### Erectile Dysfunction Comparison Chart (ED Treatment Chart) - 1.2.3.4.6.7.8.7.4.A.2008

<table>
<thead>
<tr>
<th>Generic TRADE (Strength &amp; forms)</th>
<th>Class / Pregnancy category</th>
<th>Side effects / Contraindications</th>
<th>Drug Interactions</th>
<th>Monitor</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sildenafil VIAGRA =S 25, 50, 100mg tab</td>
<td>PDE5 inhibitor - reduce catabolism of GMP resulting in smooth muscle relaxation of the corpus cavernosum and ↑ blood flow into penis (need sexual stimulation to produce actual erection) - considered FIRST LINE unless CI, but ~30% of men may still not respond to Sildenafil’s monotherapy.</td>
<td>Common: flushing, diarrhea, dizziness, headache, dyspepsia, blurring vision (visual disturbance &gt; with S, V), myalgia (T-65%), nasal congestion &amp; rash Gl upset, GI upset &amp; visual disturbance &lt;10%, GI upset &amp; diarrhea, amnesia, hearing loss. [not flushes if used?] Serious: rare MI &amp; hypotension; QT prolongation - very rare cases of NAION ≥2%, seizures, sickle cell anemia, nitrates: ↑ hypertensive effect &amp; ↑ heart rate (AVOID within 24h of S, V; 48h of T) α-1 blockers (if new or if given ≤4hrs) ≥25%</td>
<td>Therapeutic use / Comments: vasodilator, which activates cAMP which relaxes smooth muscle and produces vasodilation (also inhibition of platelet aggregation and gastric secretion, stimulation of ileum, uterine smooth muscle) - most efficacious of injectable agents</td>
<td>Initial: Max: Usual Dose $</td>
</tr>
<tr>
<td>Tadalafil CIALIS =T 2.5, 5, 10, 20mg tab</td>
<td>PDE5 inhibitor</td>
<td>Common: Headache, dizziness, diarrhea, nasopharyngitis, urinary tract infection, back pain, dyspepsia, flushing, myalgia, rash, nasopharyngitis. Serious: MI, ventricular arrhythmia, angina pectoris, unstable angina, hypotension, syncope. Precautions: using antihypertensives.</td>
<td>Initial: ≤5mg; max: 10mg; V, S, T</td>
<td>$102-111 20mg $119 30-60mg per month, $122</td>
</tr>
<tr>
<td>Vardenafil LEVITRA =V 5, 10, 20mg tab</td>
<td>PDE5 inhibitor</td>
<td>Common: Headache, dizziness, flushing, diarrhea, nasopharyngitis, back pain, myalgia, constipation, nasopharyngitis, upper respiratory tract infection. Serious: MI, ventricular arrhythmia, angina pectoris, unstable angina, hypotension, syncope. Precautions: using antihypertensives.</td>
<td>Initial: ≤5mg; max: 10mg; V, S, T</td>
<td>$102-111 20mg $119 30-60mg per month, $122</td>
</tr>
</tbody>
</table>

### Prostaglandin E1 (Caverject) 20 ug vial (powder) intracavernosal inj. MUSE 25, 500, 1000 ug urethral supps (refrigerate; otherwise 1-4days at RT) 29,30,31 Prostaglandin E1 (PEG13 =E1 inj corpus cavernosa; transurethral gel | PDE5 inhibitor - activates cAMP which relaxes smooth muscle and produces vasodilation (also inhibition of platelet aggregation and gastric secretion, stimulation of ileum, uterine smooth muscle) - most efficacious of injectable agents | Common: Headache, dizziness, diarrhea, nasopharyngitis, urinary tract infection, back pain, dyspepsia, flushing, myalgia, rash, nasopharyngitis. Serious: MI, ventricular arrhythmia, angina pectoris, unstable angina, hypotension, syncope. Precautions: using antihypertensives. | Initial: ≤5mg; max: 10mg; V, S, T | $102-111 20mg $119 30-60mg per month, $122 |

### Alprostadil VILEDA CATERPILLAR, 20 ug vial (powder) intracavernosal inj. MUSE 25, 500, 1000 ug urethral supps (refrigerate; otherwise 1-4days at RT) 29,30,31 | PDE5 inhibitor - activates cAMP which relaxes smooth muscle and produces vasodilation (also inhibition of platelet aggregation and gastric secretion, stimulation of ileum, uterine smooth muscle) - most efficacious of injectable agents | Common: Headache, dizziness, flushing, diarrhea, nasopharyngitis, back pain, dyspepsia, flushing, myalgia, rash, nasopharyngitis. Serious: MI, ventricular arrhythmia, angina pectoris, unstable angina, hypotension, syncope. Precautions: using antihypertensives. | Initial: ≤5mg; max: 10mg; V, S, T | $102-111 20mg $119 30-60mg per month, $122 |

### Papaverine = Pt 30mg/ml inj. soln (10ml vials) | PDE5 inhibitor - produces general arteriolar dilution & smooth muscle relaxation which can be combined with prostaglandin &/or phenolamine | Common: abdominal discomfort, anorexia, constipation, diarrhea, nausea, vomiting, dry mouth, headache, dizziness, nasal congestion, rash, oral blushing, vision. Serious: acidosis, intercurrent pressure, hepatotoxicity & priapism. Precautions: complete arteriovenous block | Initial: Max: Usual Dose | $248 30mg $40 60mg $60 30mg-60mg intracavernosal over 1-2 min |

### Phenolamine = Pt | Alpha-Adrenergic Blocker | - antagonizes anti-erectile sympathetic tone, ↑ perfusion - poor efficacy alone so usually combined with prostaglandin &/or papaverine | Initial: Max: Usual Dose | $248 30mg $40 60mg $60 30mg-60mg intracavernosal over 1-2 min | 60mg 30mg-60mg intracavernosal over 1-2 min |

### Compounded Products Bi-mix inj = Pt + Pv 6ml vial $60 0.5-1ml/dose | Initial: Max: Usual Dose | $248 30mg $40 60mg $60 30mg-60mg intracavernosal over 1-2 min | 60mg 30mg-60mg intracavernosal over 1-2 min | $122 2.5-4.5mg daily option | $132 Compounded Products Bi-mix inj = Pt + Pv (3 strengths) $40 6ml vial $60 0.5-1ml/dose Compounded Products Tri-Mix inj = Pt + Pv + E1 $50 0.5-1ml/dose | $122 2.5-4.5mg daily option | $132 Compounded Products Bi-mix inj = Pt + Pv (3 strengths) $40 6ml vial $60 0.5-1ml/dose Compounded Products Tri-Mix inj = Pt + Pv + E1 $50 0.5-1ml/dose | $122 2.5-4.5mg daily option | $132 Compounded Products Bi-mix inj = Pt + Pv (3 strengths) $40 6ml vial $60 0.5-1ml/dose Compounded Products Tri-Mix inj = Pt + Pv + E1 $50 0.5-1ml/dose | $122 2.5-4.5mg daily option | $132 Compounded Products Bi-mix inj = Pt + Pav
Erectile Dysfunction Comparison Chart (ED) Treatment Chart

3 Micromedex 2010
13 Galie N, Ghofrani HA, Torbicki A, et al. Sildenafil citrate Therapy for Pulmonary Arterial Hypertension. N Engl J Med 2005;353:2148-57. (InfoPDEMs: Sildenafil improves the 6-minute walking distance by approximately 15% & leads to an improvement in functional status for between 28% & 42% of patients with pulmonary arterial hypertension (number needed to treat = 2.5 - 4). It is reasonable to begin with 20 mg TID & only increase that dose if the drug is well tolerated & there is no clear response. (LOE = b))
38 Basson R. Chapter 78: Male Sexual Dysfunction. Therapeutic Choices. CPhA; 2003.

Apomorphine
(CR sublingual USA)

ApoKyn (USA)

Centrally acting agent stimulates dopamine sites in the hypothalamus

SE: nausea (4-6 with, CR SL tabs):headache, dizziness, sedation, yawning
Not affected by food or alcohol

Onset <30min Peak ~1h Duration ~1-2h
Safe with nitrates so may be preferred in select cardiac patients
Can be used in combination with PDE5 inhibitors for increased effect
Limited efficacy compared to PDE5 inhibitors generally

2-3mg

6mg

Additional sources:

Cordell WH, Maturi RK, et al. for the ERG Testing During Chronic PDE5 Inhibitor Administration (ERG-PDE5) Consortium. Retinal effects of 6 months of daily use of tadalafil. Arch Ophthalmol. 2009 Apr;127(4):367-73. No abnormalities in ERG or visual function and no treatment-related findings suggest that tadalafil or sildenafil for 6 months is safe to use with daily administration of tadalafil or sildenafil for 6 months.
FDA May 2007 chemical analysis revealed that Energy Max contains thione analog of sildenafil, a substance with a structure similar to sildenafil, the active ingredient in Viagra, an FDA-approved drug for ED. Substances like this are called analogs because they have a structure similar to another drug and may cause similar side effects and drug interactions. True Man contains a thione analog of sildenafil or piperadino vardenafil, an analog of vardenafil that is also found in Levitra, another FDA-approved prescription drug for ED. Neither the thione analog of sildenafil nor piperadino vardenafil are components of approved drug products.
FDA: Sept 21, 2007 -- TWC Global LLC, Inc., issued nationwide recall of Axcel and Desirin, both marketed as dietary supplements, because they contain potentially harmful, undeclared ingredients. FDA laboratory analysis of Axcel and Desirin found that the lot of 02B07 contained 3mg/g of sildenafil, the active ingredient of a FDA-approved drug used for erectile dysfunction. (FDA approved drug for erectile dysfunction).
FDA Feb/08 Palo Alto Labs and FDA notified consumers and healthcare professionals of a voluntary nationwide recall of two dietary supplements, Aspire36 and Aspire Lite. The products were recalled because they were found to contain Aidenafil in trace amounts and Dimethyl sildenafil thione, an analog of Sildenafil, a drug used to treat erectile dysfunction.
FDA May/08 The US Food and Drug Administration is advising consumers not to purchase or use "Blue Steel" or "Hero" products, marketed nationally as dietary supplements, because these products contain undeclared ingredients similar to sildenafil.
FDA May/08 is requesting that the manufacturer of Xiaafid — an "all natural" dietary supplement sold to treat erectile dysfunction — recall all its stock from natural food stores & discontinue marketing it on the Web since it contains an analog of sildenafil.
FDA May/08 notified consumers and healthcare professionals that supplement products sold under the brand name of Virility (VIP) Tablets is being recalled because one lot was found to contain a potentially harmful undeclared ingredient, hydroxymethylsildenafil, an analog of sildenafil.
FDA July/08 Jack Distribution, LLC issued a voluntary nationwide recall of selected lots of Rize 2 The Occasion Capsules and Rose 4 Her Capsules, marketed as dietary supplements. The products were recalled because certain lots contained thiomethylsildenafil, an undeclared analog of sildenafil, a FDA-approved drug used for Erectile Dysfunction.
FDA July/08 not to buy or use Viagra 35mg Capsules because one lot of the product was found to contain a potentially harmful undeclared ingredient, thiosildenafil, an analog of sildenafil.
FDA August 2008 chemical analysis of XOX VIP tablet lots 6K029 and 6K029-SEI found that the product contained an undeclared ingredient, hydroxymethylsildenafil.
FDA Mar/09- Bodee LLC and FDA notified consumers and healthcare professionals of a nationwide recall of all the company's supplement product sold under the name Zencore Plus. FDA lab analysis found the product contained benzmadinemelargine, an undeclared drug product and a PDE5 inhibitor.
FDA Apr/09 Nature & Health Co. and FDA notified healthcare professionals of a recall of a supplement product, Libimax. FDA analysis found the product contained a potentially harmful substance.
FDA July/09 and Halotesto notified nationwide consumers and professional of recall of Libimax Tablets with FDA analysis of Libimax Tablets found the product contained undeclared Tadalafil.
FDA July/09 found Steam (Nutracostal Trading LLC’s dietary supplement) product contains sulfoaildenafil, an analog of sildenafil.
FDA Nov/09 notified consumers that Stiff Nights, a product sold as a dietary supplement, contains sulfoaildenafil, a chemical similar to Viagra (sildenafil).
FDA Nov/09 & RockHard Laboratories notified consumers that RockHard Weekend, a product sold as a dietary supplement, contains sulfoaildenafil, an analogue of sildenafil.
FDA Dec/09 warned that Atlas Operations, Inc. notified consumers that supplement products sold under the brand name of Libidfit contains an analog of sildenafil.
FDA February 2007 the product contained an undeclared ingredient, hydroxymethylsildenafil.
FDA July/08 notified consumers and healthcare professionals of a nationwide recall of Stud Capsule For Men [Lot 060607-01/060108-01, Exp 6-2013], after being informed by FDA that laboratory analysis of a sample found the product to be adulterated with sildenafil, an FDA approved drug.
FDA June/10 Magic Power Coffee: Product marketed as a dietary supplement for sexual enhancement contains the drug ingredient hydroxythiomimidodenisildenafil.
Guliano F, Sanchez-Ramos A, Lochner-Ernst D, et al. Efficacy and Safety of Tadalafil in Men With Erectile Dysfunction Following Spinal Cord Injury. Arch Neurol. 2007 Sep 10; [Epub ahead of print] Tadalafil (10 mg and 20 mg) improved erectile function compared to placebo, supported a positive effect on ED secondary to traumatic SCI. Health Canada Jan/06 Natural health product Libidfit may pose health risks (primary for sexual enhancement and erectile dysfunction, but contains an undeclared amount of a pharmaceutical ingredient similar to sildenafil)
http://www.hc-sc.gc.ca/hlth-net/med-advis-snc/snc-vsc贞-06/2006_02_e.html
Health Canada May/06 is warning consumers not to use the product Nasutra because it has been found to contain the undeclared ingredient sildenafil (chemical name for Viagra) that could lead to serious health risks, especially for patients with existing medical conditions such as heart problems, those who may be taking heart medications, or those who may be at risk for strokes. Health Canada Feb/07 is advising consumers not to use the following product listed in the table due to concerns about possible side-effects. More info Power 58; Platinum Power 58; Ehanix; Joles; Onyo; Deguozonghtingxia; because they contain acetildenafil. Acetildenafil is an analogue of sildenafil, a prescription medication indicated for treatment of erectile dysfunction.
Health Canada Mar/07 is warning consumers not to use the unauthorized natural health product XOX For Men, because it contains an undeclared pharmaceutical ingredient, tadalafil, an ingredient found in the prescription drug Cialis. The use of XOX For Men could pose serious health risks, especially for patients with existing medical conditions such as heart problems, those taking heart medication, or those at risk of stroke.
Health Canada Mar/07 is warning consumers not to use the unauthorized product Vigorect Oral Gel Shooter, because it contains an undeclared drug substance tadalafil, which should only be available by prescription.

Health Canada Apr/07 is warning consumers from the United States FDA found Liviro3, an analogue of tadalafil, used to treat erectile dysfunction.

Health Canada May/07 is warning consumers not to use the unauthorized product Vigorect Oral Gel Shooter, because it contains an undeclared drug substance tadalafil, which should only be available by prescription.

Health Canada Jun/07 is warning consumers not to use the product Encore Tabs for Men, because it contains an undeclared pharmaceutical substance similar to the approved drug tadalafil.

Health Canada July/07 is warning consumers not to use Zencore Tabs, a product advertised as a dietary supplement for sexual enhancement, because it contains an undeclared pharmaceutical substance similar to the approved drug tadalafil.

Health Canada July 2007 & the US Food and Drug Administration (FDA) found Liviro3 to contain tadalafil, a prescription drug that should only be taken under the guidance of a health professional.

Health Canada Aug/07 via Medsafe, the New Zealand health regulatory authority, advised the public not to use the products Darling Capsules, Dalip Capsules, Fly Capsules, and an unnamed product, because they were found to contain sildenafil.

Health Canada Aug/07 is warning consumers who use Excite for women or Ultimates for men may be at risk of serious side effects similar to those associated with sildenafil.

Health Canada Sept/07 is advising consumers not to use Sati6 60 Hours Ever Lasting Formula because it contains piperideranal of vardenafil. True Man and Energy Max are also sexual enhancement/erectile dysfunction products and were found to contain an analogue of vardenafil or vardenafil.

Health Canada May/07 is warning consumers Urat Madu capsules are marketed for the treatment of erectile dysfunction. The product is adulterated with sildenafil, a prescription drug that has been associated with serious side effects including sudden vision loss, penile tissue damage and urinary tract infection.

Health Canada Aug/07 is advising consumers that HS Joy of Love product is marketed as a dietary supplement and was found to contain piperideranal vardenafil.

Health Canada May/07 is advising consumers not to use 6 foreign health products due to concerns about possible side-effects: Power 58 Extra, Platinum Power 58 Extra, Enhanc New Extra Men's Formula, Valentino, King Power Oral Solution, and Stretch Up. All capsules are marketed as treatments for erectile dysfunction. These products contain undeclared drugs used for the treatment of erectile dysfunction.

Health Canada Aug/07 is warning consumers not to use Top Gun for Men Herbal Extracts has been found to contain a substance similar to tadalafil. Oyster Plus has been found to contain tadalafil.

Health Canada Oct/07 is warning consumers not to use 4 foreign products due to concerns about possible side-effects: Tian Li was found to contain tadalafil and hydroxyhomosildenafil. Xian Zhu Wei II was found to contain subnitramine and phenolphthalein, which are not meant for self-care and may cause serious side effects.

Health Canada Aug/08 is advising consumers not to use Oyster Extract because it contains undeclared pharmaceutical ingredients similar to the prescription drug sildenafil.

Health Canada Sep/08 is advising consumers not to use 5 foreign health products due to concerns about possible side-effects: Aristomah Natural Herbal Supplement, Enhanix New Extra Men's Formula, Power 58 Extra, and Platinum Power 58 Extra were adulterated with tadalafil and subnitramine.

Health Canada Aug/08 is advising consumers not to use 9 foreign health products due to concerns about possible side-effects: Armstrong Natural Herbal Supplement, Enhanc New Extra Men's Formula, Power 58 Extra, and Platinum Power 58 Extra were adulterated with tadalafil and subnitramine.

Health Canada Sep/08 is advising consumers not to use 6 foreign health products due to concerns about possible side-effects: The Hong Kong Department of Health warned consumers not to buy or use Lover Liquid Nutriment Herbal Supplement and Onyo because they were found to contain undeclared pharmaceutical ingredients. Lover Liquid Nutriment Herbal Supplement was found to containildenafil while Onyo was found to contain sildenafil, as well as unapproved substances with similar properties to sildenafil.

Health Canada Sep/08 is advising consumers not to use 2 foreign health products due to concerns about possible side-effects: The Hong Kong Department of Health warned consumers not to buy or use Dr. Life or Chong Cao Ju Wang because they were found to contain undeclared pharmaceutical ingredients. Dr. Life contains an unauthorised substance similar in structure to tadalafil while Chong Cao Ju Wang contains sildenafil.

Health Canada Oct/08 is advising consumers not to use 2 foreign health products due to concerns about possible side-effects: Swissmedic warned consumers not to buy or use the product Powertabs because it contains an unauthorised substance similar in structure to sildenafil.

Health Canada Sep/08 is advising consumers not to use 6 foreign health products due to concerns about possible side-effects: Armstrong Natural Herbal Supplement, Enhanc New Extra Men's Formula, Power 58 Extra, and Platinum Power 58 Extra were adulterated with tadalafil and subnitramine.

Health Canada Sep/08 is advising consumers not to use 5 foreign health products due to concerns about possible side-effects: The Hong Kong Department of Health warned consumers not to buy or use Oyster Extract Caps because they were found to contain an undeclared ingredient similar to the prescription drug sildenafil. Herb Viguur, Natural Viguur and China Viguur. The Netherlands Health Care Inspectorate, the U.K. Medicines and Healthcare Products Regulatory Agency, and the Danish Medicines Agency has warned against the use of Herb Viguur, Viguur-Power (VIP) Tabs. The U.S. Food and Drug Administration has warned consumers not to use VIP Tabs because it contains a prescription drug ingredient similar to the prescription drug vardenafil.

Health Canada Sep/08 is advising consumers not to use 4 foreign products due to concerns about possible side-effects: The Hong Kong Department of Health warned consumers not to buy or use Rose 4 Her because it was found to contain an undeclared ingredient similar to the prescription drug sildenafil.

Health Canada Oct/08 is advising consumers not to use 2 foreign health products due to concerns about possible side-effects: Sweetener Vitality Candy because it was found to contain an undeclared substance similar to the prescription drug sildenafil.

Health Canada Nov/08 is advising consumers not to use 4 foreign products: Zhuang Tjar Gere because it contains the undeclared prescription drug sildenafil & tadalafil, Zhihui Capsules and Healthy Slim because it contains undeclared damacenes and Healthy Slim because it...
contains the undeclared prescription drug sibutramine.

Health Canada Mar/09 Foreign Product Alerts: 68 Weight Loss Products; Best-life Fat Burning Capsules; Bevidad;Huiji Yin Chiao Chieh Tu Pien; Relacore

Health Canada June/09 Foreign Product Alerts: Jia Yi Jian (undeclared sibutramine & tadalaflai); Zencore Plus (undeclared benzamidenafil) & Zhong Guo Shen Fang (undeclared med like sildenafil).

Health Canada July/09 is warning that the Singapore Health Sciences Authority (HSA) warned consumers not to buy or use XP Tongkat All Supreme after it was found to contain undeclared tadalaflai.

Health Canada Oct/09: Dynasty Worldwide Jingilda So Young Formula- The Singapore Health Sciences Authority (HSA) warned consumers not to buy or use such formula- contains the undeclared antinomatidatolal.

STEAM lot#80214, 90260 - The U.S. FDA informed consumers of a voluntary manufacturer recall of two lots of STEAM after FDA testing found these lots to contain undeclared sulfodiadenafil (lot# 80214) & undeclared tadalaflai (lot# 90260).

Syntrax Fyre (contained Yohimbine), Kam Yuen Brand Wan Ying Yang Gan Wan (contained sildenai)- The Hong Kong Department of Health warned consumers not to buy or use these products.

Health Canada Nov/09 is warning consumers not to use Herblex “Once More” since it was found to contain sildenai.

Health Canada Dec/09 is advising Canadians not to use certain Acai Berry products after a large number of shipments of adulterated products were stopped at the border. The product names include: Anti-Aging Acui Berry, Guarana Blast, Brazilian Pure, anti-Aging Vital Sex, Weight Loss VitalAcai, Dietary Supplement Aci Power Blast and Muscle Mass. These products advertised for anti-aging and weight loss were found to contain undeclared sildenai.

Health Canada Dec/09 is advising consumers not to use the following foreign health products: 1. Power-Plus P- The Singapore Health Sciences Authority issued a recall notice for Power-Plus P (expiry date 03/03/2011) after it was found to contain undeclared tadalaflai. 2. Zeng Da Yan Shi Wan: The Hong Kong Department of Health warned consumers not to buy or use after it was found to contain undeclared sildenai.


Health Canada Jan/10 is advising consumers not to use the unauthorized product “Stiff Nights” after the U.S Food and Drug Administration (FDA) found that this product contains an undeclared substance similar to the prescription drug sildenai.

Health Canada Feb/10: 2H & 2D- Hong Kong Department of Health (HKDH) warned consumers not to buy or use 2H & 2Dafter it was found to contain undeclared tadalaflai. Products distributed by Atlas Operations Inc. The FDA informed consumers of a voluntary recall by Atlas Operations Inc. of certain lots of products found to contain undeclared sildenaflai, which is an unauthorized substance similar to sildenai.

STRO Emperor Capsules The Irish Medicines Board warned consumers not to buy or use STRO Emperor Capsules after it was found to contain undeclared sildenai.

Health Canada March/10 is warning Canadians that an unapproved health product, POWER-MAX that contains sildenai.

Health Canada May/10 is advising consumers not to use the foreign health food products due to concerns about possible adverse reactions: 1. Man Power- The Hong Kong Department of Health warned consumers not to buy or use Man Power product after it was found to contain undeclared tadalaflai.

Health Canada June/10 is warning Canadians that the unauthorized health products "Vigofit" and "Once More," which are promoted to enhance male sexual performance, have been seized by Health Canada inspectors from retail stores in Abbotsford and Surrey, British Colombia. These two products contain sildenai.

Health Canada June/10 is advising consumers not to use the following health product(s) due to concerns about possible adverse reactions: 1. Stud Capsule For Men The U.S. FDA informed consumers of a voluntary recall of one lot (Lot 060607-01/060108-01 Exp 6-2013) after it was found to contain undeclared Sildenafil.


Kühler TS, Kim J, Feia K, et al. Prevalence of androgen deficiency in men with erectile dysfunction. Urology. 2008 Apr;71(4):693-7. Epub 2008 Mar 3. Androgen deficiency was quite common in men presenting with ED and correlated significantly with age, uncontrolled diabetes, hypercholesterolemia, and anemia. Although additional prospective studies evaluating the effect of testosterone supplementation in this population are needed, clinicians, including urologists, should be keenly aware of the large overlap of patients with ED who might also have the entity, androgen deficiency in the aging male.


Ledd A, Belcaro G, Cesaronre MR, et al. Investigation of a complex plant extract for mild to moderate erectile dysfunction in a randomized, double-blind, placebo-controlled, parallel-arm study. BJU Int. 2010 Feb 22. Prelox. contains pine bark extract and the amino acid L-arginine aspartate; was given as two tablets of Prelox twice daily.


Melnik T, Soares B, Nuselo A. Psychosocial interventions for erectile dysfunction: Cochrane Database Syst Rev. 2007 Jul 18;(1):CD004825. There was evidence that group psychotherapy may improve erectile function. Treatment response varied between patient subgroups, but focused sex-group therapy showed greater efficacy than control group (no treatment). In a meta-analysis that compared group therapy plus sildenafil citrate versus sildenafil, men randomised to receive group therapy plus sildenafil showed significant improvement of successful intercourse, and were less likely than those receiving only sildenafil to drop out. Group psychotherapy also significantly improved ED compared to sildenafil citrate alone. Regarding the effectiveness of psychosocial interventions for the treatment of ED compared to local injection, vacuum devices and other psychosocial techniques, no differences were found.


Muller A, Smith L, Parker M, Mulhall JP. Analysis of the efficacy and safety of sildenafil citrate in the geriatric population. BJU Int. 2007 Jul;100(1):117-21. From these data, sildenafil is an effective agent in elderly men, but...
had a lower efficacy rate with increasing age, especially in men aged >80 years.


In this study population, sildenafil treatment of sexual dysfunction in women taking SRIs was associated with a reduction in adverse sexual effects.


Penson DF, McLerran D, Feng Z, Li L, et al. 5-year urinary and sexual outcomes after radical prostatectomy: results from the Prostate Cancer Outcomes Study. J Urol. 2008 May;179(5 Suppl):S40-4. Urinary and sexual dysfunction were common 5 years following radical prostatectomy in this large, community based cohort of prostate cancer survivors. While a small majority of subjects experienced changes in urinary or sexual function between years 2 and 5 after prostatectomy, functional outcomes remained relatively stable in the majority of participants.


Pryor JL, et al.; Dapoxetine Study Group. Efficacy and tolerability of dapoxetine in treatment of premature ejaculation: an integrated analysis of two double-blind, randomised controlled trials. Lancet. 2006 Sep 9;368(9539):929-37. (InfoPOEMs: In this study, dapoxetine (an investigational new short-acting selective serotonin reuptake inhibitor) taken 1 to 3 hours before sexual activity delayed ejaculation in men with moderate-to-severe premature ejaculation. The net improvement due to medication was less than 2 minutes compared with baseline, but patients and partners were satisfied with this small amount of improvement. (LOE = 2b) )


Web Links: