

## Sexual Dysfunction

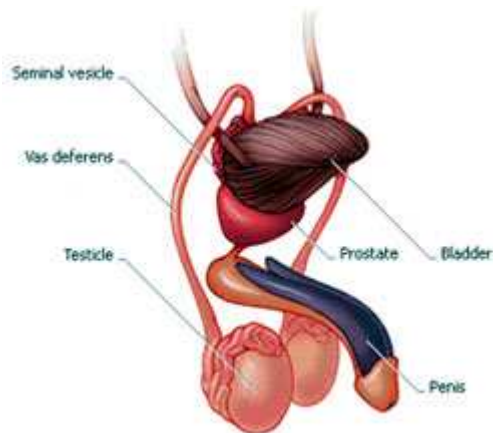


- Gary D. Goldberg, M.D., F.A.C.S.
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**"Today, over 30 million men receive oral medications with dramatic improvement in not only their sexual function, but also their general well being.**

**The recognition and treatment of sexual dysfunctions was revolutionized in the past decade with the FDA approval of Viagra. Many cases of sexual dysfunction can be managed successfully with medication. An evaluation by a urologist is of the utmost importance before beginning treatment therapy."**

**Gary D. Goldberg, M.D., a practicing urologist since 1995, and joined the practice in 1999. He is Director of the Lithotripsy Unit and Chief, Division of Minimally Invasive Urology and Endourology at North Shore University Hospital, Manhasset. Dr. Goldberg has a special interest in minimally invasive procedures including robotics, laparoscopy and laser treatments for prostate and kidney disorders. He has trained numerous area physicians in these techniques. Dr Goldberg's office practice focuses on the treatment of advanced sexual disorders.**



Patients who begin to notice a change in their sexual performance should undergo a comprehensive evaluation; not only to improve performance, but also to prevent progression and to determine a potential underlying cause. Sexual dysfunction may be a precursor and warning for other medical conditions and coexist with disorders such as atherosclerotic heart disease; peripheral vascular disease; diabetes and other hormonal problems. Some common causes of erectile dysfunction include diabetes; multiple sclerosis; cirrhosis of the liver; renal failure and alcoholism. Moreover, patients undergoing pelvic surgery should inquire regarding nerve preservation techniques and early intervention to prevent erectile dysfunction.

Currently, numerous treatment options exist when oral therapies fail. Options at Urology Associates, P.C. include injection therapy; hormone replacement therapy; various oral therapies, vacuum erection devices and penile implants (surgical procedure). Patients may also be potential candidates for newer experimental therapies such as gene therapy, topical therapy and numerous new oral treatments.

## **Treatments**

Sexual dysfunction may occur in conjunction with other conditions (as noted above) or after radical prostatectomy (prostate removal). Men typically experience erections several times each night, this ensures that the penis stays healthy and the tissues are stretched adequately. After prostate surgery, the penis is not stimulated and becomes inactive, causing penile shortening, atrophy, complete erectile dysfunction, or diminished quality of erection (not satisfactory for completion of intercourse).

### **Among the treatments available:**

#### **a. Hormone Replacement Therapy**

Sometimes erectile dysfunction is associated with a low testosterone level. If this is the case, testosterone replacement may be helpful. Treatment for **adults** is aimed at maintaining secondary sex characteristics, improving energy, strength, mood, and feelings of well-being, and preventing bone degeneration.

#### **b. Vacuum Therapy Erection Pump** (manual and battery operated)

Vacuum therapy pump induces penile engorgement and stretches the erectile tissues to achieve maximum tumescence (nocturnal rise and fall of the penis) and significantly reduces the possibility of penile shortening. Daily engorgement of the penis replaces nocturnal erections (which provide needed stretching so that there is no penile shortening, prevention of scarring in the penile blood vessels).

Pumps are used daily to help maintain penile blood flow and are used therapeutically after radical prostatectomy to enhance or shorten the time needed for recovery of erectile function.

Seek physician advice prior to using these devices while taking other sexual dysfunction medications.

#### **Osbon ErecAid ESTEEM Vacuum Therapy System and Soma Correct Soma Blue Vacuum Therapy**

*Manual and Battery Operated Model*



Osbon ErecAid



Soma Correct

Currently, numerous treatment options for sexual dysfunction exist when oral therapies fail. Vacuum Pumps are among the safest ways to manage erectile dysfunction or impotence.

Urology Associates offers two vacuum pump products:

1. **Osbon ErecAid** (Manual/battery operated) Pump
2. **Soma Correct Soma Blue, made specifically for men with Peyronie's disease** (or painful curvature/distortion of the penis during erection) After repeated use, Soma Blue can begin to correct Peyronie's disease.

### Components of the vacuum pumps include:

- **Pump** - creates the proper vacuum either manually or with a single touch (battery operated model)
- **Cylinder** - attaches to the manual pump on one end and to your body on the other to help create a vacuum seal
- **Insert** - increases/decreases the open end of the cylinder (which is placed against your body)
- **Tension Rings** - help to maintain the achieved erection
- **Tension Ring Applicator** - loads the tension rings onto the Esteem cylinder
- **Lubricant** - helps to create a good vacuum seal against the body and to load/remove the tension rings

### c. Rigi Scan Machine

RigiScan Machine is a device that measures and records nocturnal erections. It scans the penis for rigidity, recording erections during the course of the night; measuring how often these erections occur, how long they last, and how rigid they are. The average sleeping man has three to six erections, each lasting as long as 60 minutes.

The RigiScan consists of a Duplex Doppler computer that takes the readings. This part of the unit is velcro'd from the knee to the top of the thigh, two wires plug into the computer, and two loops that lasso the penis -- one at the tip, one at the base. The loops expand and contract every fifteen seconds. This circuit measures and records erections, producing a

reading of the measurements taken. The doctor subsequently downloads and reviews the results.

**Medical therapies and treatments listed above available at Urology Associates, P.C. -  
- If you are experiencing problems with sexual function, please call our office and  
schedule an appointment at 516.627.6188 extension 149.**