

Treating Erectile Dysfunction: Surgical Treatment Options

SEXUAL HEALTH SERIES

WHAT IS ERECTILE DYSFUNCTION?

Studies show that about one half of American men over age 40 have a problem getting or keeping an erection that's firm enough for sexual satisfaction. Most men have difficulties with erections from time to time. In some men it is a regular more severe problem known as erectile dysfunction or ED.

WHAT CAUSES ED?

While ED becomes more common as men age, growing old is not the cause of the problem. ED can be an early warning sign of a more serious illness. ED can result from physical, medical or psychological factors, or a combination of factors.

HOW IS ED TREATED?

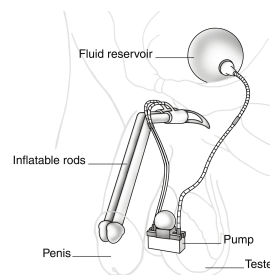
To improve erectile function, your doctor may treat underlying medical causes such as heart disease and diabetes. Changing certain habits, such as stopping drug or alcohol use, may also improve erectile function. Treating mental health problems, such as relationship conflicts, depression or performance anxiety can also help. If ED is a side effect of a prescribed medication you are taking, your doctor may be able to adjust the dose of your medication or switch you to a different drug. Do not stop taking your medicine or change any medications without talking to your doctor first. If a blood test shows low testosterone levels, testosterone replacement therapy may help.

WHAT SURGICAL TREATMENTS ARE AVAILABLE FOR ED?

Because of new treatment advances, today urologists are helping men with ED perform better and longer. When other treatments do not improve ED, surgical treatments can be considered.

Surgery to correct problems with blood vessels to the penis may help in rare cases, particularly for young men who have had injuries to the pelvis or penis.

Penile implants are devices implanted inside the penis that allow men with ED to have an erection. Surgically implanted devices to ensure rigid erection have become reliable treatment options for some men. One type of implant uses two bendable rods inserted into the penis surgically. To have an erection, a man bends his penis upward into an erect position. With an inflatable implant; a pair of cylinders inserted in the penis fill with fluid when a pump hidden in the body is pressed. This fluid makes the penis rigid.



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

(Image courtesy of the National Institute of Diabetes and Digestive and Kidney Diseases (NIDDK) of the National Institutes of Health)

FACT SHEET

AUA
FOUNDATION
THE OFFICIAL FOUNDATION OF
THE AMERICAN UROLOGICAL ASSOCIATION

To download a copy of this fact sheet go to
www.UrologyHealth.org or contact:

American Urological Association Foundation
1000 Corporate Boulevard, Linthicum, MD 21090
Phone: 1-800-828-7866 or 410-689-3700

Penile implants require an involved surgery. There is a risk of infection and a risk that the device will malfunction. Most men with penile implants and their partners say they're satisfied with the results.

The good news for many men is that ED can be treated, safely and effectively. If you have ED, there is hope. There is help. Talk to your healthcare provider to see if one of these options will work for you.

This urologic information was provided to you by:

For more information about ED, please visit the AUA Foundation's website, www.UrologyHealth.org or call the National Urology Health Line at 1-800-828-7866 for assistance in English and Spanish.

The AUA Foundation is the world's leading non-profit urologic health foundation and the official foundation of the American Urological Association. Our mission is to promote health, provide hope and promise a future free from urologic diseases, including cancer.

This information is based on current medical and scientific knowledge and is not a tool for self-diagnosis or a substitute for professional medical advice. It is not to be used or relied on for that purpose. Please see your urologist or other healthcare provider regarding any health concerns and always consult a healthcare professional before you start or stop any treatments, including medications.

The AUA Foundation relies on contributions to make publications and information such as this available to everyone. Please go to www.UrologyHealth.org today to make an online donation to help us continue to make this information available and accessible to all. Thank you!

AUA
FOUNDATION
THE OFFICIAL FOUNDATION OF
THE AMERICAN UROLOGICAL ASSOCIATION

American Urological Association Foundation
1000 Corporate Boulevard, Linthicum, MD 21090
Phone: 1-800-828-7866 or 410-689-3700
www.UrologyHealth.org

The AUA Foundation is a 501(c)3 organization, making your contribution tax-deductible to the full extent permitted by law. A copy of the latest financial statement for the AUA Foundation may be obtained by contacting us at 1000 Corporate Boulevard, Linthicum, MD 21090.

©2009 AUA Foundation

Supported by an educational grant from Lilly USA, LLC

The Lilly logo is written in a red, cursive script font.