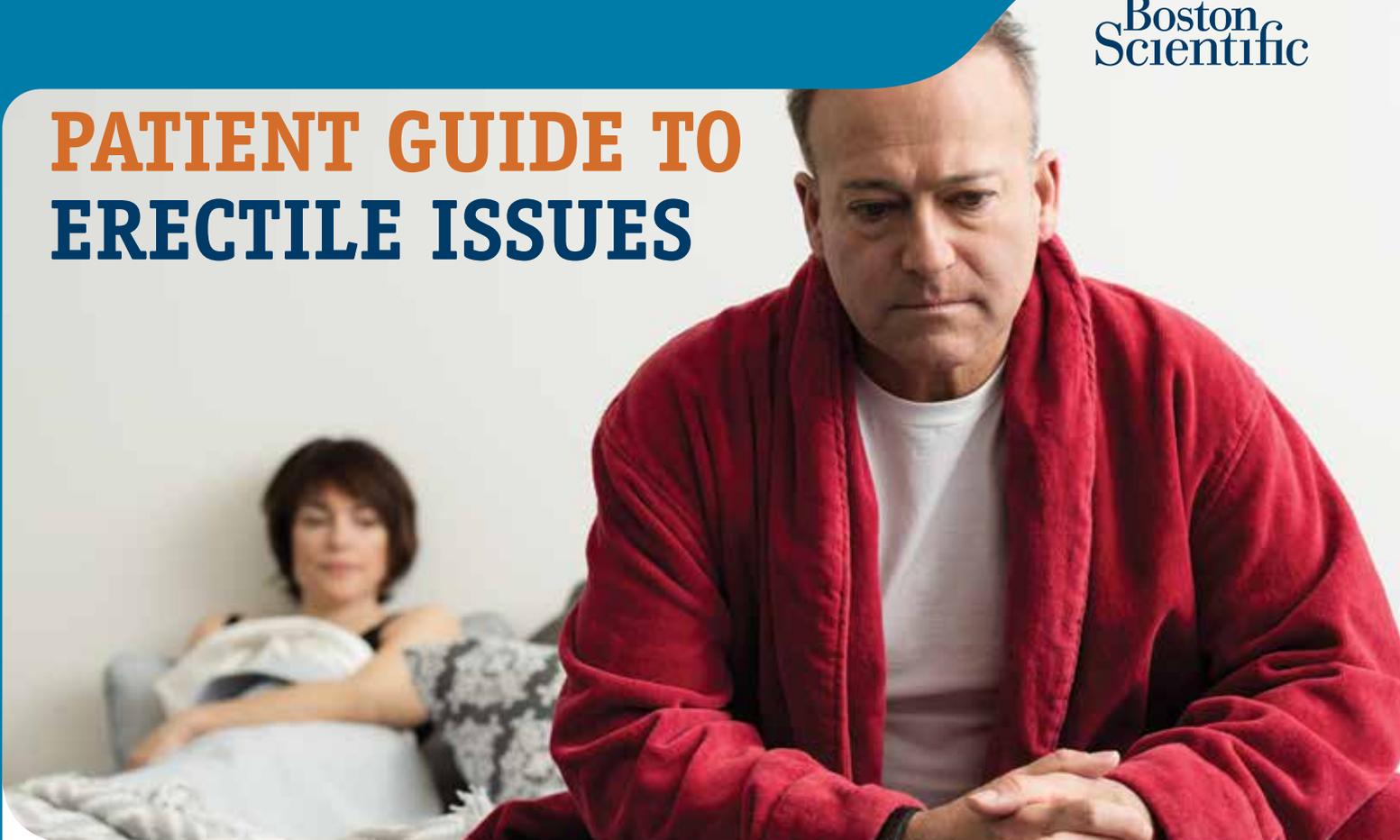


# PATIENT GUIDE TO ERECTILE ISSUES



## WHAT IS ERECTILE DYSFUNCTION?

If you're having problems getting and/or keeping an erection hard enough for sex, you might have symptoms of ED.

ED is the inability to maintain an erection that is firm enough or lasts long enough to have sexual intercourse.

Normal sexual function in a man involves four different functions: libido or sex drive, erectile function, ejaculation and orgasm.

The most common cause of ED is damage to nerves, arteries, smooth muscles and tissues.

This damage can be the result of:

- Diabetes
- Enlarged prostate (Benign Prostatic Hyperplasia)
- Vascular disease
- Prostate Cancer
- Multiple sclerosis
- Atherosclerosis
- Trauma or surgery (especially to pelvic area)
- Spinal cord injuries
- Aging
- Hormone problems
- Depression, anxiety, stress, guilt
- Low self-esteem and fear of sexual failure
- Lifestyle choices: smoking, alcoholism, lack of exercise
- Side effect of medications, prescribed or not.

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## QUESTIONS & ANSWERS

### How common is ED?

One in five men over 40 suffer from erectile issues<sup>1</sup>

### What causes ED?

ED can stem from a range of physical and psychological causes all of which can be discussed with your GP or urologist.

### Is ED part of aging?

While most men will experience occasional impotence on behalf of stress, anxiety or substance abuse, the prevalence of ED increases with age.

### Can I just ignore ED?

No. ED can occur as a symptom of serious conditions such as Cardiovascular Disease and Diabetes.

### What are my options?

Finding a treatment for ED can be a life-changing event for many men and their partners. These treatments fall into two categories:

#### SURGICAL

- Penile Implant

#### NON-SURGICAL

- Counselling
- Oral Medicines
- Vacuum Pump
- Penile Injections

[FIND A SPECIALIST IN YOUR AREA](#)



1. Holden Ca, McLachlan RI, Pitts M, Cumming R, Wittert G, Agius PA, Handelsman DJ, de Krester DM. Men in Australia, Telephone Survey (MATEs): A National Survey of the Reproductive Health and Concerns Of Middle Aged and Older Australian Men. Lancet 2005; 366: 218-24 SHIM source: [www.auanet.org/content/education-and-meetings/med-stu-curriculum/pdf/ed.pdf](http://www.auanet.org/content/education-and-meetings/med-stu-curriculum/pdf/ed.pdf)

This publication is presented by Boston Scientific Corporation, a company committed to transforming lives through innovative medical solutions that improve the health of patients around the world.

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Boston Scientific  
Suite 5.01, 247 Coward Street  
Mascot NSW 2020 Australia  
[www.bostonscientific.com](http://www.bostonscientific.com)  
Customer Service Tel: 1800 676 133

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ANZ\_PSST\_16193 AA OCT 2016