

KNOW YOUR STATS ABOUT LIFE AFTER PROSTATE CANCER

**Know
Your
Stats**

About Prostate Cancer®

After prostate cancer, men can experience various side effects including **ERECTILE DYSFUNCTION (ED)**. Knowing your stats about prostate cancer also means working out a game plan with your doctor regarding any possible side effects of treatment, including ED. Your doctor can help you understand the causes of ED, and therapies that could help you recover. The following questions are frequent concerns of men:

WHAT CAUSES ED AFTER PROSTATE CANCER

TREATMENT? Surgery may damage the nerve bundles that control blood flow to the penis, causing ED. Nerves involved in the erection process surround the prostate gland. While most surgeons try to perform a nerve-sparing procedure, it is not always possible. In addition, there could be a decreased amount of blood flowing to the penis after treatment.

HOW LONG CAN ED LAST AFTER TREATMENT? Men can experience ED issues for varying periods of time. However, the ability to recover is dependent in part upon how well you were able to perform sexually before surgery, as well as the type of treatment you had.

HOW WOULD I KNOW IF I HAVE ED? ED is characterized by the inability to achieve and maintain an erection for satisfactory sexual performance. To properly diagnose ED, your physician will perform a physical examination, various laboratory tests and discuss your medical and sexual history.

HOW IS SEXUAL DYSFUNCTION TREATED? The following are possible treatment options for ED:

- **ORAL MEDICATIONS:** Improve blood flow to the penis.
- **VACUUM PUMPS:** Mechanical devices that, when placed over the penis, create a vacuum and draw blood into the penis, creating an erection.

- **INJECTIONS:** Medication is injected into the penis to allow for more blood flow, which creates an erection.
- **PENILE IMPLANT:** For persistent and permanent ED, a surgical procedure places a device in the erectile tissue of the penis to inflate and deflate the implant.

WHAT ARE THE SIDE EFFECTS FROM TREATMENT

FOR ED? Each treatment has side effects. Speak with your doctor about which treatment is best for you and the possible side effects from each.

- **ORAL MEDICATIONS:** Common side effects include headache, upset stomach, nasal congestion, problems with vision and prolonged erections (lasting more than four hours). If you are taking other medications such as nitroglycerin or a long-acting nitrate to treat chest pain, you should not take an oral ED medication because it can cause low blood pressure.
- **VACUUM PUMPS:** Can cause penile tissue damage after prolonged usage.
- **INJECTIONS:** You can experience pain, scarring or bruising at the site of injection.
- **PENILE IMPLANTS:** Side effects can include infection at the site of the implant, erosion of the device, mechanical failure and/or possible difference in the length of your penis.

It is always important to speak with your doctor if you are experiencing any urinary issues after your prostate cancer treatment. As a team, you can determine what will be best for you.

Touchdown time – you've survived the biggest game of your life, and there is so much to live for!