

IMPOTENCE—MEDICINES

Can Erectile dysfunction (ED) be treated without medicine?

Yes. In some cases impotence may be treatable without medicines. Certainly an attempt should be made to treat impotence without medicines by modification of any Lifestyle factors, changing a medicine that the person is already taking or dealing with psychological factors.

Lifestyle Or Psychological Factors

Psychological problems, such as relationship conflicts or performance anxiety, can be addressed by counseling, leading to improvement in the condition. Stopping drugs abuse including smoking and alcohol, may improve / eliminate ED.

Any Drug Use

If ED is a side effect of a medicine, the patient is taking, it may be possible to solve the problem by adjusting the dose of the medication or switching to a different drug. Stopping or changing any medicine should be done only after consulting a specialist.

What are the drugs used to treat ED?

Medicines like Viagra® have been demonstrated safe & effective for treating ED in a broad range of patients.

How do these drugs act?

These medicines act to prolong the erection by increasing the blood flow to the penis. This causes an increase in the pressure leading to an erection.

Are these medicines effective in everyone?

On an average these medicines will be

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effective in about 65-70% of men.

These drugs **do not** increase the sexual desire, or increase sexual stamina in men with normal function or increase ability to have children.

What are the SIDE EFFECTS of these drugs?

Most common are **headaches, flushing** (redness) of the **face**, running or **stuffy nose**, upset stomach, **dizziness** and **muscle aches**. These side effects are usually mild, but taking the drug with alcohol may make them worse. A few men who take these drugs, may notice **temporary changes** in their **color vision**. Things may seem to have a blue tint or look brighter than usual. It can cause vision loss but this is extremely rare. Muscle aches and back pain associated with these drugs may last up to 48 hours. If the erection does not subside in 4 hours time patient should go to the doctor immediately.

Can patients with other medical problems take these drugs safely?

These drugs should be used cautiously in men with certain medical conditions:

- Active stomach ulcers.
- Heart problems.
- Paralysis.
- Heart attack.
- High or low B.P..
- Liver kidney problem
- Bleeding disorders.
- Sickle Cell disease.
- History of an erection lasting more than 4 hours

Can Viagra and like drugs be taken with other drugs without causing any harmful effect ?

These drugs cannot be taken with **nitrates** prescribed for angina (heart-related chest pain). When these drugs are used in combination with any **nitrate**, blood pressure may drop to dangerously low levels. These drugs should be used cautiously with the so-called **alpha-blockers** (used in treatment of prostate problems & control of blood pressure).

IMPOTENCE—INJECTIONS

I am not happy with / cannot take the medicines. Are there other options available to me?

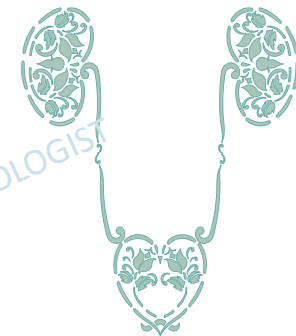
Three options are available for people who are not satisfied /cannot take oral medicines:

- 1.) Injections directly into to penis
- 2.) Vacuum pump devices
- 3.) Operations for Penile implants

When are injections recommended ?

Injections may be helpful in people who do not respond to oral medicines or have medical/heart problems which does not permit the use of oral medicines.

There are various injections available each with its own advantage & side effect. It is best to discuss with your doctor before you begin with these injections.



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