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# GUIDE TO ERECTILE ISSUES

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## WHAT IS ERECTILE DYSFUNCTION?

If you're having problems getting and/or keeping an erection hard enough for sex, you might have symptoms of erectile dysfunction (ED). ED is the inability to maintain an erection that is firm enough or lasts long enough to have sexual intercourse.

Normal sexual function in a man involves four different functions: libido or sex drive, erectile function, ejaculation and orgasm. The most common cause of ED is damage to nerves, arteries, smooth muscles and tissues.

### **This damage can be the result of:**

- Diabetes
- Vascular disease
- Lifestyle factors: smoking, excess alcohol, lack of exercise
- Side effect of medications, prescribed or not
- Prostatectomy
- Atherosclerosis
- Enlarged prostate (Benign Prostatic Hyperplasia)
- Spinal cord injuries
- Aging
- Trauma or surgery (especially to pelvic area)
- Hormone problems
- Multiple sclerosis
- Depression, anxiety, stress, guilt
- Low self-esteem and fear of sexual failure

# QUESTIONS & ANSWERS

## How common is ED?

One in 5 men over 40 suffer from erectile issues<sup>1</sup>

## What causes ED?

ED can stem from a range of physical and psychological causes all of which can be discussed with your GP or urologist.

## Is ED part of aging?

While most men will experience occasional ED associated with stress, anxiety or substance abuse, the prevalence of ED increases with age.

## Can I just ignore ED?

No, ED can occur as a symptom of serious conditions such as Cardiovascular Disease and Diabetes.

## What are my options?

Finding a treatment for ED can be a life-changing event for many men and their partners. ED treatment options fall into two categories:

### **SURGICAL**

- Penile Implant

### **NON-SURGICAL**

- Counselling
- Oral Medications
- Vacuum Erection Devices or Pump
- Penile Injections

1. Holden Ca, McLachlan RI, Pitts M, Cumming R, Wittert G, Agius PA, Handelsman DJ, de Krester DM. Men in Australia, Telephone Survey (MATEs): A National Survey of the Reproductive Health and Concerns Of Middle Aged and Older Australian Men. Lancet 2005; 366: 218-24 SHIM Source: [www.auanet.org/content/education-and-meetings/med-stu-curriculum/pdf/ed.pdf](http://www.auanet.org/content/education-and-meetings/med-stu-curriculum/pdf/ed.pdf)

CAUTION : Indications, contraindications, warnings and instructions for use can be found in the product labelling supplied with each device.

Individual symptoms, situations, circumstances and results may vary. This information is not intended to be used for medical diagnosis or treatment or as a substitute for professional medical advice. Please consult your doctor or qualified healthcare provider regarding your condition and appropriate medical treatment.

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