

ANDROLOGY KNOW-HOW?

YOU ARE NOT ALONE



www.dr.daskidneyurology.com



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UROLOGY/ANDROLOGY/MALE INFERTILITY

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Intimacy is not something that just happens between two people; it is a way of being alive. At every moment, we are choosing either to reveal ourselves or to protect ourselves, to value ourselves or to diminish ourselves, to tell the truth, or to hide. To dive into life or to avoid it. Intimacy is making the choice to be connected to, rather than isolated from, our deepest truth as that moment.





What is andrology?

Andrology is a medical specialty which deals with the male reproductive system and urological problems found only in men.

Andrology covers a wide number of conditions and functions, including male fertility, penile problems, and genitourinary disorders.

The common andrological conditions are discussed in this booklet. These topics covered include:

- 📖 Erectile Dysfunction
- 📖 Premature Ejaculation
- 📖 Peyronie's Diseases
- 📖 Prostatitis
- 📖 Circumcision & Its Health Benefits
- 📖 ZSR: A new tool for Painless Circumcision
- 📖 New treatments In Andrology



Surprising Health Benefites of Sex

- 👉 Relieves Stress
- 👉 Lowers Blood Pressure
- 👉 Boosts Immunity
- 👉 Provides Exercise
- 👉 Burns Calories
- 👉 Improves Cardiovascular Health
- 👉 Boost Self-Esteem
- 👉 Strengthens Your Well-Being
- 👉 Improves Intimacy
- 👉 Reduces Pain
- 👉 Reduces prostate Cancer Risk
- 👉 Strengthens Pelvic Floor Muscles
- 👉 Helps You Sleep Better



Erectile Dysfunction

"It is man's inability to achieve or maintain an erection, suitable for satisfactory sexual intercourse."

ED is also called impotence. It is the **inability to engage in sexual intercourse**. This condition can negatively impact any intimate relationship, not forgetting one's psychological well-being too.

How common is ED?

Erectile dysfunction, or ED, is the most common sex problem that men report to their doctor.

According to research, **150 million** men suffer from erectile dysfunction and the number is doubling by 2025.

👉 **1 out of 5 men** may have an erectile problem.

👉 **1 out of 10 men** may be completely incapable of erection

A survey showed that men over the age of 40 may experience at least one in five erectile problems and almost one in ten men is completely incapable of erections. With increasing age, each person is more likely to have erectile problems.

Mechanism of Normal Erection

Erection is a psychological phenomenon in which the man's penis raises from its natural level.

For a normal erection to happen,

- ☞ The man must be sufficiently stimulated psychologically.
- ☞ His nerves which carries the signal of initiating an erection, must be intact and in good health.
- ☞ The blood vessels in the penis which carries the blood, must be healthy.
- ☞ Pelvic muscles must be toned enough to lift the penis up when the blood fills the penis.



When a man is aroused sexually, the blood vessels of the corpora cavernosa relax and open up and blood rushes in the penis. The inflowing blood is entrapped in the penis under high pressure, giving an erection. Contractions of pelvic muscles also facilitate erection. Erection is reversed when muscles in the penis contract, stopping the inflow of blood and opening outflow channels, and the penis becomes flaccid (soft).

Common Causes of ED



ED can be caused by many physical or psychological factors. Some important causes are:

- ☞ Nerve damage (spinal cord injury, multiple sclerosis, diabetes).
- ☞ Poor blood flow (atherosclerosis, diabetes, high blood pressure).
- ☞ Urological disorders (Peyronie's disease, pelvic floor dysfunction).
- ☞ Intake of alcohol, drugs, certain medications (medicines for blood pressure & cholesterol, psychiatric medications).
- ☞ Metabolic problems (Diabetes, Obesity, Hypertension) leading to problems in the blood flow.
- ☞ Psychosocial causes (Performance anxiety, Relationship issues, depression).

Signs of ED

Common complaints reported by patients suffering from ED are:

Reduced Sex Drive

Unable To Get An Erection

Anorgasmia (lack of orgasms)

Unable To Maintain An Erection

Premature/ Delayed Ejaculation

Erection Hardness Score

The **Erection Hardness Score** (EHS) is a simple, reliable, and valid tool for the assessment of erection hardness.

Grade 4 erection hardness should be recognized as the optimal goal of an ED therapy.

International Index of Erectile Function (IIEF)

SEVERE ED 1-10	MODERATE ED 11-21	MILD ED 22-25	NO ED 26-30
1	2	3	4
Penis is larger but not hard	Penis is hard but not hard enough for penetration	Penis is hard enough for penetration but not completely hard	Penis is completely hard and fully rigid

Diagnosis Of ED

Diagnosis is made by clinical history, physical examination and various laboratory tests. Questionnaires (IIEF and EHS) help in assessing the severity of ED.

Penile Doppler ultrasound help to assess the blood flow to the penis.

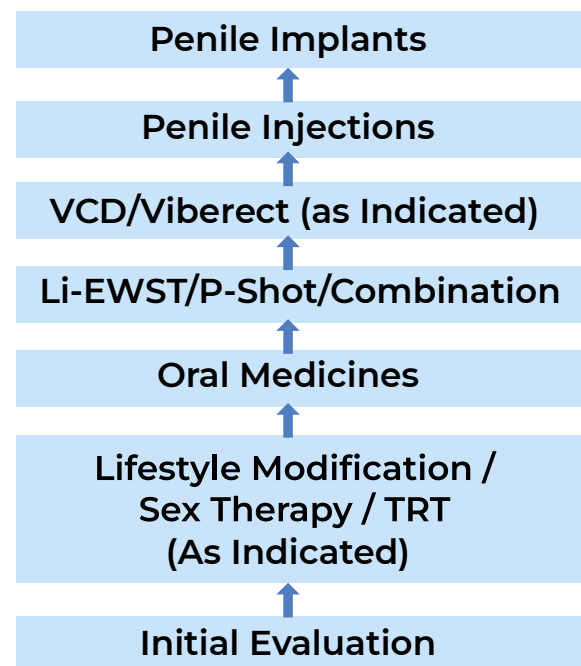
Based on patient condition, assessment of diabetes, neurological status and cardiac check-ups may also be advised.



What are the available treatment options?

The initial approach involves Lifestyle modifications and Psychotherapy (for Pshycogenic ED). Further treatment options include Oral Medications, Penile Injection Treatment, Low Intensity Shock Wave Lithotripsy, P-shot, External Devices, Penile Prosthesis. Choice of treatment is decided by your doctor based on detailed assessment. A suggested step ladder approach is:

Stepladder Approach Followed By **Dr Das**



Peyronie's Disease

Peyronie's (pay-roe-NEEZ) disease is a condition resulting from fibrous scar tissue formation on the penis. It causes curved penis and painful erections. This can prevent a man from having sex and it may be difficult to maintain an erection (erectile dysfunction). For many men, Peyronie's disease also causes stress and anxiety. Penile shortening is another common concern. Peyronie's disease is a noncancerous condition.



Common Symptoms Of Peyronie's Disease

Peyronie's disease signs and symptoms might appear suddenly or develop gradually. The most common signs and symptoms include:

- 👉 Scar tissue. This scar tissue called plaque (but different from plaque that build up in blood vessels) can be felt under the skin of the penis as flat lumps or a band of hard tissue.
- 👉 A significant bend to the penis—curve upward, downward or bend to one side.
- 👉 Erection problems.
- 👉 Shortening of the penis.
- 👉 Penile pain, with or without an erection.
- 👉 Other types of penile deformity. In some men with Peyronie's disease, the erect penis might have narrowing, indentations or even an hour-glass-like appearance, with a tight, narrow band around the shaft.



There are 2 phases of Peyronie's Disease- **Acute phase**. This phase happens early in the disease and may last only two to four weeks, sometimes may last for up to a year or longer. Patients' experience penile pain or changes in curvature or length or a deformity of the penis.

Chronic phase. This phase happens later in the disease and generally occurs around 3-12 months after symptoms begin. Symptoms are stable, no penile pain and any change in curvature, length or deformity of the penis that happen during acute phase remain unaltered.

Outcome of Peyronie's Disease

Peyronie's disease rarely goes away on its own. In most men, the condition will remain as it is or worsen. Early treatment soon after developing the condition may keep it from getting worse or even improve symptoms. Even if you've had the condition for some time, treatment may help improve bothersome symptoms, such as pain, curvature and penile shortening.

Treatment Options

Treatment recommendations for Peyronie's disease depend on how long it's been since you began having symptoms.

For the acute phase:

Oral medications (including pain relief medications in cases with significant pain), injectables (Xiaflex, Verapamil) and penile traction therapy.

For the chronic phase:

- 📄 Watchful waiting
- 📄 Injection treatments
- 📄 Traction therapy
- 📄 Surgery: Plication, Incision/excision & graft, Penile prosthesis
- 📄 New Treatments: Li-ESWT, PRP



Prostatitis

Prostatitis is *swelling and inflammation of the prostate gland*, a walnut-sized gland (responsible for producing a fluid that nourishes sperm) situated directly below the bladder in men. It affects men of all ages but tends to be more common in men 50 or younger. Depending on the cause, prostatitis can come on gradually or suddenly. It might improve quickly, either on its own or with treatment. Some types of prostatitis last for months or keep recurring (chronic prostatitis).

Risk Factors

- ☞ Being young or middle-aged.
- ☞ Having had prostatitis previously.
- ☞ Having an infection in the bladder or the tube that transports semen and urine to the penis (urethra).
- ☞ Having pelvic trauma, such as an injury from bicycling or horseback riding.
- ☞ Using a tube inserted into the urethra to drain the bladder (urinary catheter).
- ☞ Having HIV/AIDS.
- ☞ Having had a prostate biopsy.

Types of Prostatitis

Chronic Prostatitis/Chronic Pelvic Pain Syndrome (CP/CPPS)	Chronic Bacterial Prostatitis	Acute (Sudden) Bacterial Prostatitis	Asymptomatic Inflammatory Prostatitis
<p>This is not an infection. An enlarged prostate and the nerves to the prostate are aggravated.</p>	<p>This is a prostate infection. Will come and go over a long period of time.</p>	<p>This is a prostate infection.</p>	<p>This is not an infection</p>
<p>Symptoms include :</p> <p>Difficult urination, including pain when starting the stream or fully emptying. Difficulty with ejaculation, including pain or a change in the firmness of the erection. Pain in the bladder, testicles, penis and/or perineum.</p>	<p>Symptoms include :</p> <p>Frequent Urination. Burning Sensation with urination. Pain with ejaculation. Pain in the bladder, testicles, penis and/or perineum. Urine and prostate fluid culture test needed to assess for bacteria.</p>	<p>Symptoms include :</p> <p>Sudden onset of painful, burning urination with difficulty completely emptying. Can have flu-like symptoms including fever/chills/nausea/vomiting. Urine test needed to assess for bacteria.</p>	<p>Symptoms include :</p> <p>The prostate is inflamed. There are no symptoms and is typically found when being examined for something else when visiting your primary care physician or other medical provider.</p>



Symptoms

They can include:

- ☞ Pain or burning sensation when urinating (dysuria)
- ☞ Difficulty urinating, such as dribbling or hesitant urination
- ☞ Frequent urination, particularly at night (nocturia)
- ☞ Urgent need to urinate
- ☞ Cloudy urine
- ☞ Blood in the urine
- ☞ Pain in the abdomen, groin or lower back
- ☞ Pain in the area between the scrotum and rectum (perineum)
- ☞ Pain or discomfort of the penis or testicles
- ☞ Painful ejaculation
- ☞ Flu-like signs and symptoms (with bacterial prostatitis)



Diagnosis

Diagnoses of prostatitis is based on:

- 📄 Personal and family medical history
- 📄 Physical exam
- 📄 Medical Tests (urine assay/culture, semen assay/ culture, ultrasound, cystoscopy, urodynamic studies as indicated)



Treatment

- 📄 Lifestyle modifications- limit or avoid alcohol, caffeine, and spicy or acidic foods, which can irritate your bladder; avoid activities that can irritate your prostate, (such as prolonged sitting or bicycling); drink plenty of caffeine-free beverages (this will cause you to urinate more and help flush bacteria from your bladder).
- 📄 Medications- antibiotics, pain relief medications, alpha blockers, phytotherapy (saw palmetto extracts etc) as indicated
- 📄 Alternative treatments- warm baths, local heat treatments, relaxation exercises (Kegel exercises)
- 📄 Li-EWST





Circumcision & Its Health Benefits

Circumcision is the surgical removal of the skin covering the tip of the penis (also called Foreskin).

Common Reasons For Circumcision

Circumcision may be carried out for a number of reasons.

A. Medical Reasons

- 1 **Phimosis** Foreskin is tight and won't pull back (retract) over the head of penis, most common reason
- 2 **Recurrent Balanitis** A condition where the foreskin and head of the penis become inflamed and infected
- 3 **Paraphimosis** A condition where the foreskin can't be returned to its original position after being pulled back, causing the head of the penis to become swollen and painful.
- 4 **Balanitis Xerotica Obliterans** A condition that causes chronic inflammation and scarring of the foreskin and leads to phimosis. In some cases, also affects the head of the penis, which can become scarred and inflamed.

B. Non-medical Reasons- It is performed for religious purposes in Jewish community, Islamic community, certain African communities

Circumcision Benefits

There is some evidence that circumcision has health benefits, including:

- ☞ Less risk of urinary tract infections.
- ☞ A reduced risk of some sexually transmitted diseases in men.
- ☞ Protection against penile cancer and a lower risk of cervical cancer in female sex partners.
- ☞ Prevention of balanitis (inflammation of the glans) and balanoposthitis (inflammation of the glans and foreskin).
- ☞ Prevention of phimosis (the inability to retract the foreskin) and paraphimosis (the inability to return the foreskin to its original location).
- ☞ Circumcision also makes it easier to keep the end of the penis clean.

New Generation of circumcision technology
Minimally invasive safe circumcision
Your health we care!



SAFE



FAST



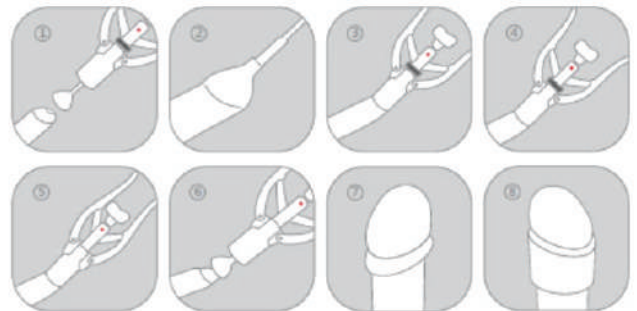
AESTHETIC



RELIABLE

Surgical Advantages

- ✔ Suitable for new born babies, teenagers and adults
- ✔ Efficient healing process
- ✔ Painless postoperative period
- ✔ Mechanical suture technology
- ✔ Excellent cosmetic result
- ✔ Fast, simple, and safe surgical procedure
- ✔ Disposable instrument levelling the possibility of any infection



New Treatments In Andrology



It's time to reignite your passion.



- New treatment
- Noninvasive
- No pain
- No side effects
- Stronger harder erections
- Long lasting effects



P-Shot

Stronger, firmer erections.

Increased penile length and girth.

Improved sexual stamina.

Improvement in pain & curvature (Peyronie's Disease).

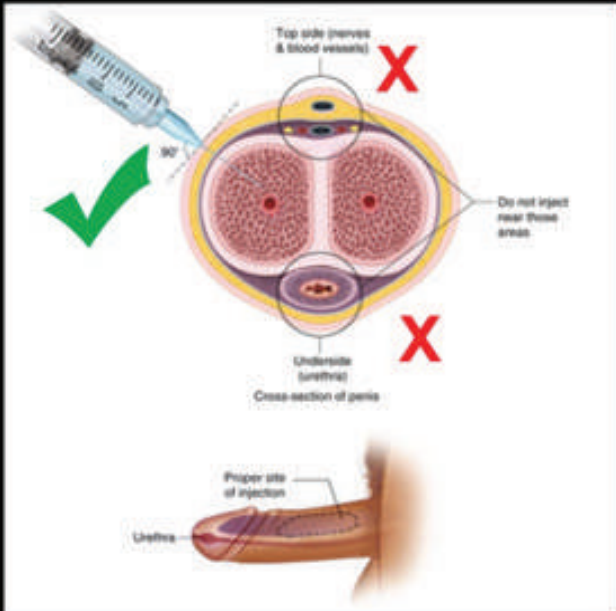
Why be average ?
**Enhance Size & Improve
Sexual Performance**

Priapus ShOt[♂]®

This means your doctor takes your own cells and tissues and injects them into your penile tissues to promote tissue growth and purportedly give you better erections. The most popular form is called the Priapus Shot



ICP

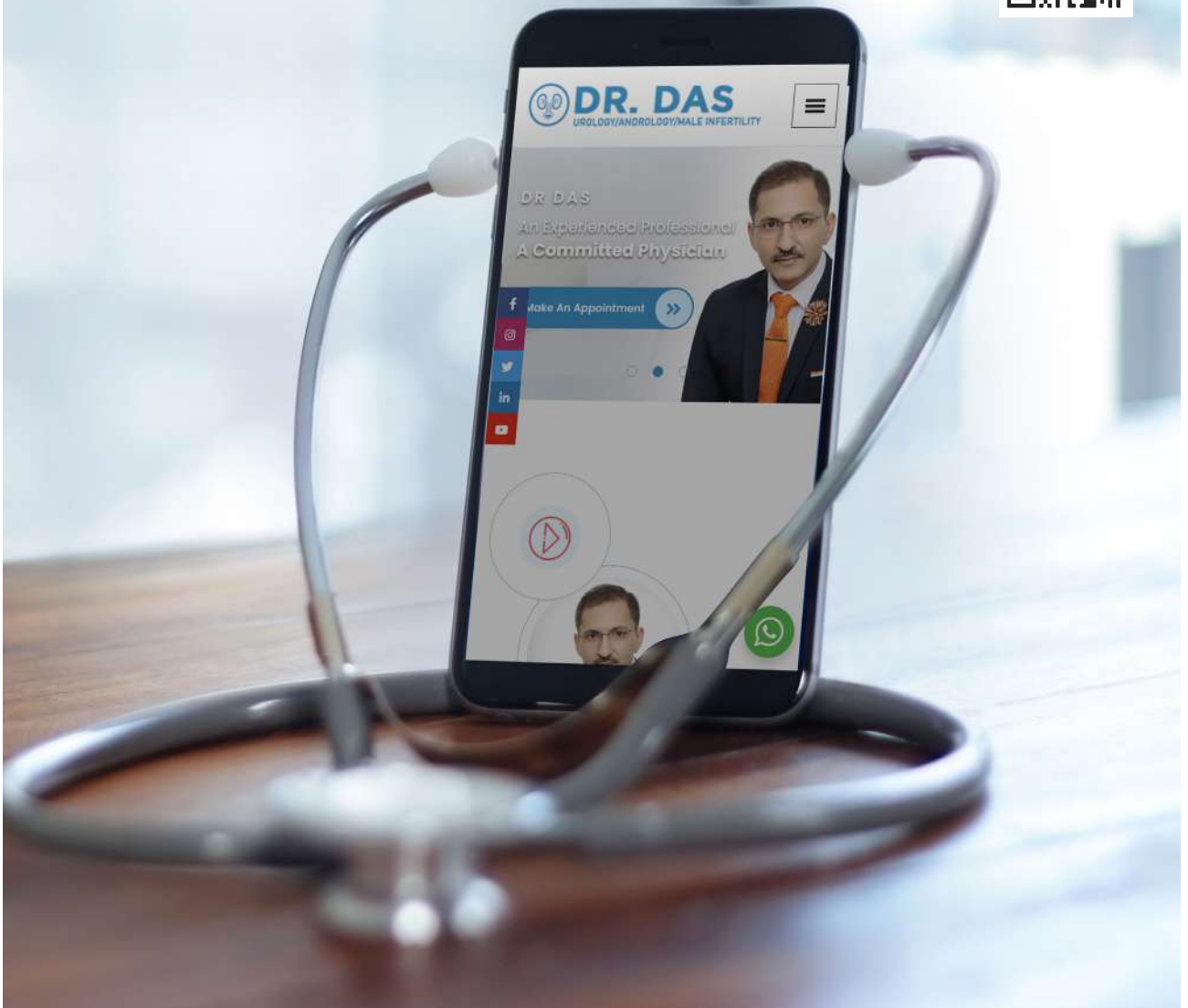


*Intracavernous
Pharmacotherapy...*



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TROUBLES!**



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