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STIMU-MAX & ERECTILE DYSFUNCTION



SEDICO PHARMACEUTICALS

Understanding Erectile Dysfunction

A Common Problem...

Erectile dysfunction (ED, "male impotence ") is a sexual dysfunction characterized by the inability to develop or maintain an erection of the penis sufficient for satisfactory sexual performance.

Any man can experience ED at any time during his adult life. An erection problem may happen once in a while, or all the time. Either way, your doctors can help. You might visit your regular doctor. Or you may be referred to a urologist (a doctor who specializes in the urinary tract and the male sexual organs).

...With Many Causes

To find the cause of your ED, your doctor will evaluate you. Knowing the cause will help your doctor choose a treatment. Causes of ED may include:

Using certain medications, such as sedatives, tranquilizers, blood pressure medications, or diuretics

- ▶ Smoking tobacco
- ▶ Injury to nerves or blood vessels
- ▶ Having an illness, such as diabetes, alcoholism, depression, or a prostate problem
- ▶ Feeling stress over a recent hardship or lifestyle change

ED Can Be Treated

Based on your evaluation, you and your doctor will discuss your treatment options. Your partner can meet with your doctor, too. Together, you'll decide on treatment. Your treatment options may include:

- ▶ Medications
- ▶ Erectile aids
- ▶ Surgery
- ▶ Counseling & Building Intimacy



Your BIG chance

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Stages of an Erection

| The Soft (Flaccid) Penis | The Swollen (Tumescent) Penis | The Erect (Rigid) Penis |
|--|---|--|
| <p><i>If nothing is causing a man to become aroused, then his body's erection "team" of brain, nerves, blood vessels, and hormones won't begin working to cause an erection. The amount of blood flowing into his penis equals the amount flowing out. His penis remains soft.</i></p> | <p><i>A man becomes aroused through his senses (such as sight or touch) or his thoughts (such as memories or fantasies). His brain, blood vessels, nerves, and hormones begin working together to cause an erection. More blood flows into his penis than flows out. His penis starts to swell.</i></p> | <p><i>If nothing is causing a man to become aroused, then his body's erection "team" of brain, nerves, blood vessels, and hormones won't begin working to cause an erection. The amount of blood flowing into his penis equals the amount flowing out. His penis remains soft.</i></p> |
| | | |
| <p><i>Penile nerves carry no messages of sexual stimulation or arousal. Blood flows through narrow blood vessels in the penis' spongy chambers (corpora cavernosa and corpus spongiosum). The same amount of blood that enters the penis through its arteries leaves it through its veins.</i></p> | <p><i>During arousal, messages brought by nerves cause the blood vessels and spongy chambers to dilate (open up). This creates room for more blood. Arteries carry blood into the spongy chambers. Veins drain some of the blood from the penis.</i></p> | <p><i>As stimulation continues, nerves keep carrying messages of arousal between the penis and brain. Blood still flows through arteries into the spongy chambers. But the swollen corpora block the veins. This traps blood within the penis. It becomes and stays rigid.</i></p> |

The Patient History

Evaluating ED begins with your patient history. Your doctor will ask about your physical health, sexual health, relationship, and emotional health. Your answers will be kept confidential. So answer as completely as you can. Complete answers will help you get the most from your treatment.

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THE PHYSICAL EXAM

The doctor may first check the patient overall health. Also, penis, scrotum, and testicles may be examined. Some or all of these tests may also be done:

► **Lab tests:**

Tests be done to check your blood and urine.

Some tests measure your levels of hormones (chemicals produced by the body to manage its functions).

Other tests check levels of lipids (fatty substances in the body).

Others help show the health of your liver, kidneys, and prostate.

Another test may be done to check for diabetes.

► **Rectal exam:**

to check for an enlarged prostate gland. Some prostate problems can cause discomfort during sex.

► **Check Nerves in the penis:**

to see if you have enough feeling in and around your penis. Your doctor may also check your bulbocavernosus (BC) reflex by squeezing the glans of your penis.

Conditions such as Peyronie's disease (hardened tissue in the penis that causes a curved or bent erection) can also limit your ability to have intercourse. Your doctor may check for this and other genital abnormalities.

| Sleep Monitoring | Testing Blood Flow |
|--|---|
| <p>The Physician put a device on the patient' penis before he go to sleep. This can show the nocturnal erections (erections while the patient sleep and he may not know that he may have them).</p> <p>Or, penis may stay soft all through sleep. This may mean that damaged nerves or low blood supply inside the penis prevent it from becoming erect.</p> | <p>To further check blood flow, The Physician may order one or more of these tests:</p> <p>Vasodilation: A drug is used to increase blood flow to the penis. This drug should cause an erection if the blood vessels of the penis are healthy.</p> <p>Ultrasound: This imaging test uses painless sound waves to measure blood flow through the penis. It may be done before or after vasodilation.</p> <p>Other tests: The Physician may refer you for other tests. These measure how blood flows or how strong the blood pressure is within the penis.</p> |

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MEDICATIONS

Sildenafil citrate (*Stimu-Max*) is a drug used to treat erectile dysfunction and pulmonary arterial hypertension (PAH) or the doctor may prescribe a medication that goes directly into the penis.

Stimu-Max is an oral therapy for erectile dysfunction. Is a selective competitive inhibitor of cyclic guanosine monophosphate (cGMP)-specific phosphodiesterase type 5(PDE5).

The physiological mechanism of erection of the penis involves the release of nitric oxide in the corpus cavernosum during sexual stimulation. Nitric oxide then activates the enzyme guanylate cyclase; which results in increased cGMP levels, producing smooth muscle relaxation in the corpus cavernosum and allowing inflow of blood.

Sildenafil has no direct relaxant effect on isolated human corpus cavernosum but he enhances the effect of nitric oxide by inhibiting phosphodiesterase type 5(PDE5), which is responsible for the degradation of cGMP in the corpus cavernosum.

In some cases, medications used for treating other conditions may be used to treat ED. Be aware that men with certain health problems should not use some medications.

And all medications may cause side effects. So, follow your doctor's advice about these and other treatments.

Erectile Aids

Special erectile aids are sometimes used to treat ED. These are prescribed by a doctor. If your ED is treated by using an erectile aid, your doctor or nurse will explain how to use it. You and your partner may want to include the use of this aid as part of your sexual foreplay.

| Vacuum Erection Therapy | Venous Flow Constriction Therapy |
|---|--|
| <p>Sometimes an erection can be gained using a vacuum system. To do this, a tube is placed over the penis. Then a pump creates a vacuum to draw blood into the penis, causing an erection. A tension ring placed around the base of the penis holds in the blood.</p> <p>Risks and Complications</p> <ul style="list-style-type: none">Circulation problems if the ring is left on for more than 30 minutesCurved or bent erectionsPain in the penis or scrotumEjaculation problemsA cooling or change of color of the penis | <p>This treatment is used for men with venous leak syndrome. This condition prevents blood from staying in the penis during an erection. The device is a band or tension ring placed around the base of the penis. The band keeps blood from flowing out of the erect penis.</p> <p>Risks and Complications</p> <ul style="list-style-type: none">Circulation problems if the ring is left on for more than 30 minutesAllergic reaction to latex rings (rings made from other materials are available)Pinched, bruised, or irritated skin |

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SURGERY

Surgery for ED is not common, but it may be the best treatment in some cases. During surgery, an implant (also called prosthesis) is placed inside the spongy chambers of the penis. Then, the implant can be used to provide an erection. One of three types of implants may be used. If you receive an implant, your doctor will explain its use. Ask your doctor how soon you can be sexually active again after surgery.

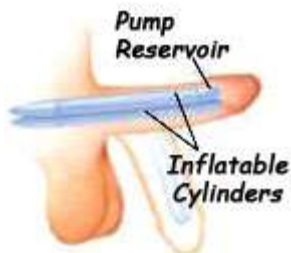
Types of the Implants

Malleable (Semi-Rigid)



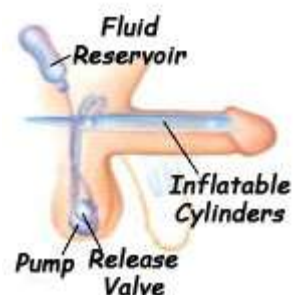
This type of implant is easy to use. Bendable rods can make the penis appear erect. When not in use, the rods can be bent downward.

Self-Contained Inflatable



With this implant, the penis can look and feel either erect or flaccid. It doesn't become as rigid as with other implants. Training and dexterity are needed to use the pump properly.

Three-Piece Prosthesis



This is the most complex type of implant. It allows the penis to look and feel either erect or flaccid, but training and dexterity are needed to use it properly.

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COUNSELING & BUILDING INTIMACY

Intimacy As You Age

Many men can enjoy sexual activity throughout their lives. But sexual responses change as people age. To get and keep an erection, an older man is likely to need more fantasy or touching than a man in his 20s. Older men may take longer to climax. Also, women's sexual responses may change as they age. Knowing about these changes can help you and your partner maintain an intimate relationship that grows with time.



Men in their 20s

A young man needs little stimulation. His penis can become erect in a minute or two. He can climax quickly, then get a second erection in a few minutes.



Men in their 40s

This man may need touching and fantasy. He takes several minutes to get an erection. Climax doesn't happen as fast. A second erection may take an hour or so to occur.



Men in their 60s

An older man needs even more touching and fantasy. He takes longer to get an erection. And he may have trouble keeping it.



Men in their 80s

With fairly good health, most men can still enjoy sex well into their older years.

Taking Care of Yourself

Taking care of your body and mind can help make sex easier and more pleasurable—for both men and women. If you haven't already, try the self-care tips below.

- ▶ ***Quit smoking.***
- ▶ ***Drink less alcohol.***
- ▶ ***Exercise often. (Talk with your doctor before starting an exercise program.)***
- ▶ ***Reduce the stress in your life.***
- ▶ ***Keep your appointments with your doctors, counselors, and other healthcare providers.***

“Satisfaction to the Climax.”

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