



Erectile Dysfunction

Background

What is erectile dysfunction?

Erectile dysfunction (ED) is defined as the persistent inability to attain and/or maintain an erection that lasts long enough for satisfactory sexual activity¹. Some men who suffer from ED have trouble getting an erection, whilst others have difficulty in keeping one.

ED is a common condition and almost all men have occasional difficulty getting and/or keeping an erection. However, an estimated 152 million men, 16% of all men aged 20-75 worldwide², experience persisting erection difficulties. It is predicted that the worldwide prevalence of ED will increase to 322 million by 2025.³

What causes ED?

Causes of ED can be both physical and psychological.

Possible psychological causes include stress, anxiety, depression, and relationship problems.

There are also a number of physical underlying medical conditions (co-existing medical condition(s) that are often chronic and the primary cause of the disease presented by the patient) linked to ED. These include cardiovascular disease, diabetes, dyslipidaemia and abdominal obesity.⁴ ED is therefore recognised as a useful early indicator of such conditions affecting overall health.

Since many of these underlying conditions share common symptoms with low levels of the male hormone testosterone⁵ it is often beneficial for men presenting with ED to be tested for testosterone deficiency syndrome (a condition in which low levels of testosterone are produced, sometimes called hypogonadism).



How is ED treated?

Today, oral phosphodiesterase type 5 (PDE-5) inhibitors are recommended as first-line therapy for the treatment of ED.^{6,7}

If the ED is a result of an underlying condition, additional treatment may also be needed to deal with this condition. For example in the presence of testosterone deficiency syndrome testosterone therapy may be appropriate. may be helpful⁶.

Despite the existence of proven treatments for ED, only a small percentage of men who suffer from frequent and persisting erection problems actually seek medical assistance.²

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For more information about ED, visit www.bayerscheringpharma.de

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