A CONSERVATIVE TREATMENT OPTION FOR VENOUS LEAKAGE IN IMPOTENT MEN
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Introduction

- Incidence of impotence after the age of 40 - 70 years rapidly increases from 5.6% to 61%
- 35 to 60% of men with ED had venous leakage or insufficiency of the veno-occlusive system

Prevalence of erectile dysfunction

Aim of the present study:
Assessment of the influence on penile rigidity of a special designed IC and BC (pelvic floor) exercise programme—named VigorRobic®—in patients suffering from mild to medium venous leakage or insufficiency of the veno-occlusive system.

Method

- 124 impotent patients
- placebo controlled trial (three arms: 1. special pelvic floor programme, 2. oral PDE5-inhibitor on demand, 3. placebo)
- Patients assessment:
  - history and examination
  - colour flow duplex doppler ultrasonography
  - dynamic infusion cavernosometry & -graphy
  - were indicated Rigiscan nocturnal penile tumescence testing

Results

- 16 patients wanted other treatment options
  (Two in the pelvic floor exercise group, 4 of the oral drug group, 14 from the placebo group)
- 40 patients did pelvic floor exercises
- 36 got oral PDE5-inhibitor
- 28 got a placebo

There was significant difference in the subjective results by the pelvic floor exercise group (80% of the patients got better erections) and PDE5-inhibitor (74%) compared to placebo (18%). Additionally an improvement of penile rigidity was measured in the pelvic floor exercise group of mean 46% after 3 months.

Conclusion

Pelvic floor exercise is a realistic conservative alternative treatment option in patients with mild to medium degrees of venous leakage or insufficiency of the veno-occlusive system.