

Optimizing Erectile Function & Testosterone Levels

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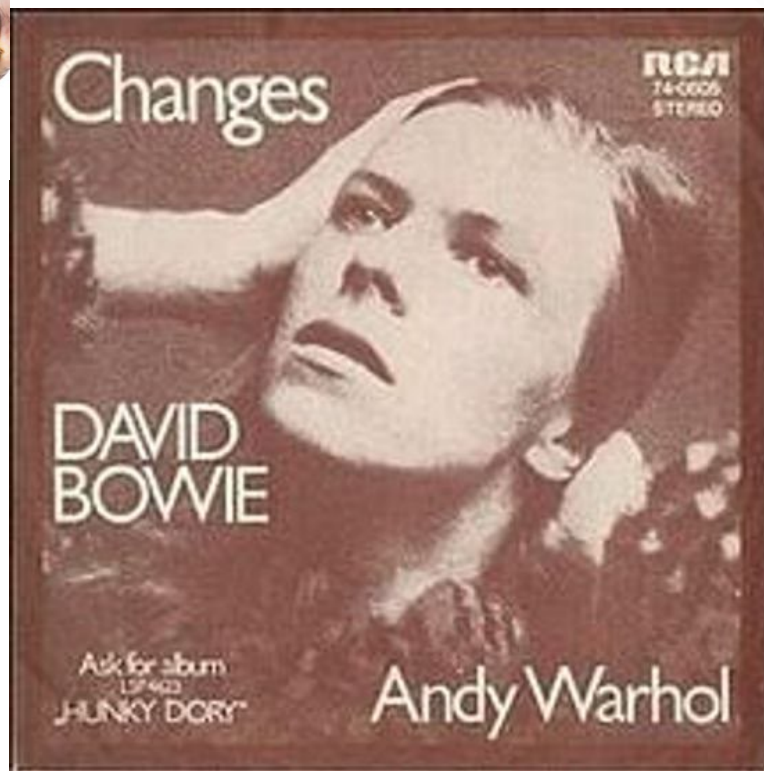
Male Reproductive Urology

Department of Urology

June 16, 2023

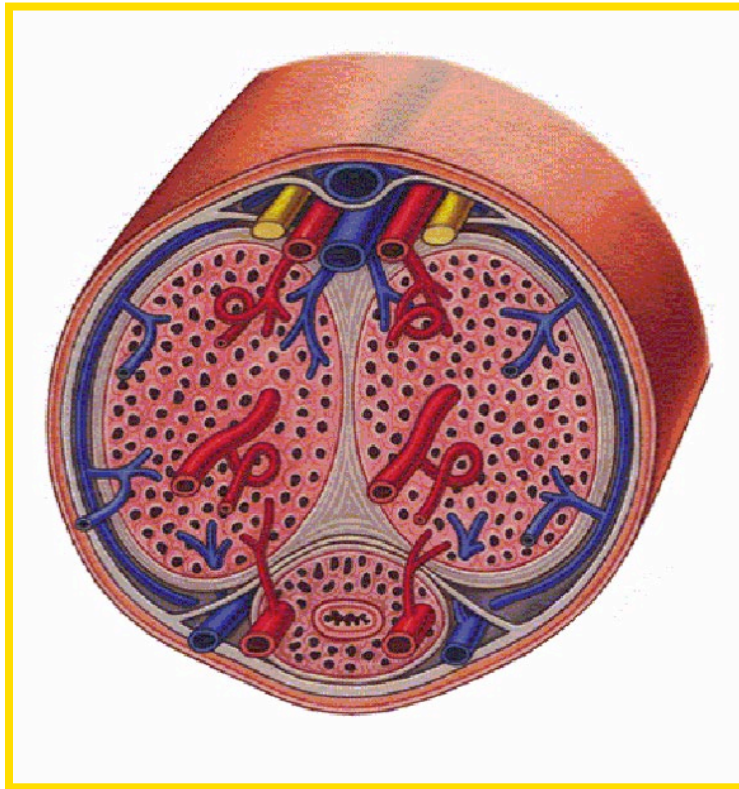
MEDICINE *of* THE HIGHEST ORDER





THE BASICS...

What is an Erection?

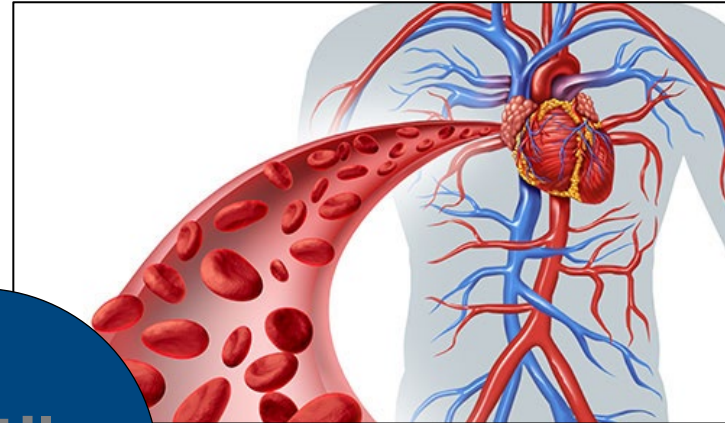


Non-erect Penis

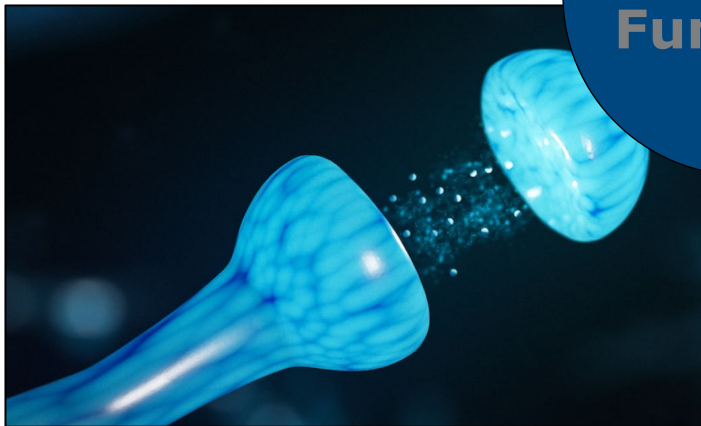


Erect Penis

What's Important for a Normal Erection?



Erectile
Function



WHAT ARE MY OPTIONS?

There are Many Options...

- Lifestyle Modification
- Medication Changes

- Sex Therapy

- PDE5 Inhibitors

- More Advanced Options
 - Vacuum Erection Device
 - Intraurethral Alprostadil
 - Intracavernosal Injection
 - Penile Prosthesis



Lifestyle Modification

“Advice is what you ask for when you know what to do, but don’t want to do it...”



Lifestyle Modification

Anything good for your **heart**
is good for your **erections**

... and testosterone levels

... and sperm quality!

PDE5 Inhibitors

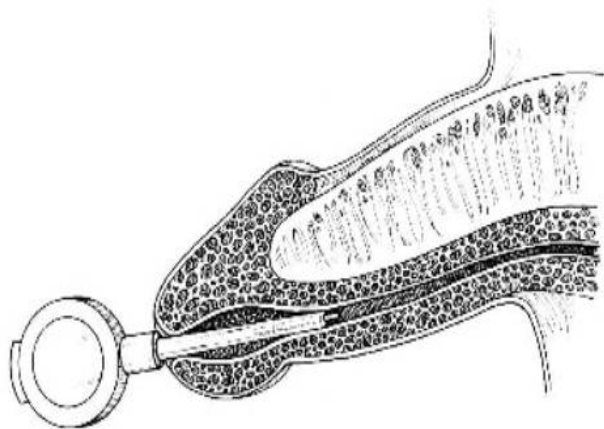
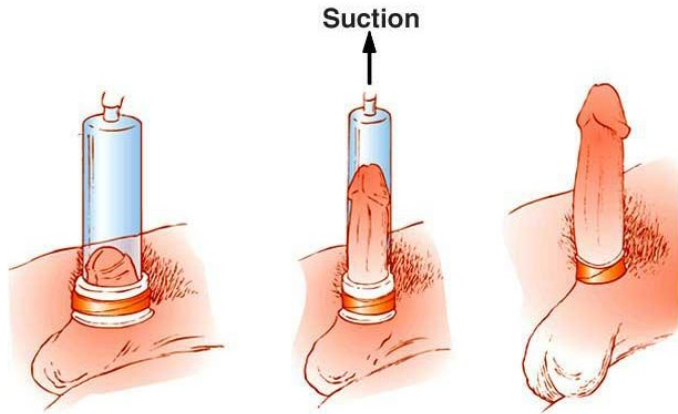
Generic	Brand	When	How	Duration
sildenafil vardenafil <i>avanafil</i>	Viagra Levitra Stendra	On Demand ~30 min before	Empty stomach	Night
tadalafil	Cialis	On Demand ~60 min before Daily	Can take with food	Weekend

Side effects: headache, flushing, heartburn,
nasal congestion, visual changes, muscle pain

DO NOT TAKE WITH NITRITES!

(e.g. nitroglycerin, isosorbide mononitrite/dinitrite)

Advanced Options



WHAT ABOUT LOW TESTOSTERONE?

LOW ENERGY
LOW SEX DRIVE



Everything you need to know about low T...

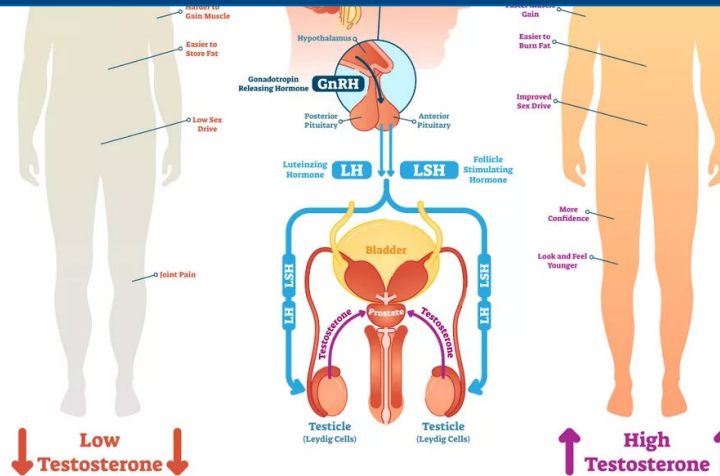
Low Testosterone

TESTOSTERONE

High Testosterone

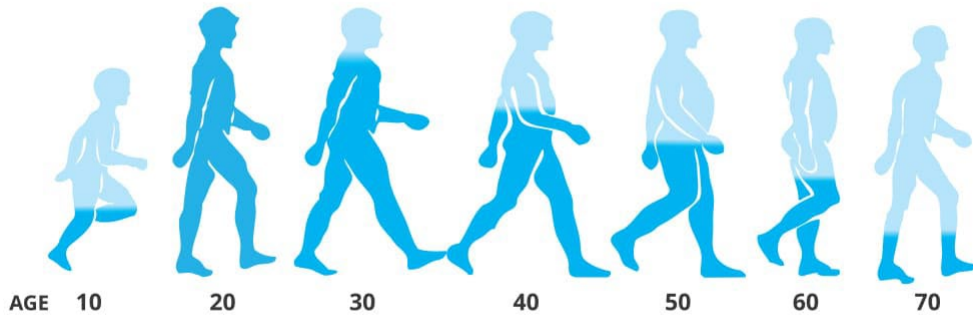
MAY HAVE NOTHING TO DO WITH YOUR TESTOSTERONE LEVEL

- Low energy levels
- Heart disease
- Harder to gain muscle
- Easier to store fat
- Low sex drive
- Joint pain



- Healthier heart
- Faster muscle gain
- Easier to burn fat
- Improved sex drive
- More confidence
- Look and feel younger

TESTOSTERONE HORMONE LEVEL



Testosterone Level

Testosterone Deficiency



Summary

Lifestyle modification can improve your overall health and sexual functioning

If your heart is healthy enough for sexual activity, there are ways to improve erectile function

Testosterone levels decrease with age, but most symptoms of low testosterone are due to other causes.

There are many options for supplementing low testosterone when indicated