



EDTREATMENT.INFO

Treatments for ED – What Really Works?

YouTube Episode 02

The *ED Treatment Information Center* provides information, resources, help and support for erectile dysfunction sufferers and their partners.

We post authoritative information on the causes and treatment of erectile dysfunction. Where ever possible, we include references and citations to clinical research to support the information we provide.

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Treatments for ED – What Really Works?

I'm Robert Nicholson, and I'm the president of the ED Treatment Information Center.

Today I'm going to talk about treatments for Erectile Dysfunction.

The treatments for ED haven't changed much in the past 20 years, but there is still a lot of misinformation out there about what works and what doesn't... so today I'm going to clear up the confusion.

How Do We Know What Works?

Everything that we tell you, both on our website and here on our YouTube channel, is supported by scientific research and clinical studies. In other words, it's based on solid evidence.

<https://edtreatment.info/about-edtreatment-info/what-is-a-clinical-trial/>

We ignore “testimonials” we read in online forums and websites, and so should you!

Some of the testimonials may be from men experiencing the well-known “placebo” effect. A small percentage of patients will always believe their condition has improved, even if you give them sugar pills.

And a lot of the online claims are from shills... people who have a vested interest in promoting a particular treatment.

So let's see what the scientific data tells us!

Oral Medications – PDE5 Inhibitors

PDE5 inhibitors are the first treatment usually prescribed by doctors for erectile dysfunction. They're safe, and effective for over 60% of men.



As we said in the previous episode, the mechanism that produces erections is complicated. There are chemicals that trap blood in the penis, and a chemical - *PDE5* - that causes it to be released.

Oral medications for ED weaken the effects of PDE5, so blood remains trapped in the penis.

Side effects of PDE5 inhibitors may include headaches, dizziness, and vision problems. They are usually mild. Men who experience side effects, or who don't have good results, can try a different PDE5 inhibitor... they all work a little differently.

Brand-name drugs are very expensive, but patents are expiring, so you can now buy generic versions of Viagra and Cialis, which are a lot less expensive.

Herbal Supplements

If you spend much time in ED discussion forums, you'll find lots of people promoting various herbal remedies.



Unfortunately, when we ignore the skills and look at the scientific evidence, we find that these supplements have little if any effect.

More importantly, they can be really dangerous.

Many herbal supplements have serious side effects, and can interact with prescription medications that you may already be taking.

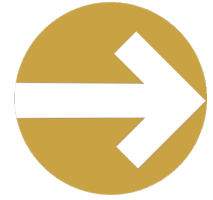
Furthermore – and this is really scary – the FDA has found that more than half the supplements tested did NOT contain the ingredients listed on the label, and many contained dangerous additives, including pesticides.

We're going to be devoting an entire episode to herbal supplements, but for now, if you want more information, visit our website:

<https://edtreatment.info/herbal-remedies-erectile-dysfunction/>

Lifestyle Changes

As we mentioned in our first episode, vascular and circulatory problems are the most common cause of erectile dysfunction.



A heart-healthy diet and aerobic exercise can help with these problems. We're going to devote an entire episode to lifestyle changes next time but let me give you a quick summary:

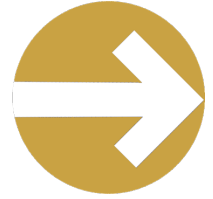
Effective lifestyle changes require a serious long-term commitment.

For most men, the improvement in erectile dysfunction is small.

However, the health benefits alone can make this a worthwhile effort!

Vacuum Pumps

A vacuum pump, also called a penis pump, is a cylinder that's placed over the penis. A pump is used to create a vacuum, causing the penis to inflate; blood is then trapped in the penis using a constriction band or a cock ring.



Penis pumps work for some guys, but not everyone gets fully hard using a pump. Also, they can be uncomfortable or even painful. And they certainly take the spontaneity out of sex!

Pumps are sometimes recommended for regular therapeutic use to maintain blood flow in the penis.

It's important to know that if the vacuum is too strong, it can cause permanent damage to the penis. So if you buy a pump, be sure to get an FDA approved unit, which has a built-in vacuum safety valve.

Finally – and this is important – vacuum pumps will NOT make your penis bigger. Sorry guys.

Penile Injections

By injecting combinations of drugs - typically called Bimix, Trimix, or Papaverine - directly into the penis, you can trigger the chemical signals that cause an erection.



I know, OUCH, right?

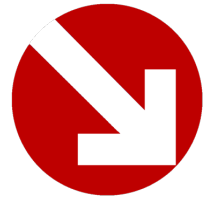
But I want to re-assure you guys, the needle is REALLY tiny, and once you get used to the injections, it feels like a pin-prick.

Just as with oral medications, you need to inject the medication a little while before you plan to have sex – so it's not entirely spontaneous. Injections work for a lot of men who don't respond to oral medications, so it's certainly worth a try.

And note that similar drugs are available as a suppository that you insert into the urethra, which some men find less painful than an injection. I'll let you be the judge on that one!

Platelet-Rich Plasma (PRP) Therapy

This is NOT the same as the injection therapy we just talked about.



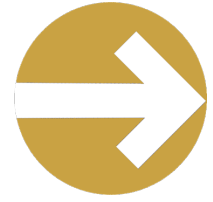
This is a treatment that is done in a doctor's office. Concentrated platelets are derived from the patient's own blood, and re-injected into the penis to regenerate nerves and blood vessels.

However, clinical studies show no evidence that this works.

This treatment is being heavily promoted to guys who are desperate for a cure, but in our opinion, it's nothing but expensive snake-oil.

Shockwave Therapy

Shockwave therapy is another procedure that is usually performed in a doctor's office, though home-treatment units are also available.



Ultrasonic shockwaves are administered to the penis to promote growth of blood vessels.

This is a tough one to call, because there are some clinical studies that show promise, while others show no effect at all.

But shockwave therapy has been around for a long time, and it has never become a mainstream treatment to promote healing. If shockwaves were really effective to promote healing, they would be used for many conditions today.

The best we can say about shockwave therapy is that it may have some benefit for mild cases of ED.

Hormone / Vitamin / Mineral Therapy

As we discussed in our first episode, if you have a deficiency of specific hormones, vitamins, or minerals that are required for erections, then replacement therapy can be very effective.



Once again, I'm going to emphasize that these treatments will do no good unless you have a specific deficiency. This is something that your doctor can determine with a simple blood test.

Penile Implant

OK, guys, this is another OUCH moment. A penile implant is a fairly major surgery. A flexible or an inflatable implant is inserted into the penis.



If you choose an inflatable implant, which is the most popular option, a saline reservoir is placed in your abdomen, and a small pump is placed in your scrotum.

You can have an erection any time you want, for as long as you want, simply by squeezing the pump a few times.

This can be a painful procedure with a fairly long recovery time, but once you're fully healed, this treatment has by far the highest rate of patient satisfaction. It gets a rating of over 90% from men and from their partners!

Questions?

I hope this episode has helped you understand the current options for treating Erectile Dysfunction.

As always, if you have questions or feedback, please use the Contact Form on our website to let us know what's on your mind!

Till next time!

Bye!