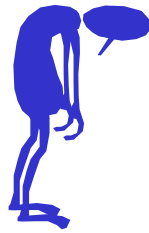


# A CONSERVATIVE TREATMENT OPTION FOR VENOUS LEAKAGE IN IMPOTENT MEN

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## Introduction

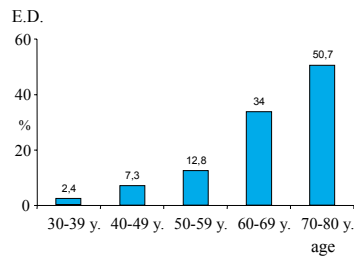


- Incidence of impotence after the age of 40 - 70years rapidly increases from 5.6% to 61%
- 35 to 60% of men with ED had venous leakage or insufficiency of the veno-occlusive system

- Contractions of the ischiocavernosus (IC) and bulbocavernosus (BC) muscles are very important in the process of penile rigidity

## Prevalence of erectile dysfunction

„Cologne 8.000 Men Survey“



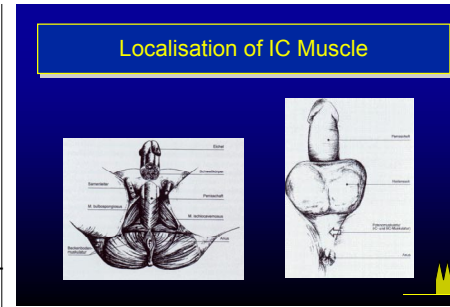
### Subjects

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

**Aim of the present study:**

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

## Anatomy



### Method

- Training programme was given 3 times, in weekly sessions.
- Potence-evaluated by a well validated German questionnaire of Erectile Dysfunction (KEED), IIEF-Q3 and 4 and GAQ *first visit, after 4 weeks and after 3 months*
- Cavernosometry: after 3 months

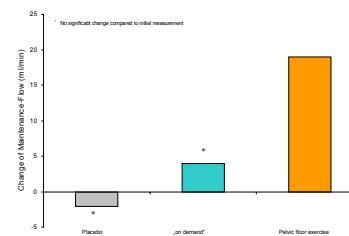
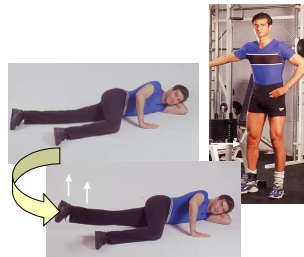
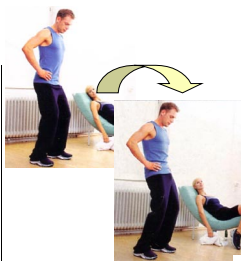
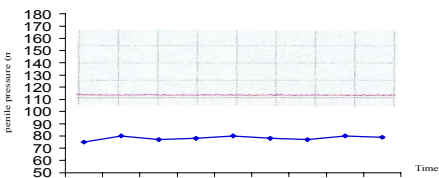
## Results

- 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

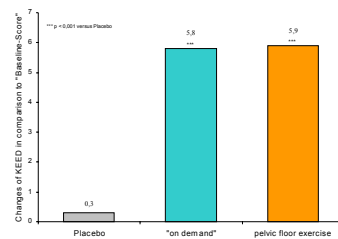
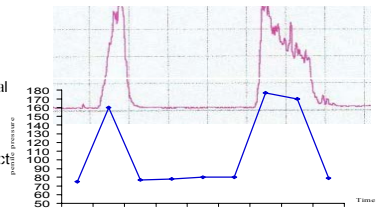
There was significant difference in the subjective results by the pelvic floor exercise group (80% of the patients got better erections) and PDE5-inhibitor (74%) compared to placebo (18%). Additionally an improvement of **penile rigidity** was measured in the pelvic floor exercise group of mean **46%**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

## Results

EMG-activity and pressure in the corporal cavernosal body during erections *without* musclecontraction



EMG-activity and pressure in the corporal cavernosal body during erections *with* musclecontraction



## Results

## 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.**