

WELCOME to the second edition of Men's Health Matters for 2019. We have launched our sister company website, **EDSAustralia** – a one stop shop for men to purchase tailored erectile medication.

Why we develop EDSAustralia? EDSAustralia was developed to provide patients suffering with ED online access to medications from a trained and leading Australian Urologist rather than offshore providers. The process is simple and involves only three steps – signing up to gain access to products, a face-to-face consultation with an EDSA specialist, then finally purchasing the specified products chosen by your consultant online.

Many men avoid seeking help for their ED concerns due to the fear of embarrassment. EDSA provides a discreet and simple process for men to purchase their medication.



SNAPSHOT Erectile Dysfunction

- Erectile dysfunction is a multifactorial condition that affects approximately 40% of Australian men
- The risk of developing ED is age related, occurring in approximately 26% of men aged 50 – 59 years, and approximately 40% of men aged 60 – 69 years

RISK FACTORS

Hypertension	Cardiovascular disease
Diabetes mellitus	Smoking and alcohol
Prostate surgery	Pelvic trauma
Obesity	Medical conditions
Peyronies	

- A delay often occurs between the onset of symptoms and attendance in the primary care setting, with a mean time of 1.0 – 3.5 years.

Smith, I, McLeod, N, Rashid Pre, 'Erectile Dysfunction - when tablets don't work', Australian Family Physician, Volume 39, No.5, May 2010 Pages 301-305

Treatment options offered by EDSAustralia

Are your patients suffering from Erectile Dysfunction? We have developed tailored medications to suit various levels of ED. Below are the medications available through EDSA.

FIRST LINE TREATMENT

RAPID acting super strength Viagra

RAPID is an oral administration lozenge containing a combination of sildenafil and phentolamine for a more effective treatment of mild ED. This PDE-5 inhibitor is for first stage of treatment.

- The success rate of PDE-5 inhibitors is dependent upon the aetiology of the ED and can range from approximately 43 – 89%.
- A poorer response to PDE-5 inhibitors is seen in the context of adverse factors such as following prostate surgery (43%), diabetes with neuropathy (50%) and peripheral vascular disease (63%).
- A better response is seen in an otherwise healthy male whose ED is secondary to depression (89%), neurological disease (85%) and smoking (80%).



SECOND LINE

Injection therapy

We offer Needles or Hidden Needle devices as a more comfortable option. Depending on the patient's severity of ED, Dr Elmes tailors the medication to each patient to ensure strong performance.



The medications consist of a varying combinations of Papaverine, atropine, phentolamine, prostaglandin. Although data is limited these combination therapy rate of full erection is more than 90% there is, however, a higher incidence of priapism with combination therapy.

THIRD LINE

Penile Prosthesis

Penile Prosthesis allows a permanent solution with the insertion of implants to obtain an erection with spontaneity. EDSA implants both major types of penile prosthesis, AMS & Coloplast. The choice of implant is primarily dependant on each patient's anatomy.



The implant is composed of three components, which consist of:

- The reservoir - located in the abdomen and holds sterile saline solution
- The cylinders - placed next to each other in two chambers of the penis called the corpora cavernosa
- The small pump - placed inside your scrotum

Satisfaction with this device is approximately 90% and device durability at 10 years is 75%. Complications include corporal/urethral erosion (1 - 11%), infection (0.68 - 1.06%) and mechanical failure (0.8 - 10.3%). In a man comfortable with having an implant, they are well tolerated.

LOADS OF GREAT EDUCATIONAL CONTENT AVAILABLE ONLINE!

We have created educational video content on Erectile Dysfunction for patients to check out before ordering medications. Many men avoiding seeking help and are often only left with offshore online access to medications. EDSA is Australian owned with Australian made medications to ensure best results for your patients.



ERECTILE DYSFUNCTION POST-PROSTATE SURGERY

This is a common question asked by men who are about to undergo prostate surgery relating to BPH or prostate cancer.

For BPH, the minimally invasive options we offer including HoLEP, Rezum, and UroLift have zero sexual side effects so for men keen to preserve their ejaculatory function, these state of the art treatments are comforting for them in retaining erections.

Erectile function is impacted post-Radical Prostatectomy by interference with the nerve function that facilitates cavernosal oxygenation.

Dr Elmes utilises the **Da Vinci Robot** to perform Robotic Radical prostatectomy. Dependant on the cancer position within the prostate as determined by MRI and biopsy results, either one or both erectile nerves are spared by Dr Elmes.

A nerve-sparing radical prostatectomy is ultimately designed to preserve a man's sexual function. The success rate in preserving sexual potency is dependent on a few factors - a man's age, the quality of his erection prior to the surgery, and the surgeon's skill and experience in protecting and preserving the nerves during the Prostate nerve-sparing operation.



IF PATIENTS ARE UNABLE TO HAVE A NERVE SPARE DUE TO THE CANCER POSITION, WHAT ARE THEIR OPTIONS?

For men who have undergone Radical prostate surgery where Nerve spare was not possible due to the cancer position we recommend patients try Intracavernosal injections on our lowest Tier as most men have previously had no problems with erections so their response to lower dosage is effective.

Business update

The **HoLEP treatment** for BPH is seeing great results for our patients. Dr Elmes offers the Cyber Ho 100 Laser device at the John Flynn Hospital. HoLEP is seeing faster recovery times and well as less bleeding than older style procedures for patients. Patients are experiencing great results in their 3 months post-operative window with their IPSS score lowering and results will only continue to improve after this time.

The high-powered holmium laser allows for:

- Enucleation of all adenoma, therefore decreasing re-operation rate
- Only 0.3mm penetration depth results in precise cutting and reduced collateral damage to erectile nerves and urinary sphincter
- Improved haemostasis resulting in less returns to theatre/hospital with clot retention
- Allows for tissue histopathological analysis

We offer multiple BPH treatments for patients that are discussed with each patient in our rooms to ensure the correct style of treatment is chosen for their anatomy.

For more information on the treatments and procedures we offer contact our rooms on (07) 5575 7922 / 1300 373 284 or visit our websites www.edsa.com.au, www.goldcoasturologist.com.au, www.prostatesurgeon.com.au