

## Men's Sexual Wellness:



Why it's important to talk about it  
and take steps to improve it

**THEUROLOGY**  
Advanced Care. Improving Lives. **GROUP**

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## Specialties:

- Chronic Testicular Pain
- Erectile Dysfunction
- Male Genitourinary Reconstruction
- Men's Sexual Health
- Peyronie's Disease
- Peyronie's Disease
- Post-Prostatectomy Incontinence
- Prosthetics and Implants
- Robotic Surgery
- Urethral Reconstruction



# Why discuss sexual wellness?



Managing your sexual health is important to protect physical, mental, and *overall* long-term health for both women *and* men.



# Why discuss sexual wellness?

## **West Virginia University 2019 study found that:**

- Women are more knowledgeable about sexual health than men
- Women were more likely than men to seek sexual health advice at an urgent care or walk-in clinic (70.3% vs 52.1%)
- Women are significantly more likely to answer questions about sexual health knowledge accurately compared with men



Guys,  
don't be afraid  
to talk about it!



# Why discuss men's sexual wellness?

2023 survey, Cleveland Clinic:

**44%**

of men are worried about erectile dysfunction

**39%**

of men are worried about loss of sex drive

**36%**

of men are worried about low testosterone

**Yet only two in five sought professional help.**



**List of topics we'll cover:**

- Low Testosterone
- Peyronie's Disease
- Vasectomy
- Premature ejaculation
- Infertility
- ED





# Low Testosterone



# Low Testosterone

- Occurs when a man's body produces less testosterone than normal
- Incidence of Low-T increases with age
- More common in men who are obese or have diabetes, high cholesterol, or high blood pressure

Symptoms/Signs	Mental or Emotional
<ul style="list-style-type: none"><li>• Fatigue/loss of energy</li><li>• Decreased muscle or strength</li><li>• Increased body fat</li><li>• Loss of hair</li><li>• Hot flashes, sweats</li><li>• Reduced sexual drive</li></ul>	<ul style="list-style-type: none"><li>• Feeling sad or blue</li><li>• Less motivated to do things</li><li>• Less self-confidence and enthusiasm</li><li>• Poor concentration and memory</li></ul>



# Low Testosterone

Testosterone is not just for sexual health. It aids in bone, cardiac, mental, and psychological health. Anyone whose testosterone is in the low-normal range may also benefit from treatment, but a physician should manage it.

Treatment may include:

- Testosterone gels or solutions
- Oral medications
- Nasal spray
- Patches
- Pellets
- Injections







# **Peyronie's Disease**

**(curvature of the penis)**

# Peyronie's Disease

A condition that causes penile curvature, indentation, and/or loss of length upon erection.

- Result of plaque/scar tissue formed in the penis
- More common over 50 years of age
- Vastly under-treated due to stigma
- Statistics say 6-10% of men have Peyronie's (likely more)

## Symptoms/Signs

- Penis bends or arcs during erection
- Loss of length of penis
- Pain with erection
- Erectile dysfunction



# Peyronie's Disease

Treatment may include:

## Devices

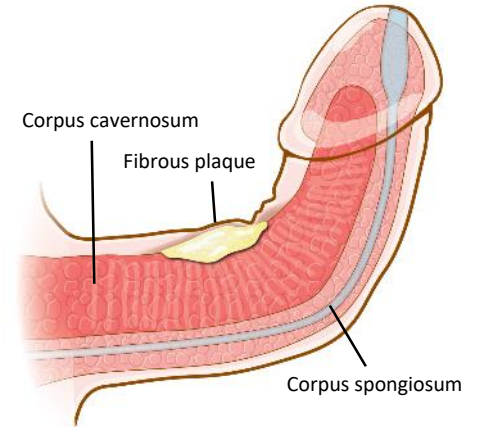
- Adjustable traction device

## Medication

- Injecting medication that breaks up plaque  
Has dramatically broadened the options  
for safe and effective office-based treatment of Peyronie's

## Surgery

- To tighten the opposing side of the penis to straighten the curve
- Incision or excision and grafting
- Penile implants – if you have erectile dysfunction *and* Peyronie's disease



# Premature Ejaculation



# Premature Ejaculation



One of the most common forms of male sexual dysfunction. Occurs when a man climaxes before he wants, typically within one minute of sexual activity or intercourse.

## CAUSES

### Emotional and physical causes:

- New partner
- Long time since last ejaculation
- Anxiety, guilt, depression
- Underlying medical issue such as hormonal problems, injury, or medicinal side effects





# Premature Ejaculation

## Behavioral changes:

- Relaxation or distraction exercises can help delay ejaculation
- Counseling or behavioral therapy
- Cutting down on alcohol, tobacco or drug use may also help

## Medication:

- Certain antidepressants may be effective. These medications inhibit or delay orgasm as a side effect.



## Topical therapy:

- Anesthetic creams and sprays with numbing agent. Applied to penis 10-15 minutes before sex to reduce sensation and help delay ejaculation; over the counter or by prescription.



# Erectile Dysfunction





# Erectile Dysfunction (ED)

**ED is the ongoing inability to achieve or maintain an erection firm enough to have sexual intercourse.**



Approximately 1 in 5 American men over 20 years old experience ED in their lifetime.



More than half of men over 50 have some degree of ED.



Approximately 40% of men are affected at age 40 and nearly 70% of men are affected at age 70.<sup>1</sup>



Approximately 30 million American men are affected.<sup>2</sup>

<sup>1</sup><https://www.prnewswire.com/news-releases/3-in-5-men-in-us-affected-by-erectile-dysfunction---and-most-are-unaware-it-can-be-an-indicator-of-more-serious-health-problems-301003952.html>

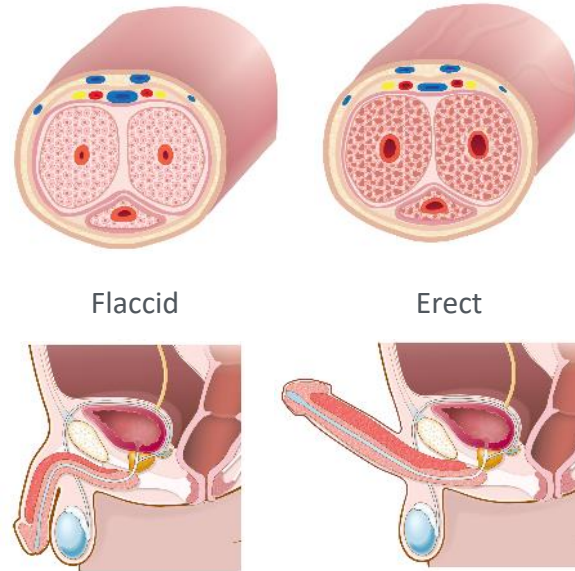
<sup>2</sup>Harvard Study <https://www.health.harvard.edu/topics/erectile-dysfunction>



# How an Erection Works

An erection is a complex interplay between arteries, veins and nerves in the penis. **Blood flow in and blood flow out.**

1. Arousal stimulates nerves
2. Muscles around arteries relax
3. This increases blood flow
4. Additional blood makes the penis stiff and hard, or erect
5. Erection compresses veins so blood can't leave the penis



# Common Causes of ED

70% related to poor health

Vascular disease



Diabetes



Obesity, smoking



30% Other Causes

- Medications
- Pelvic surgery
- Low-T
- Radiation
- Depression/anxiety
- Treatments for prostate cancer

Reduce your risk: improve your overall health:

- Diet
- Exercise
- Lose weight
- Limit alcohol
- Quit smoking
- Reduce stress
- Appropriate sleep



# ED Treatments – Oral Medications

- Increases blood flow to the penis (requires sexual stimulation)
- Effective for 50–85% of men
- Not as effective for men with diabetes or who have had prostate surgery
- Rarely covered by insurance for needed amount



## Potential side effects:

- Headaches
- Facial flushing
- Nasal congestion
- Vision changes
- Prolonged erections

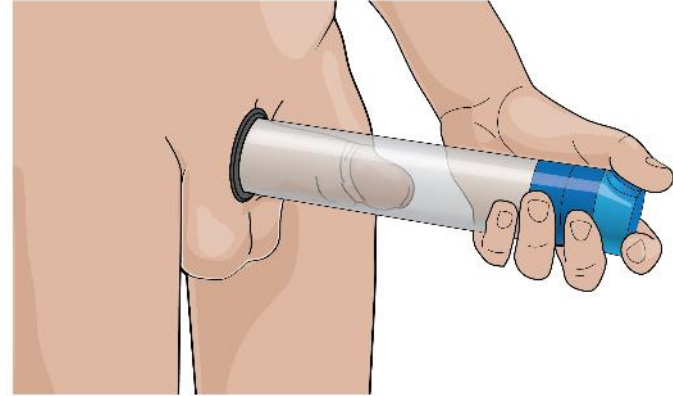
- Takes about 1 hour to work
- Lasts for 4-36 hours depending on medication used



# ED Treatments – Vacuum Device

## Effectiveness

- Effective for 68-80% of men
- 86% still decide to move to other treatments due to lack of spontaneity, discomfort, insufficient rigidity



## How it works

- Hollow plastic tube placed over the penis
- Hand- or battery-powered pump creates a vacuum that pulls blood into penis
- Once erection is achieved, an elastic tension ring is placed at base of penis to help maintain erection



# ED Treatments – Injections

## How it works:

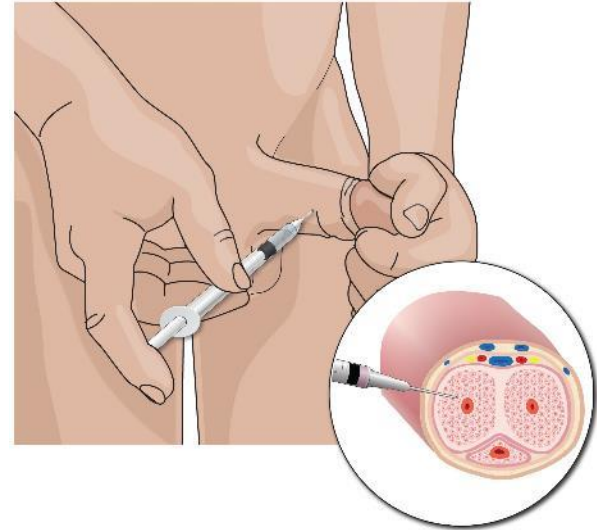
- Self-inject medication directly into penis
- Erection typically begins within 5 to 20 minutes
- Most need to be refrigerated
- Some have limited shelf life
- Availability can be limited to specialized pharmacies

## Effectiveness:

- About 60% of men see success

## Reasons men seek alternatives:

- Pain
- Development of scar tissue
- Occasional prolonged erection
- Blood collection under skin
- Unsatisfactory results



# ED Treatments – Low-intensity Shockwave Therapy

## Low-intensity Shockwave Therapy (LiSWT)

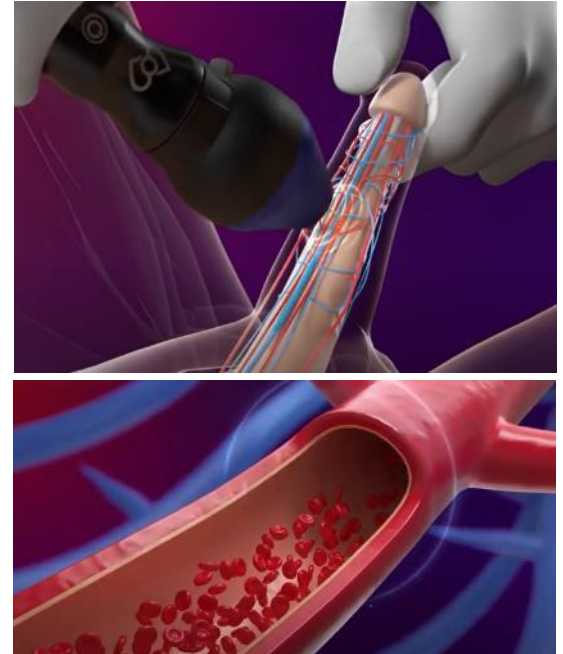
- Helps restore natural function
- 6 quick 15-minute in-office treatments

### How it works:

- Focused low-intensity shockwaves
- Therapist treats multiple areas on penis with wand
- Clinically validated to stimulate better blood flow
- Ultrasound focal versus radial wave (more precise targeting)

### Benefits:

- No expected side effects
- No downtime or pain
- Potential to eliminate or reduce ED meds
- Can be longer lasting treatment





# ED Treatments – Implants

## How it works:

Physician surgically implants one of two device types:

- **Malleable:** two rods placed in erectile tissue (corpora cavernosa). Simply move penis into desired position with hand.
- **Inflatable:** self-contained, fluid-filled system. Two cylinders, a reservoir, and a pump. Press pump by squeezing scrotum.

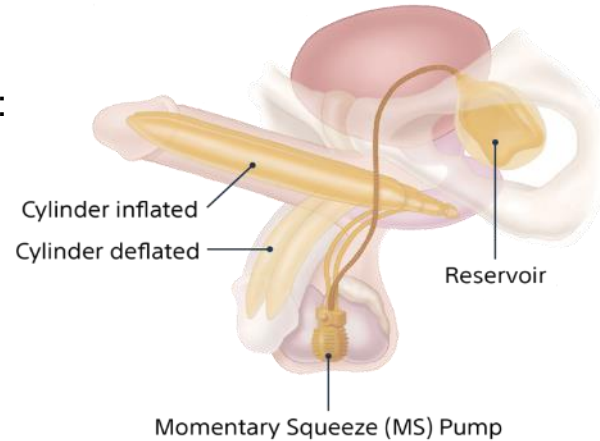


Image courtesy of Boston Scientific.

## Reasons men seek alternatives:

- Risk – typical surgical risk
- Potential device failure
- Infection

# 90%

Men satisfied with erections



# Summary

## **It's OK to talk about it!**

- Talk with your partner
- Talk with your urologist

(513) 841-7400

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