

# Sexual Function: Stop The Embarrassment and Frustration. Now.



Hartford  
HealthCare  
Tallwood Men's Health



## Sexual Function

Having difficulties in the bedroom is a common problem, probably more common than you think. At Tallwood Men's Health, our experts address your sexual function concerns, whether it's erectile dysfunction (ED), loss of libido, premature ejaculation or penile curvature. Our multidisciplinary team also ensures we address possible linked conditions such as vascular disease or testosterone abnormalities and any psychological concerns.

Our urologists, using the most up-to-date research and current guidelines, help you determine the best treatment plan. Options include oral medications, vacuum devices, urethral suppositories, penile injections and surgically-placed implants.

Be cautious of over-the-counter sexual enhancement supplements because they may contain unlisted ingredients that can interact with your prescription medications. Also, some men's health centers may offer shockwave therapy or stem cell/platelet rich plasma injections that are not approved by the Food and Drug Administration for erectile dysfunction. Always make sure you are seeing an ED expert, such as the board-certified physicians at Tallwood Men's Health.

## Erectile Dysfunction (ED)

### Fast Facts

- 52 percent of men aged 40 to 70 report some degree of difficulty with erections.
- 67 percent of men in their 70s report erectile difficulties.
- 25 percent of men seeking care for ED are less than 40 years old.
- Most common causes of ED: age, hypertension, diabetes, smoking, alcohol, medications, psychological factors.

## How We Can Help

Tallwood Men's Health offers complete urologic care, from urinary tract infections to sophisticated post-prostatectomy treatment that restores urinary control and sexual function after removal of your prostate in a radical prostatectomy. Our doctors are experts at identifying the source of erectile dysfunction, a common condition affecting up to 30 million men in the United States. We've traced most causes to diabetes, heart disease, high cholesterol, hormonal disorders, obesity or other physical causes. Peyronie's disease, a penile curvature condition caused by scar-tissue buildup, can also contribute to ED.

Tallwood Men's Health also has an on-site behavioral health expert who can help with any underlying emotional problems such as performance anxiety, stress, depression, loss of interest and low self-esteem.



To request a call from one of our Tallwood Men's Health experts, visit [HartfordHealthCare.org/function](https://HartfordHealthCare.org/function). Or call **1.855.247.7747** to find a Tallwood Men's Health specialist.

## Diagnosis

Sex may not always go as planned, but when you're struggling to achieve or maintain an erection it's time to see a doctor. To diagnose ED, a Tallwood Men's Health urologist will review your medical and sexual history and complete a physical exam.

It's important to review your other medical problems and medications to determine if any other conditions are contributing to ED.

### Potential causes:

- Hypertension
- High cholesterol
- Diabetes
- Low testosterone
- Smoking or alcohol abuse
- Obesity
- Nerve damage (possibly from other surgery)
- Thyroid issues
- Blood pressure medications, antidepressants, or other prescription medications

### A significant number of cases have possible psychological causes:

**Performance anxiety:** Once it happens, you fear a recurrence.

**Stress:** General stress, often related to your job, family, or financial concerns.

**Depression:** It's more than psychological. Depression can also affect your body. Notably, some drugs prescribed for depression can also contribute to ED.

**Loss of interest:** A loss of libido can cause ED. Likewise, ED can result in loss of libido.

**Low self-esteem:** This could be attributed to ED or unrelated to sexual performance.

During an appointment at Tallwood Men's Health, your healthcare specialist might suggest you meet with our behavioral health provider. This visit is an easy, relaxed discussion where you will be asked about your concerns as well as background information and previous treatment history, if applicable.

## Tests

There is not much testing to evaluate erectile dysfunction other than an initial testosterone blood level screen. In some cases, our doctors may recommend additional ultrasound testing to further evaluate how well penile blood vessels are working.

(Continued)



To request a call from one of our Tallwood Men's Health experts, visit [HartfordHealthCare.org/function](https://HartfordHealthCare.org/function). Or call **1.855.247.7747** to find a Tallwood Men's Health specialist.

If you have erectile dysfunction, we also might recommend additional blood or urine testing for related conditions such as diabetes and elevated cholesterol.

At Tallwood Men's Health, we make sure to treat the whole man.

## Medications for Erectile Dysfunction

Our erectile dysfunction experts will review available medication options to determine which can help you best meet your goals.

**Oral Drugs:** Drugs like Viagra, Cialis, Levitra and Stendra can be taken before sexual activity to help relax the blood vessels in the penis and improve erectile quality. These medications don't work on their own; expect better results with stimulation. Most patients report good results with oral medications.



**Other Drugs:** If oral medications are not sufficient or are incompatible with your other medications, our physicians will discuss other medication options. One option is a urethral suppository (MUSE) the size of a grain of rice that you place down the opening in your penis, where it dissolves and makes the blood vessels expand.

Another option is learning how to do penile injections with a tiny needle to inject a small amount of medication in the penis to induce an erection.

Testosterone replacement options will not typically fix erections, but our doctors will discuss treatment options with you if your levels are lower than they should be.

## Medical Devices for Erectile Dysfunction

### Vacuum Erection Device

A vacuum erection device uses a plastic tube placed over the penis that makes a seal with the skin. A pump on the end of the tube then creates a low-pressure vacuum that pulls blood into the penis, producing an erection. An elastic ring can be slipped around the base of the penis to hold the blood in the penis for up to 20 minutes. Some practice is needed, but most men can get and keep an erection with this device.

### Surgery for Erectile Dysfunction

When oral medications no longer work and other treatment options are not an option, our doctors will discuss how a penile implant can restore your erections. Different types of devices, including bendable and inflatable models, are appropriately selected for you. With a brief surgery, our expert surgeons can give you back your sexual quality of life.

(Continued)



To request a call from one of our Tallwood Men's Health experts, visit [HartfordHealthCare.org/function](https://HartfordHealthCare.org/function). Or call **1.855.247.7747** to find a Tallwood Men's Health specialist.

## What is Peyronie's Disease?

Peyronie's disease, though rarely discussed, affects 13 percent of men. In Peyronie's disease, scar tissue, or plaque, develops in the penis, affecting its ability to expand during an erection. The result: various curvatures or deformities, such as an indentation or hourglass shape. Peyronie's disease can also affect blood flow in the penis, contributing to erectile dysfunction.

If this happens, you don't need to hide your condition. Treatment has evolved. Seek an evaluation with an experienced urologist. Our urologists at Tallwood Men's Health will review available treatment options based on current national guidelines.

Although oral medications have not proved effective, improvements are possible with traction therapy, Xiaflex injections or surgical procedures. Xiaflex, an FDA-approved injectable medication given in courses of treatment, has shown benefits in remodeling penile plaques and improving curvature.

Surgical procedures include penile implants, replacement tissue for the plaque and suturing the side of the penis that doesn't have plaque.

Not all Peyronie's disease is the same. We will work to determine the best treatment plan for you.

You can expect more than the best medical care from our fellowship-trained doctors. Our doctors listen, too. In independent surveys, our patients rated our doctors at 94 percent or higher at explaining complex information in a way patients understand, listening carefully and treating patients with courtesy and respect. That's good to know when you want to talk about something as sensitive as sexual function. Stop the embarrassment and frustration. Request an appointment with Connecticut's market leader in Men's Health today.

## Vasectomy

A vasectomy isn't exactly foolproof, but it's difficult to beat for long-term birth control. After a vasectomy, only 15 to 20 of every 10,000 couples experience a pregnancy, according to the National Institutes of Health, sharply lower than oral contraceptives (500 pregnancies per 10,000 couples) and the use of condoms (1,400 pregnancies per 10,000 couples).

On men's to-know list: A vasectomy, a safe outpatient procedure that uses no scalpel and usually takes less than 20 minutes, does not reduce sex drive, virility or sexual pleasure. It also does not change the amount of ejaculate -- less than 3 percent of ejaculate is actually sperm. A vasectomy, in fact, does not affect sperm production. It only prevents sperm from joining the semen ejaculated from the penis. (The body reabsorbs any sperm produced.)

(Continued)



To request a call from one of our Tallwood Men's Health experts, visit [HartfordHealthCare.org/function](https://HartfordHealthCare.org/function). Or call **1.855.247.7747** to find a Tallwood Men's Health specialist.



How does that happen? During a vasectomy, usually performed by a urologist, the duct that carries sperm from the testicle to the urethra, is sealed -- most often by clamping or cutting. That's it. The no-scalpel (and no-stitches) procedure developed in China in 1974 has helped relieve vasectomy anxiety. A vasectomy, covered by almost all insurance programs, is also much less costly than a woman's tubal ligation.

A vasectomy doesn't take long, but it won't work as a birth-control method until any remaining sperm leaves the body, up to 20 ejaculations. To be safe, doctors recommend a semen analysis before patients engage in sex without a contraceptive.

A vasectomy isn't necessarily forever. A reversal is possible, though more complicated. The procedure, typically performed through mini-incisions not much larger than the original vasectomy, reconnects each tube carrying sperm into the semen.

Although the reconstruction may be slightly simpler if it's been a short amount of time, there is no time interval that is too long. Some centers perform reversals up to 40 years later.



To request a call from one of our Tallwood Men's Health experts, visit [HartfordHealthCare.org/function](https://HartfordHealthCare.org/function). Or call **1.855.247.7747** to find a Tallwood Men's Health specialist.