

Erectile Dysfunction

Erectile dysfunction (ED) is more common than many people realise, so don't feel you are all on your own. It is also important to note that many otherwise healthy men of different age groups struggle to get or maintain an erection. It may also be called Impotence.

ED may have different causes with the most common being a reduction in blood circulation to the penis as a result of getting older. However, these circulation problems may also be caused by lifestyle choices such as smoking, obesity or illicit drug use. Stress and poor general health are also factors that may cause erectile dysfunction. Men who suffer from diabetes are more likely to have problems getting an erection and ED can also be a side effect of some medicines used to treat other conditions. Further factors include trauma or medical operations which have

damaged the circulation or nerves in the penis. As well as physical factors, psychological causes may also be present.

If you can sometimes get an erection, but not always, it is more likely that your problem is psychological – sometimes referred to as “performance anxiety”. If you can never manage an erection, it is more likely that the cause of your issue will be physical.

ED can put a real strain on relationships and it is important that you talk to your partner about the issues. Your GP may recommend or offer counselling which can be of further help.

All men who suffer from Erectile Dysfunction should discuss their problem with a GP.

At Dr Andrews, we understand that Erectile Dysfunction can be an embarrassing topic to discuss, but with the variety of safe and effective treatments that have been developed over the years we can help resolve ED problems in many cases.

The treatments offered by Dr Andrews are from the same family of drugs and work in the same way: by helping get more blood flow to the penis and allowing sexual stimulation to cause an erection.

The treatments will not work without sexual stimulation.

Although all from the same drug family, each drug can have a different effect on individual patients, and there are some differences in the duration of action (how long the drug is active in your bloodstream for) and also how long before intercourse the dose needs to be taken.

It is important that no combination of the different treatments should be used at the same time. Further, a break of 24 hours should be left between doses of Viagra, Sildenafil, Levitra and Spedra with a 36 hour gap between Cialis or Tadalafil doses.

SILDENAFIL & VIAGRA

Sildenafil and Viagra are the same drug. Viagra is the original branded version first launched in 1998 and Sildenafil it's cheaper generic version available in The UK since 2013. Viagra is manufactured by Pfizer, whilst many different companies now produce generic sildenafil.

Both drugs are taken around one hour before sexual activity and the treatment remains in the blood stream for 4 hours. The onset of action can be delayed if consumed with a meal.

The side effects of Sildenafil and Viagra are usually mild with the treatment being well tolerated and effective. They both come in

25mg, 50mg and 100mg strengths.

The starting dose is 50mg to be taken one hour before sexual activity

Most men will find that the 50mg starting dose has the desired effect, but if it does not work on four separate occasions, the dose should be increased to 100mg (provided there are no side effects). If side effects are felt on 50mg, then a 25mg dose should be used the next time.

Sildenafil or Viagra should be used on multiple and separate attempts before considering it is not effective for you.

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CIALIS & TADALAFIL

In November 2017, the drug company which produces Cialis lost its' patent allowing different companies to produce generic equivalents of Cialis at a much lower cost. This is great news for patients who can benefit from generic Tadalafil and pay less than 1/3 of the price of branded Cialis. If you still want to use branded Cialis, it is available to order.

Cialis or the generic version Tadalafil are slightly different to the other treatments available as they last in the blood stream for 36 hours after consumption, leading them to be nicknamed "The Weekend Pill" as a dose taken on Friday night should last through to Sunday morning. It also only needs to be taken 30 minutes before sex. It is available in four strengths: 2.5mg, 5mg, 10mg, and 20mg.

A further difference with Cialis and Tadalafil are the 2.5mg and 5mg strengths which are taken every day and are designed for patients who anticipate sexual activity at least twice weekly.

The starting dose of Cialis or Tadalafil is 10mg at least 30 minutes before sexual activity.

No more than two doses of 10mg or 20mg treatments should be consumed in a week. As with the other treatments, multiple attempts should be undertaken before deciding the drug is not working for you.

LEVITRA

Levitra contains the drug Vardenafil and there are three strengths available: 5mg, 10mg and 20mg. Although the strengths for Levitra may look smaller than that for Viagra or Sildenafil they are reasonably equivalent. Levitra needs to be consumed 25-60 minutes before sex and its onset may be delayed if consumed with a fatty meal.

The starting dose of Levitra is 10mg 25-60 minutes before sex

Most men will find that the starting dose has the desired effect, but the dose can be increased to 20mg if required after multiple failed attempts. Moreover, the 5mg treatment can be used if side effects are felt.

SPEDRA

Spedra contains the drug Avanafil and is the newest treatment available. It is also the fastest acting and can work in 15 minutes if taken on an empty stomach. The effects are delayed by up to 90 minutes if the dose is consumed with food. Spedra remains active in the bloodstream for around 4 hours.

The starting dose of Spedra is 100mg taken 15-30 minutes before sexual activity

As with the other treatments, the dose can be increased if tolerated or reduced as required and should be used on a few occasions before concluding it is not effective.

There are three strengths: 50mg, 100mg and 200mg.

Further information can be found in the Patient Information Leaflet which is provided with every treatment that Dr Andrews supplies.

If you have any questions please contact Dr Andrews
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