

Northeast Urologic Surgery, P.C.

Erectile Dysfunction

What is It?

Erectile Dysfunction (ED) is the inability to get or keep the penis firm enough to have sexual intercourse. ED is also known as "impotence."

Some men are unable to have an erection at all. Others can get an erection but not consistently. Other men can have an erection but stay erect only for a brief time.

The condition affects about 30 million men in the United States.

What Causes It?

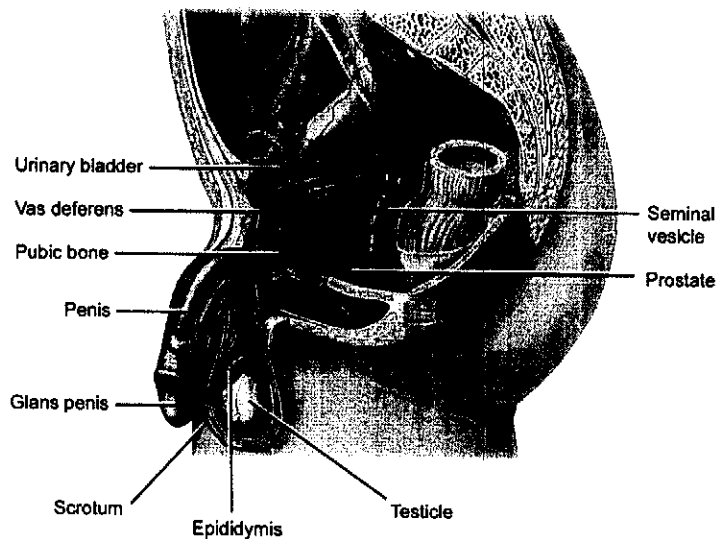
There are many factors that can cause this condition. These include:

- Heart disease.
- High blood pressure.
- Diabetes.
- Kidney disease.
- Emotional problems.
- Some medicines.
- Prostate surgery.
- Pelvic injuries.
- Smoking.
- Alcoholism.
- Hormone problems.
- Depression.
- Atherosclerosis (hardening of the arteries).

What are the Symptoms?

The main symptoms of ED include:

- Being unable to get or keep an erection.



Symptoms can start suddenly or may occur over time.

What Tests Will I Need?

Your doctor will perform a complete exam. He will look at your penis and testes. He will also perform a digital rectal exam. This is done to check your prostate gland.

You may also need blood tests. Blood tests can show a hormone levels or other health problems.

If you need more advanced tests, your doctor may refer you to a urologist. This is a doctor who treats diseases of the urinary system. You may also need to visit an endocrinologist. This is a doctor who treats hormonal conditions.

Your doctor may recommend that you speak to a therapist or other mental health professional. These specialists can address relationship problems, depression, or anxiety. All of these problems can contribute to ED.

How is it Treated?

The treatment you receive depends on the cause of your symptoms. Treatments include:

- Medication.
- Self-injection treatment.
- Counseling.
- Penile implants.
- Vacuum devices.
- Surgery.

What Else Can I Expect?

Your doctor can tell you what to expect based on your condition. Always ask your doctor if you have any questions about your health.

Where Can I Learn More?

Impotence Institute of America
8201 Corporate Drive
Suite 320
Landover, MD 20785
(301) 577-0650

Sexual Function Health Council
American Foundation for Urologic Disease
300 West Pratt Street
Suite 401
Baltimore, MD 21201
(800) 242-2383

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Prostate-Specific Antigen (PSA): An Overview

What is Prostate-Specific Antigen?

Prostate-specific antigen (PSA) is a substance secreted by prostate cells, used in diagnosing cancer. Every man has PSA in his blood normally. When the prostate gland enlarges, PSA levels in the blood tend to rise. The PSA test measures the amount of PSA in the blood.

A high PSA level does not always indicate cancer. Other conditions such as **prostatitis** (inflammation of the prostate gland) or **benign** (noncancerous) enlargement of the prostate can make PSA levels rise.

How is the PSA Test Done?

The PSA is a blood test. Blood is usually drawn from your arm in a lab or doctor's office. The blood is collected in a small tube.

Are There Any Risks?

The PSA test has the same risks of any blood draw. Complications are rare but can include:

- Infection or bleeding at the site of the needle's entry in the skin.
- Feeling dizzy.

It is also important to remember that in some cases, even if the PSA test is normal, prostate cancer could still be present. PSA tests alone do not give doctors enough information to diagnose cancer.

Be sure to talk to your doctor about risk factors and your unique concerns.

What Can I Expect After the PSA Test?

Your doctor should have your test results in a few days. If your PSA level is too high, you may need other tests. They may include:

- **Prostate biopsy.** This is the removal of a small amount of tissue to examine it for disease or infection.
- **Ultrasound.** These are images made using high-frequency sound waves.

Ask your doctor about the next step. Guidelines for testing vary. Many doctors recommend a yearly screening starting at age 50. African-American men, or those with a family history of prostate cancer, usually start screening earlier.

Where Can I Learn More?

For more information on PSA, contact the following resources:

National Cancer Institute
National Institutes of Health
Building 31, Room 11A48
31 Center Drive
Bethesda, MD 20892-2590
Toll-Free: (800) 422-6237
TTY: (800) 332-8615
Web: <http://www.cancer.gov>

American Cancer Society
1599 Clifton Road, N.E.
Atlanta, GA 30329
Phone: (404) 320-3333
Toll-Free: (800) 227-2345
TTY: (866) 228-4327
Web: <http://www.cancer.org>

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