



ReGenesis



HARDCOPY

ERECTILE DYSFUNCTION HANDBOOK

Erectile dysfunction can have a significant impact on a man's quality of life. It can affect not only his sexual function but also his overall emotional and mental well-being.

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WHAT IS ERECTILE DYSFUNCTION **ED**?



You are not alone!

*52% of men over 40
experience ED*

Erectile dysfunction (ED), also known as impotence, is a condition that affects a man's ability to achieve or maintain an erection firm enough for sexual intercourse. In some cases, men with ED may not be able to achieve an erection at all. In other cases they may be able to achieve an erection, but it may not be firm enough for sexual intercourse.

HOW COMMON IS **ED**?

According to a study published in the Journal of Sexual Medicine, the prevalence of ED in men aged 40-70 years is estimated to be around 52%. The same study further noted that ED becomes more common as men age. To gain insight into why men over the age of 40 are at increased risk of experiencing ED, it is important to understand the process whereby men develop and maintain an erection.

HOW DOES A MAN ACHIEVE AN ERECTION

The process by which men achieve and maintain an erection involves a complex interplay of physiological and psychological factors. The physical process of achieving an erection begins with sexual arousal. This can occur as a result of physical stimulation or through psychological arousal such as thoughts, fantasies, or emotions.

During the arousal process, the brain sends signals to the nerves in the penis, causing the smooth muscles in the walls of the blood vessels to relax. This relaxation allows the blood vessels to expand and become engorged with blood, resulting in an erection. The blood flow to the penis is regulated by the release of certain chemicals, including nitric oxide and cyclic guanosine monophosphate (cGMP).

Once an erection is achieved, the penis becomes rigid and enlarged, allowing for sexual intercourse. After ejaculation, the body releases hormones and chemicals that cause the blood vessels in the penis to constrict, reducing blood flow and causing the erection to subside.

It is important to note that achieving an erection is not solely a physical process. Psychological factors, such as sexual desire and attraction, can also play a role in the process. Factors such as stress, anxiety, depression, and relationship issues can all impact a man's performance.

Through an examination of the process whereby men achieve an erection, it is evident that optimal erectile function requires that men strive to achieve and maintain their physically and mentally health and wellness. Furthermore, it is evident that any condition that impacts brain chemistry, nerve conduction and blood flow can results in symptoms of ED.



WHY DO MEN DEVELOP ED?

TOP 10 REASONS

01

Physical Health Conditions

Erectile dysfunction can be caused by physical health conditions such as heart disease, high blood pressure, diabetes, obesity, multiple sclerosis, Parkinson's disease, and prostate cancer.

02

Psychological Issues

Mental health problems such as anxiety, depression, and stress can affect sexual performance and lead to erectile dysfunction.

03

Lifestyle factors

Certain lifestyle factors such as smoking, excessive alcohol consumption, drug abuse, and lack of exercise can contribute to erectile dysfunction.

04

Medications

Certain medications such as antidepressants, blood pressure medications, and antihistamines can cause erectile dysfunction as a side effect.

05

Hormonal Imbalances

Hormonal imbalances such as low testosterone levels and thyroid dysfunction may also cause erectile dysfunction.

WHY DO MEN DEVELOP ED?

TOP 10 REASONS

06

Nerve Damage

Nerve damage caused by injuries or diseases such as multiple sclerosis, spinal cord injury, or diabetes can also contribute to erectile dysfunction.

07

Aging

As men age, their bodies produce less testosterone, they may have progressive loss of circulation associated with heart disease and diabetes, all of which can lead to erectile dysfunction.

08

Pelvic Surgery

Pelvic surgery, such as prostate surgery, can damage nerves and blood vessels involved in erections, leading to erectile dysfunction.

09

Peyronie's Disease

Peyronie's disease is a condition where scar tissue develops inside the penis, causing it to bend can lead to erectile dysfunction.

10

Relationship Issues

Relationship issues such as stress, lack of communication, and emotional distance can also contribute to erectile dysfunction.

HOW IS QUALITY OF LIFE IMPACTED BY ERECTILE DYSFUNCTION?

Erectile dysfunction can make it difficult or impossible to achieve and maintain an erection. Here are the most common ways that ED can impact a man's quality of life.



Self-esteem

Erectile dysfunction can impact a man's self-esteem and self-confidence. The inability to achieve an erection can make a man feel inadequate, embarrassed, and ashamed; leading to feelings of low self-worth and poor body image.



Psychological Well-being

Erectile dysfunction can contribute to psychological issues such as anxiety, depression, and stress. These mental health issues can have a significant impact on a man's overall well-being; leading to feelings of sadness, hopelessness, and worthlessness.



Social Life

Erectile dysfunction can lead to avoidance of social situations, including intimate relationships. This can result in feelings of loneliness and isolation, which can further impact a man's emotional well-being.



Physical Health

Erectile dysfunction can be a symptom of underlying physical health conditions such as diabetes, heart disease, or high blood pressure. These conditions can lead to further complications and decreased quality of life.

THE MOST COMMON APPROACHES TO TREATMENT

TOP 10 SOLUTIONS

It is important to note that the treatment for erectile dysfunction will depend on the underlying cause. At ReGenesis, your care provider will work with you to address the following:

01

Focus on Physical Health

Treatment recommendations may involve managing the underlying physical health condition that is causing erectile dysfunction, such as managing diabetes or controlling blood pressure.

02

Address Psychological Issues

Treatment recommendations may involve therapy, counselling, or medication to manage the underlying mental health condition that is causing erectile dysfunction.

03

Address Lifestyle Factors

Lifestyle changes such as quitting smoking, limiting alcohol consumption, and exercising regularly can help improve erectile dysfunction may be discussed

04

Eliminate Medications with ED Side Effects

A review of medications or dosages that may be contributing to erectile dysfunction may be presented.

05

Assess and Treat Hormonal Imbalances

Treatment may involve hormone replacement therapy or medications that can help improve testosterone levels.

THE MOST COMMON APPROACHES TO TREATMENT

TOP 10 SOLUTIONS

06

Treat Nerve Damage

Treatment may involve medications or devices that can help improve blood flow to the penis, such as penile injections vacuum devices or penile implants.

07

Focus on Healthy Aging

Treatment may involve hormone replacement therapy or medication to help improve testosterone levels. Treatment options designed to improve and restore blood flow to the penis may also be discussed.

08

Treat Complications from Pelvic Surgery

Treatment may involve medications or devices that can help improve blood flow to the penis or surgery to repair damaged nerves or blood vessels.

09

Get Treatment for Peyronie's Disease

Treatment may involve medications to help reduce pain and inflammation, devices that can help improve blood flow to the penis, or surgery to remove scar tissue.

10

Optimize Oral and Injectable ED Medications

Treatment may involve therapy or counseling to address the underlying relationship issues causing erectile dysfunction.

REGENESIS TREATMENTS

1. Alma Duo

Alma Duo is a revolutionary technology designed to enhance and restore the spontaneity, frequency, quality and duration of erections in men. The device uses gold standard, Health Canada approved, focused low-intensity extracorporeal shock wave therapy (LI-ESWT) to stimulate blood flow and restore your natural erectile function. This lunch time treatment helps you be ready for anything. No matter the moment, no matter the place.

2. TriMix

Trimix is a combination of three medications that include alprostadil, phentolamine and papaverine. When injected at the base of the penis, Trimix is scientifically proven to relax the penis and improve blood flow. As a result, most men will achieve an erection within 10-30 minutes, with the duration of the erection lasting between 1-2 hours.

3. Viagra and Cialis

Viagra and Cialis are Health Canada approved medications indicated for the treatment of erectile dysfunction (ED). These medications belong to a class of drugs known as phosphodiesterase type 5 (PDE5) inhibitors, and work by improving blood flow to the penis. However, not all men can take PDE5 inhibitors due to existing medical conditions



REGENESIS TREATMENTS

4. Testosterone Replacement Therapy

Optimization of testosterone as men age can increase sex drive, and the strength and frequency of erections. Testosterone optimization in men can also reduce belly fat, obesity, arthritis, degenerative joint disease and the progression of type 2 diabetes. Improvements in muscle mass, sleep and mental health are also reported.

5. P-Booster

P-Boosters are one of the most advanced, effective, natural treatments for cellular repair and rejuvenation of penile circulation and erectile function. The procedure involves a simple blood draw which is then spun in a centrifuge. Healing components of your blood are removed and injected at the base of your penis.

6. Penile Implants

Penile Implants are used to treat erectile dysfunction and sometimes Peyronie's disease. This treatment is typically reserved for clients who have not achieved a satisfactory outcome with more conservative approaches to treatment. Implants look and feel natural and they do not affect your ability to climax.

7. Referral to Counseling Services

Depression and anxiety combine with relationship stress and conflict can have a significant impact on intimacy and erectile function.. At ReGenesis, your provider will work with you to identify mental health and relationship issues and will advise counselling when necessary.



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