

EVERYTHING ABOUT ERECTILE DYSFUNCTION. SIMPLIFIED.



**Rigicon<sup>®</sup>**

American Urological Solutions

In association with UK and Ireland Distributors:



# FAQ

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# 1. What Is Erectile Dysfunction?



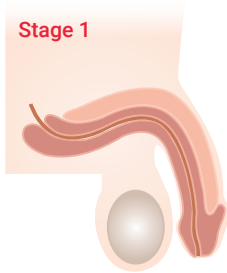
Erectile Dysfunction (ED) is another name for impotence. ED is the inability to get or maintain an erection firm enough to have sexual intercourse. This common problem bears the potential to occur at any time in every man from all ethnicities and ages. However, ED is more likely to emerge as men get older and/or develop other health problems. ED may be an early sign or outcome of various and more serious health issues including heart and circulatory diseases, diabetes, trauma surgery, radiation therapy, drugs, smoking, alcohol abuse, hormonal imbalances, neurologic and psychiatric diseases as well as psychological problems.

One may effectively prevent a serious health problem from progressing to a more severe stage by simply self-assessing the severity of their ED and by seeking health advice from an expert.

## 2. How Does an Erection Occur?

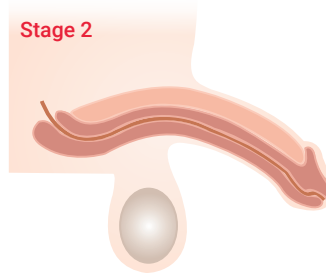
To understand more about ED, it is important to understand how an erection occurs. Essentially, the penis grows in size and becomes stiff as it is filled with blood.

The normal erection process includes the following five stages:



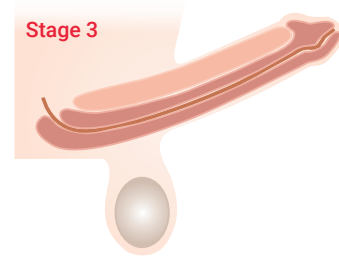
### Initial Filling

With psychological or sexual stimulation, neurotransmitters cause penile smooth muscles to relax which increases blood flow to the body of the penis.



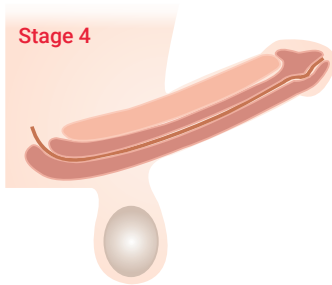
### Partial Erection

Penile arteries expand to accommodate the increased blood flow needed to elongate and expand the penis.



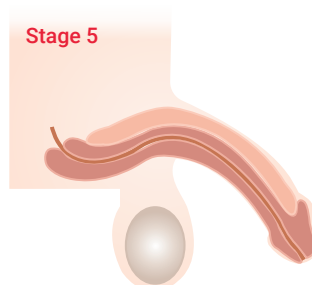
### Full Erection

The increased volume of blood within the penis is prevented from draining, thus expanding the penis to a full erection.



### Rigid Erection

Maximum rigidity is attained. The body and the tip of the penis enlarge until the penile veins are forcefully compressed. This increases engorgement and maintains maximum penile rigidity which will later be followed by ejaculation.



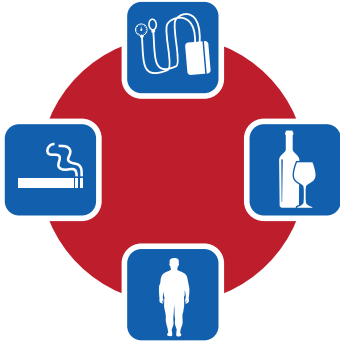
### Return to Flaccidity

Muscle contractions result in increased blood outflow from the penis, thus decreasing its length and girth, and then returning to its flaccid state.

### 3. Causes of ED & Common Risk Factors

ED can occur due to hormonal and physical processes as well as various psychological aspects.

Disorders affecting the heart and blood circulation bear the common risk factors for ED, including high levels of cholesterol, obesity, smoking, alcohol abuse and lack of exercise. ED potentially possess early signs of heart disease as blood flow issues can negatively affect erectile function. Physicians may recommend a further check-up as one gets diagnosed with ED in order to ensure that no heart or metabolic disease exists. It is suggested to follow any recommendations from your physician as ED can be an early sign of a more threatening disease.



### 4. Health Problems Associated With ED



#### Diseases affecting the heart and the blood vessels

Heart and circulatory disorders cause the heart to become less capable as a blood pump and blood vessels can become narrowed and hardened.

As a result of reduced blood supply into the penis, it may not fill with enough blood required for an erection and/or blood in the penis may leak out faster than entering due to weakened compression on the veins which ultimately hinders a person's ability to achieve an erection.



#### Diabetes

Elevated blood glucose levels damage blood vessels. Poor blood circulation can result in damage to nerves which are nourished by blood vessels. The most common causes of ED are the diseases of the blood vessels and nerve damage which often occur together.



#### Medications

Medications used in the treatment of high blood pressure, hypercholesterolemia, depression, psychosis, and anxiety are known to cause ED through well-defined mechanisms.



### **Smoking, alcohol, and drugs**

Smoking, excessive alcohol use and recreational drug use are associated with a higher probability of ED.



### **Urologic disorders**

Benign Prostatic Hyperplasia (BPH), which is the non-cancerous enlargement of the prostate tissue, is highly likely to interfere with erectile function. Pelvic surgery including some cancer-related surgeries of the prostate, bladder or bowel may result in nerve damage leading to ED.



### **Trauma**

Injury to the spinal cord or the nerves necessary for the sexual function may disturb erectile activities.



### **Neurologic and psychiatric problems**

Neurologic diseases, including early stages of Parkinson's disease and Multiple Sclerosis, can result in reduced sensitivity, or reduction of signals to the penis to release the chemicals that initiate and maintain an erection. ED may be also an early sign of various psychiatric disorders.



### **Hormone imbalance**

Deficiency of male hormones can reduce a man's desire or interest in sexual activities.



### **Psychological problems**

It is very common to see a combination of causes that affect psychological and physical well-being simultaneously. However, ED resulting from purely psychological causes are seen in less than 1 out of 10 men. ED can be the consequence of stress, depression, anxiety, posttraumatic stress, relationship problems, embarrassment, feelings of guilt, and other psychosocial issues. When a man has difficulty getting an erection, whatever the cause, he will often experience a pressure to perform. This can lead to a feeling of inadequacy and a sense of loss of manhood (called performance

anxiety). These are all common emotions for most of the men with ED, which may lead the affected people into a vicious cycle of anxiety and ED.

## 5. ED Treatment and Restoration of Quality of Life

ED can limit one's intimacy with his partner, affect self-confidence, and consequently may impact relationships in social and professional life. However, the good news is that nearly every case is treatable today. It is not merely an inevitable consequence of aging, and nobody has to live with ED.

There is usually more than one treatment option to be tailored according to the specific needs of the person suffering from ED. The first step is to seek health advice and assistance from a physician who is familiar with the latest diagnostic and therapeutic approaches to ED. A urologist experienced in this field can help determine which treatment is right for you.

## 6. ED Treatment Options

There are a variety of different treatment options for specific needs, ranging from medications to surgery. Men who suffer from ED may wish to discuss with their physician the various treatment options that may be the most appropriate for them, along with the risks and benefits of such treatments.



### Oral Medications

There are several fast or long-acting prescription and non-prescription medications available that may improve blood flow to the penis if taken intermittently or regularly on a daily basis. Combined with sexual stimulation, these medications can help produce an erection.





## Food supplements and traditional herbal remedies

Some food supplements and traditional herbal remedies are considered to help stimulate an erection. Always consult your physician before taking food supplements and herbal remedies.



## Vacuum Erection Devices

A plastic cylinder is placed over the penis, and a pump (either manually or battery operated) creates vacuum suction within the cylinder, drawing blood into the penis to create an erection. A stretchable tension band is placed at the base of the penis to help maintain the erection.



## Injections

With injection therapy, a small needle is used to inject medication directly into the penis, creating an erection. Injection therapy is repeated each time an erection is needed. The injected medication allows blood to flow into the penis, creating a transient erection.



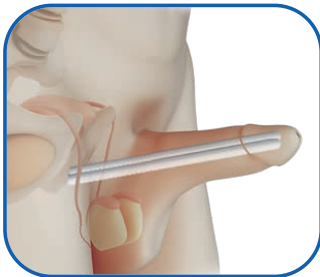
## Intraurethral Suppositories

A small pellet (suppository) is inserted through the urethra to create an erection.



## Penile Prostheses

Penile prostheses have been in use for more than 40 years. Thanks to the extensive technical developments and a large number of clinical research in this field, the penile prosthesis has become an effective and long-term ED treatment option for patients who can not get satisfactory results with other treatment options.



**Rigicon<sup>®</sup> Rigi10<sup>™</sup> Malleable  
Penile Prosthesis**

## 7. What Is a Penile Prosthesis?

A penile prosthesis is a medical device that is surgically implanted into the erection chambers of the penis. Penile prosthesis implantation offers a permanent solution where other treatment options may fail. It remains the gold standard for the treatment of patients with ED. Research shows that patients are more satisfied with the results of penile prosthesis implantation compared to other treatment options.

## 8. What Are the Types of Penile Prosthesis?

The penile prosthesis is available in two types: malleable prosthesis and inflatable prosthesis. The malleable prosthesis utilizes a pair of malleable rods whereas the inflatable prosthesis utilizes two cylinders, which are filled with saline solution, and are operated by squeezing a pump implanted into the scrotum. Both of these penile prosthesis types require surgical procedures.

Consulting with a specialized urologist is important while deciding on which implant would be more suitable for you. Before a decision is made to go on with the procedure, patients must undergo proper counseling and education with their physician and discuss all the implications and risks of surgery. It is advised to involve partners in the discussion.



**Rigi10™**  
Malleable Penile Prosthesis



**Infla10®**  
Inflatable Penile Prosthesis\*

## 9. Benefits of Penile Prosthesis Implantation

- Offers a long-term solution to erectile dysfunction
- Provides the ability to have an erection anytime on-demand
- Allows for greater spontaneity – have sex when the mood strikes
- Enables you to maintain an erection as long as you desire
- Eliminates the need for costly pills or shots
- Feels natural during intercourse
- Does not interfere with ejaculation or your ability to orgasm

## 10. How Does the Penile Prosthesis Work?

Each type of penile prosthesis offers unique features. Choosing the one that fits best to your needs is an important decision. The best approach is to discuss your expectations and needs with your physician in order to choose the option that is right for you.

### **Malleable Penile Prosthesis**

The malleable prosthesis is the most effortless type of penile prosthesis. The prosthesis consists of a pair of malleable rods that are surgically inserted into the penis. The prosthesis is manually positioned up for sexual intercourse, or down for concealment during daily activities.



**Rigi10**<sup>™</sup>  
Malleable Penile Prosthesis

## Advantages of the Malleable Penile Prosthesis

- Easier use<sup>§</sup>
- Requires less manual dexterity<sup>§</sup>
- Simpler surgical implantation procedure<sup>§</sup>
- Lower risk of mechanical failure<sup>§</sup>
- Entirely concealed within the body
- No adverse pharmacologic or hormonal effects one might experience with oral medications for ED treatment

§ When compared to the inflatable penile prosthesis

## Inflatable Penile Prosthesis

The three-piece inflatable penile prosthesis features a pair of cylinders implanted in the penis, a pump implanted in the scrotum, and a reservoir implanted in the lower abdomen. When the fluid within the reservoir is pumped manually into the cylinders by rapidly pressing and releasing the pump, the inflation creates an erection that provides rigidity.

## Advantages of the Inflatable Penile Prosthesis

- Entirely concealed within the body
- No adverse pharmacologic or hormonal effects one might experience with oral medications for ED
- Provides a natural-like erection
- The device is inflated to provide rigidity and deflated for concealment
- Offers girth expansion (e.g. all Rigicon Infla10<sup>®</sup> cylinders) and length expansion (e.g. Rigicon Infla10<sup>®</sup> AX cylinders)

## Disadvantages of the Inflatable Penile Prosthesis

- Requires a certain level of manual dexterity
- Mechanically more complicated than a malleable penile prosthesis thus has more parts that could malfunction
- Requires a reservoir inside the abdomen

## 11. Will I Still Be Able to Have an Orgasm?

A penile prosthesis does not interfere with your ability to ejaculate or have an orgasm.

## 12. Will My Partner Notice Anything Different?

The device is entirely concealed within the body. Penile prostheses can be concealed during daily activities. Others will not easily notice that you have a penile prosthesis unless you choose to disclose.

## 13. How Long Can I Expect My Prosthesis to Last?

Like any other mechanical device, the penile implant is subject to wear and tear and it is not possible to predict how long your prosthesis will last. If the penile prosthesis fails, it is easily replaced. Rigicon's Rigi10™ Malleable Penile Prosthesis is offered with life-time warranty.

## 14. Will an Erection With My Prosthesis Be Different From a Natural Erection?

Penile prostheses are designed to provide a natural-like erection. However, depending on your anatomy, differences such as penile shortening, less girth, or less rigidity might be observed. Consult your physician for a more realistic post-implant expectation.



## 15. Does NHS England Cover Penile Prosthesis Treatment?

Primary penile prosthesis will be routinely commissioned for patients who have been assessed by the specialist andrology multi-disciplinary team (MDT) and fulfil all of the following criteria:

1. Males with end stage erectile dysfunction of all aetiologies including; vasculogenic (including priapism), neurogenic, hormonal, anatomical (e.g. secondary to pelvic surgery, radiotherapy for cancer, or cases of buried penis), drug-induced, psychogenic or traumatic (e.g. Peyronie's disease and pelvic or spinal cord trauma).
2. Any males who fulfil criterion (1) and for whom lifestyle modifications, medicinal management, psychosexual counselling, intraurethral or intracavernous vasoactive agents (e.g. alprostadil), and external devices such as a vacuum pump have been ineffective.
3. Males who fulfil criteria (1) and (2) who have been appropriately risk-assessed by the specialist MDT with attention to diabetes, BMI and steroid use.

Exclusions: 1. Males with contraindications to penile prosthesis (including allergy to device components, or untreated lower urinary tract symptoms) 2. Males with risk of anaesthesia deemed too high.

## 16. Life After Penile Prosthesis Surgery

The penile implant surgery will require some time for you to fully recover. Depending on the outcome of the operation and the physician's consultation, the patient is usually discharged one day after the procedure.



Patients should be aware of post-surgery complications, such as penile or scrotal swelling followed by pain or soreness, which are expected. Analgesics and cold packs should treat these issues well and should not cause any concern.

Full recovery usually requires 4 to 6 weeks. In order to ensure a proper recovery period, it is important to abstain from heavy exercises, lifting heavy objects, bike-riding, saunas, and participating in any sexual activity during the healing period. Patients should comply with their prescribed medications schedule, and adhere to their follow-up visits. Patients shall immediately notify their physician if any new complications arise during recovery. Patients may start sexual activity following total recovery which will be confirmed by the physician.

**For more information visit [EDdoctor.org](http://EDdoctor.org)**

The content is not intended to be a substitute for, nor does it replace professional medical advice, diagnosis, or treatment. If you have any concerns or questions about your health, you should always consult with a physician or other health-care professional.

Your doctor is your best source for information on the risks and benefits of the Rigi10™ Malleable Penile Prosthesis. Talk to your doctor for a complete listing of risks, warnings and important safety information. After implantation, the prosthesis will prevent the patient from having the capability of a natural erection. As with each surgical procedure, patients with diabetes, skin infection in the surgical area, open sores or urinary tract infections can have an increased risk of prosthetic associated infections. Caution: U.S. Federal law restricts this device to sale by or on the order of a physician.

\*Not available for sale in the United States. Infla10® Inflatable Penile Prosthesis shown for informational purposes only – not meant as a promotion or offer for sale.

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**Visit [EDdoctor.org](http://EDdoctor.org) for helpful resources**



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