THE TRUTH
ABOUT MEN AND
SEX

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Erectile Function and Dysfunction in Men

Association Between Age and ED Prevalence: Massachusetts Male Aging Study
Male Sexual Dysfunction

Erection
- Smooth muscle relaxation
  - Arousal
  - Direct stimulation
- Parasympathetic
Male Sexual Dysfunction

ED affects

- Self-confidence
- Masculine self-image
- Mood
- Relationships

Sildenafil Citrate: Mechanism of Action

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Vacuum Erection Devices

In use since the 1980s, a vacuum erection device consists of a hollow plastic tube, a hand or battery-powered vacuum pump, and a tension ring. The tube, placed over the penis, creates a vacuum that pulls blood into the penis. Once an erection is achieved, an elastic tension ring is placed at the base of the penis to help maintain the erection.

Penile Injection

Intraurethral Suppositories

In use since the 1990s, intraurethral suppository treatment for ED uses an applicator containing a small pellet that is inserted into the urethra. Once the pellet is released, it dissolves to increase blood flow to the penis to form an erection.
Diabetes and Men's Health: Testosterone and Sexual Dysfunction

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**T therapy today**
- Fastest growing class of medications in US for last 10y
- >10% year over year increase in prescriptions
- Spurred by
  - Reduced fear of prostate cancer
  - More convenient treatment modalities
  - Increased public awareness
  - Anti-aging/alternative medicine advocacy

**T DEFICIENCY: SIGNS AND SYMPTOMS**

<table>
<thead>
<tr>
<th>Sexual</th>
<th>Non-Sexual/ Psychological</th>
<th>Physical/Metabolic</th>
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<tbody>
<tr>
<td>Diminished libido</td>
<td>Diminished energy, sense of vitality, or well-being</td>
<td>Decreased bone mineral density</td>
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<tr>
<td>Erectile dysfunction</td>
<td>Fatigue</td>
<td>Decreased muscle mass and strength</td>
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<tr>
<td>Difficulty achieving orgasm</td>
<td>Depressed mood</td>
<td>Increased body fat</td>
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<tr>
<td>Decreased spontaneous erections</td>
<td>Impaired cognition</td>
<td>Gynecomastia</td>
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<td></td>
<td>Reduced motivation</td>
<td>Anemia</td>
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<td>Insulin resistance</td>
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**Sexual Desire and Activity during 36 months of Testosterone Gel Treatment**

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Testosterone as Salvage Therapy for ED

- Men (N=35) with complete impotence at baseline (LIBF = 12.6)
- All previously failed to respond to Viagra 100mg
- Treated with oral testosterone undecanoate alone for 2 months
- Viagra subsequently added if no response

Cavernosography in a 56-year-old Hypogonadal Man (T 1.8 ng/mL) with Diabetes Type 2 and ED, Non-Responder to PDE5 Inh. and Alprostadil

Cavernosography after 3 mo of Treatment with IM testosterone undecanoate

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Review (2004) of T risks, especially PCa

Number of articles in PSA era (1985-2004) showing worrisome relationship between T and PCa...

**Articles Demonstrating High T Causes PCa Progression**

None!

**Testosterone and Prostate Cancer**

“Thus, there appears to be no compelling evidence at present to suggest that men with higher testosterone levels are at greater risk of prostate cancer or that treating men who have hypogonadism with exogenous androgens increases this risk.”

T Therapy In Men With Untreated PCa

- T therapy in 13 men with untreated PCa (surveillance)
- Median duration T therapy 2.5y (1-8y)
- All with follow-up biopsies (avg 2/person)

Morgentaler et al, J Urol 2011

Mean PSA During T Therapy

- All men experienced symptomatic benefit
- No increase in PSA
- No increase in prostate volume
- No definite cancer progression
- 54% of biopsies - no cancer seen

Morgentaler et al, J Urol 2011