. The arteries are much smaller than many of the vessels elsewhere in the body and therefore are much more susceptible to the effects of atherosclerosis.



It is also observed that ED is often an early warning sign of underlying cardiovascular problems. Many men with ED are more likely to have other risk factors for cardiovascular disease, such as obesity, diabetes, high cholesterol levels, and behavioral tendencies such as smoking.

Due to this link, it is very important for individuals experiencing ED to consult their healthcare provider. Our team can assess underlying causes, including cardiovascular risk factors, and recommend the appropriate lifestyle interventions, medications, or treatments to address both the erectile dysfunction and the cardiovascular risk.



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We're the Docs that can tell you “What's Up Down There?”

To investigate the potential underlying cause of erectile dysfunction, our team will begin by obtaining a detailed medical history and conducting a physical examination to understand potential risk factors and underlying conditions that may contribute to the ED.

Our next step is obtaining bloodwork from you, specifically measuring testosterone, which is the primary male sex hormone. Measuring testosterone levels in the blood can help assess imbalances that may be contributing to the ED.

A penile doppler ultrasound is another non-invasive test that uses sound waves to evaluate blood flow within the penile arteries and veins. It helps us determine if there are any vascular causes that may be causing the ED. It's important to note that these investigations might not be required for every patient.

The specific tests our clinic conducts will depend on the patient's medical history, physical examination, and the initial screening results. Our goal at the Men's Health Clinic is to identify any reversible or treatable causes of ED and tailor a suitable treatment plan that is meant for you.

What are treatment options for erectile dysfunction?

Treatment options for ED can include a variety of options ranging from non-invasive lifestyle changes and medications, to minimally invasive options, all the way to surgical intervention. Physicians at the Men's Health Clinic can help determine the most suitable treatment options for your specific situation.

01 Medications

All medications to treat ED work by enhancing blood flow to the penis, facilitating erections. These medications include Sildenafil (Viagra), Tadalafil (Cialis) and Vardenafil (Levitra) and take ~30-60 minutes prior to sexual activity to work.

Medication Optimization

Remember the following to optimize the effectiveness of Sildenafil, Tadalafil or Vardenafil.

- ✓ Apply sexual stimulation (*to get the nerves firing*)
- ✓ Reduce food intake
- ✓ You may have to try the medication a few times on different occasions before knowing it doesn't work
- ✓ You may require a higher dose if it is not working. Keep other medical conditions under control (*i.e. diabetes, low testosterone, cholesterol issues, etc.*)

Common Side Effects

- ✓ Headaches, facial flushing, heartburn, nasal congestions, temporary visual changes (*associated with Sildenafil*) and back pain (*associated with Tadalafil*)

02 Restorative Therapies

Low Intensity Extracorporeal Shockwave Therapy (Li-ESWT) is a therapy that is aimed to reverse the underlying pathophysiology, it is specifically geared towards those with mild to moderate erectile dysfunction. It works by generating acoustic shockwaves that are generated externally and then delivered to the target area of the penile shaft with a probe. These shockwaves create microtrauma in the area which stimulates the body's natural healing response, leading to increased blood flow, neovascularization (formation of new blood vessels), and the release of growth factors. This is said to allow for improved blood flow into the penis for greater erectile function.

In a 2018 study, it was shown that the effects of Li-ESWT lasted up to 2 years in 76% of patients with mild to moderate ED who did not have diabetes. Contact our clinic to see if this is a treatment option that may be beneficial to you.

03 Surgery

Surgical interventions for ED provided at the Men's Health Clinic include the inflatable penile prosthesis. These implants are surgically inserted into the penis and consist of two fluid filled cylinders and they offer several benefits to patients. These include on demand erections whenever you require them, activated by squeezing a pump that is discreetly located in the scrotum. This causes fluid to transfer from the reservoir into the cylinders located within the penis creating a firm and natural erection. The inflatable cylinders are also concealed when not erect, allowing for concealment and providing confidence in intimate situations.

Risks

Post Surgical Infections
Mechanical Failure
Erosion or Extrusion through Skin
Pain or Discomfort
Changes in penile sensation for a period of time after the Implant is put In