



YOU'RE NOT ALONE

*Erectile Dysfunction
& Heart Disease*

ED precedes coronary artery disease (CAD) in almost **70% of cases**. ED could be an indicator of silent CAD.¹



Welcome

This brochure is designed to help you learn more about the connection between erectile dysfunction (ED) and cardiovascular disease – and how you can find a solution to regain the **confidence, control** and **wholeness** you seek with an **active, satisfying sex life**.

*“This is something very basic.
It’s part of a man’s identity.”*

– David Roberts

“I began experiencing ED in 1999. It was no doubt caused by my cardiovascular issues. I had a myocardial infarction in 2003, with eight stents implanted.”

– Bill Bozick

The quotes featured throughout this brochure are from real men who have tried other treatment options for their ED and eventually received a penile implant. Their testimony is based on their own experience and may not be typical for all patients.

ED & Heart Disease

It is understood that ED – the inability to get or maintain an erection sufficient for sexual intercourse – can be an early warning sign of heart problems. Cardiovascular disease is associated with ED, which means if you have ED, chances are you may be suffering from cardiovascular disease as well.^{2,3}

Hardening of the arteries, caused by plaque buildup – atherosclerosis – limits blood flow to various parts of the body. Since the arteries supplying blood to the penis are much smaller than the ones supplying the heart, this problem may first show up as having difficulty achieving an erection.⁴

After an average follow-up of 6 years, patients with ED had a 62% increased risk of having a heart attack and a 44% increased risk of a cardiovascular event.¹

ED could be a warning sign that something more serious is going on. Ask your general practitioner or cardiologist about your risk for cardiovascular disease.



Discover Hope

If your doctor says your heart is healthy enough for sex, you may be ready to learn more about your options. Fortunately there are many ways to treat ED today. Oral medications are a common first step, but they don't work for everyone – especially those with heart disease. Men taking nitrates for heart disease or those taking alpha-blocking agents for blood pressure are generally not candidates for oral ED medication. In addition, some medications simply do not work for certain men. **When ED medication is not the answer, there are other options.**

The Emotional Connection

Finding a satisfying treatment for ED can be a life-changing event for many men (and their partners) who may have struggled for years with a condition that can impact their self-esteem and affect their most intimate relationships.

"I had heart problems so I had the little nitro pills in my pocket. I couldn't take Viagra™† or any of those drugs because they can't be combined. So I went on to the next step."

– David Roberts

"With ED, you're just not quite measuring up from a masculine standpoint. It works on you in very subtle ways."

– Dave Edson

"Dealing with ED really puts a huge emotional burden on you."

– Tom Waters

92% of patients and
96% of their partners
reported sexual activity
with the implant
to be **excellent**
or **satisfactory**⁵



Know All Your Options

The important thing to know is that you are not alone – there is hope for nearly every man suffering from ED. Treatment options include oral medications, vacuum devices, suppositories, injections and penile implants. These treatments work differently for different people, and some may be more effective than others for you.

A penile implant is a unique solution because it allows you to be intimate wherever, whenever and for as long as you want. It lets you be spontaneous again, and it is reliable with no medication side effects or ongoing costs.

Penile implants have been in clinical use for over 40 years⁶ and over 400,000 patients have been treated with an AMS penile implant.⁷

“Why go the rest of your life without being able to have physical intimacy with your partner when there is a fix for it?”

– Bill Bozick

Could a Penile Implant Be the Answer for You?

A penile implant is entirely contained within the body and is designed to be simple and easy to operate. It provides the ability to have an erection anytime you choose, and once activated, you can maintain an erection as long as you desire. It typically does not interfere with ejaculation or orgasm.^{5,8}

*“In my case and I’m sure in other men’s cases—
it has brought us back to wholeness.”*

– David Roberts

Penile implants have helped hundreds
of thousands of men return to an
active satisfying sex life.⁹

Take the Next Step

- **Visit your general practitioner or cardiologist** to learn more about your risk for cardiovascular disease.
- **Learn more about ED** and its impact on men with cardiovascular disease at www.edcure.org
- **Talk with a urologist who specializes in ED** and offers the full range of treatment options, including implants. Need help finding an experienced doctor near you? Visit our “Find a Physician” feature at www.edcure.org or contact a patient education coordinator at PatientEducation@ammd.com or 1-844-4ED-CURE.
- **Talk to someone who’s been there.** Email us at PatientEducation@ammd.com or call 1-844-4ED-CURE and we’ll connect you with a patient who found a successful treatment for his ED.

1. Gandaglia G, Briganti A, Jackson G et al. A systematic review of the association between erectile dysfunction and cardiovascular disease. *Eur Urol*. 2014 (65):968-978. 2. Miner, M and Kuritzky L. Erectile dysfunction: a sentinel marker for cardiovascular disease in primary care. *Cleveland Clinic J of Med*. May 2007; 74(Supplement 2): 30S-37S. 3. Thompson IM, Tangen CM, Goodman PJ et al. Erectile dysfunction and subsequent cardiovascular disease. *JAMA* 2005; 294(23): 2996-3002. 4. Montorsi P, Roumeguere T, Montorsi F et al. Is there a link between erectile dysfunction and cardiovascular disease? *EAU Update Series* 2 (2004): 43-48. 5. Montorsi R, Rigatti P, Carmignani G, et al. AMS three-piece inflatable implants for erectile dysfunction: a long-term multi-institution study in 200 consecutive patients. *Eur Urol*. 2000; (37):50-55. 6. Scott F, Brantley W, Timm G. Management of erectile impotence. *Urol* 1973; (2):80-82 7. Data on file at AMS. 8. Penile Implants-Erectile Dysfunction. Sex Health Matters Website: <http://www.sexhealthmatters.org/erectile-dysfunction/penile-implants-erectile-dysfunction/P7>. Accessed December 3, 2014. 9. Penile prosthesis. <http://www.essm.org/society/eshs/malesd/oraltreatments/penileprosthesis.html>. European Society for Sexual Medicine (ESSM) Web site. Downloaded January 1, 2013.



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