

If PDE5 inhibitor medications such as Viagra/sildenafil, Levitra/vardenafil and Cialis/tadalafil are ineffective for ED I recommend that my patients consider two other options

1) penile vacuum pump (this is my first recommendation)

This treatment is effective in almost all cases. At the time of the most recent revision (2018-May-22) the best penile vacuum device on the North American market is the [Osbon ErecAid "Esteem"](#), which can be bought online for US\$249. Click [here](#) for an instructional video. For in-person advice Lou Rioux, Men's Specialty Health Services, 400 - 601 West Broadway, Vancouver, lou@mensspecialtyhealthservices.ca (ph 250-681-3719 fax 250-717-5920) is highly recommended. He not only will be happy to explain use of the device, but with your consent will provide "hands-on" assistance at no charge (don't be shy!). To buy locally will be more expensive.

Other less expensive options exist.:

ErecAid classic sells for CAD\$200 on eBay (plus \$15 for shipping + approx \$80 for GST and brokerage) if you don't have an eBay account try "buy it now" directly by phone from Med-eCenter 1-800-728-4916 or by email auction@allbudgetsmedical.com - tell them you want a Osbon ErecAid Classic (retail around \$200 Canadian). - tell them you don't have an eBay account and figure out a way of paying for the device - they will ship it to you directly. If applicable ask that it be labelled as a gift in which case it should not incur GST and brokerage.

Third Party Insurance: these devices are covered by DVA and RCMP but not by Pacific Blue Cross and other 3rd party insurers.

2) intracavernosal injection (injections into the penis)

This option is effective in most cases. It involves injection into the penis of medication (alprostadil or trimix) that cause increased blood flow into the penis. The injection is with an insulin-like syringe. Thus for individuals already taking shots of insulin for diabetes this may seem relatively straight-forward. One shot usually works for 30+ minutes. Side effects include pain at the injection site and occasionally priapism. Priapism is the development of an erection that will not subside on its own - it is painful and can occasionally lead to damage to the penis. Treatment is to go to the ER and to have a physician draw blood out of the penis with a syringe and needle. This complication is rare if care is taken in determining the optimal dose.