



Treating Erectile Dysfunction

Surgical Treatment Options

Urology Care
FOUNDATION™
*The Official Foundation of the
 American Urological Association*

WHAT IS ERECTILE DYSFUNCTION (ED)?

About one half of American men over age 40 have erection problems. Most men have problems with erections from time to time. But some men have erectile dysfunction, or ED. When you have ED, it is hard to get or keep an erection that's firm enough for sex.

WHAT CAUSES ED?

While ED becomes more common as men age, growing old is not the cause of the problem. ED can result from health or emotional problems, or from both combined. ED can be an early sign of a more serious health problem.

The good news is that there are many safe treatments for ED and treatments work well for most men. The chance for finding a treatment that works for you and your partner is better than 90 percent.

HOW IS ED TREATED?

To improve erection problems, your health care provider may need to treat the root causes. Your provider may ask you to change certain habits, such as stopping smoking, drug or alcohol use. Treating emotional problems, such as relationship conflicts, depression or performance anxiety can

also help. Cutting back on or changing certain medications can often improve ED. Do not stop taking your medicine or change any meds without talking to your health care provider first. If a blood test shows low testosterone levels (low T), testosterone replacement therapy (TRT) may help. However, if a blood test shows you have normal testosterone levels, adding TRT will not help erection problems.

WHAT SURGERIES CAN TREAT ED?

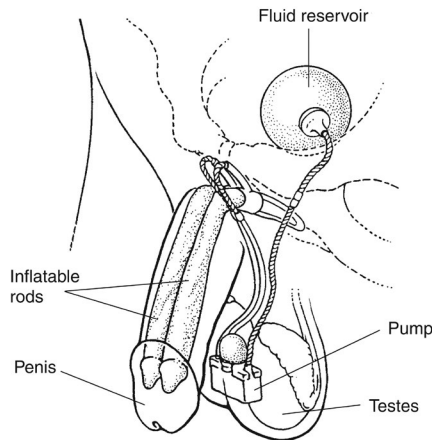
Because of new treatments, today urologists are helping men with ED perform better and longer. When other treatments do not improve ED, your health care provider may offer you surgery as a treatment choice. Surgery to fix problems with blood vessels in the penis may help in rare cases. Young men who have had injuries to the pelvis or penis are most likely to be helped by this treatment.

Penile prostheses are devices implanted inside the penis that allow men with ED to have an erection. Penile prostheses, which provide firm erections, are good treatment choices for some men. One type of implant uses two bendable rods placed in the penis during a surgery. To have an erection, a man bends his penis upward into an erect position. With an inflatable implant, a pair of rods is placed lengthwise in the penis. The rods fill with fluid when a pump hidden in the body is pressed. This fluid makes the penis hard.

Penile implants are placed during a several-hour surgery. There is a risk of infection and a risk that the device will fail. Most men with penile implants and their partners say

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A pump implanted under the skin fills two rods with fluid to make an erection.

they're satisfied with the results. However, once a prosthesis is placed, other non-surgical treatments will no longer work if the prosthesis is removed.

The good news for many men is that ED can be treated safely, and treatments work well. If you have ED, there is hope. There is help. Talk to your health care provider to see which treatment will work best for you.

QUESTIONS TO ASK YOUR HEALTH CARE PROVIDER

- What is ED?
- What causes ED?
- Can ED be prevented?
- Can you help me or do I need to see a specialist in ED? If so, how can I find the right one for me?
- Will I need to have tests to find out what is causing my ED?
- Would you explain each test and why you are recommending them?
- What types of treatment are available for ED?
- Are there side effects from treatment?
- What are the pros and cons of each type of treatment?
- What treatment do you recommend for me and why?
- What happens if the first treatment doesn't help?
- Are there any lifestyle changes I can make that could help my symptoms?

RESOURCES

American Association of Sexuality Educators, Counselors, and Therapists

Find a certified sex therapist/counselor near you
www.aasect.org, click on "Locate a Professional"

Frank Talk

Peer support to help men deal with ED
www.FrankTalk.org

Hormone Health Network

In English: www.hormone.org/diseases-and-conditions/mens-health/erectile-dysfunction

In Spanish: www.hormone.org/audiencias/pacientes-y-cuidadores/preguntas-y-respuestas/2012/erectile-dysfunction

National Kidney and Urologic Diseases Information Clearinghouse (NKUDIC)

In English: <http://kidney.niddk.nih.gov/KUDiseases/pubs/ED/index.aspx>

In Spanish: <http://kidney.niddk.nih.gov/Spanish/pubs/ED/index.aspx>

Sexual Medicine Society of North America

www.sexhealthmatters.org

Urology Care Foundation

UrologyHealth.org

You may download this fact sheet and print it yourself at **UrologyHealth.org/SurgicalEDFS**. For copies of printed materials about ED and other urologic conditions, visit **UrologyHealth.org/Order** or call 800-828-7866.