

Tackling Erectile Dysfunction Together

A partner's guide

Tony, Titan® Penile Implant Recipient,
and his partner, Cece



ED is common



One of the first things to remember is that erectile dysfunction (ED) isn't anyone's fault

It is a common medical condition, and your partner is not alone in his struggle. Even though ED is common, it often leads to feelings of rejection and may be intimidating to discuss. Instead of beating yourself up and keeping quiet, use this guide to open the discussion with your partner so you can work together to overcome ED and [get that intimacy back in your relationship](#).¹

To listen to stories of men and their partners who have been through the ED journey, visit coloplast.to/Patient-Stories



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For the partner, I would really advise to just have the conversation. Talk about it. Make a decision together. Don't be ashamed about what's going on and how you're feeling.

Cece, partner of Tony –
Titan Penile Implant Recipient

Learn about erectile dysfunction

Erectile dysfunction is a problem that affects more than 30 million men in the United States and approximately 40% of men by age 40.² For more than **80% of men** the cause of ED stems from a physical problem.³ The good news is that it is treatable in most cases.⁴

Below are some common causes of ED:⁵



Medical conditions
(e.g., diabetes, heart disease)



Surgery or injury
(e.g., prostate removal, spinal cord injury, radiation therapy)



Medication or substance use
(e.g., tobacco, drugs, alcohol)



Psychological factors

Approximately
40%
of men by age 40,²
are affected by ED.

Talk to your partner



Pick the correct time and place to discuss ED with your partner

First, try to find a private place where you can talk about your partner's condition. It is best not to have this conversation in the bedroom — find another private, comfortable place. If you're unsure of what to say, you could start by asking your partner if now is the right time to have a discussion about your relationship. It is beneficial to have an open, honest dialogue when both members feel at ease and have the energy to engage.⁶

Emphasize why this is important to you

Studies show that ED can negatively impact a couple's overall happiness and leave them feeling disconnected.¹ Consider beginning the conversation by focusing on the positive aspects of your relationship and sex life followed by discussion on why ED is a shared problem and should have a shared solution.



Consider using following bullet points to help guide the conversation:⁶

- Emphasize this is a **shared condition** impacting you and your relationship
- **Share your own feelings** and how ED impacts you
- **Discuss your sexual wishes** for the relationship
- Mention ED is **often the result of an underlying condition** and can be treated by a doctor
- **Reaffirm his importance** and build his confidence
- **Do not** show disapproval/ disappointment or use language/ tone that makes your partner feel at fault



These are examples of ways partners can be involved and guide a conversation in the ED journey. Every relationship is different, take the steps that make the most sense for you. The information presented on this page is based on research conducted with female partners of men with erectile dysfunction.

Find a doctor



A urologist who specializes in erectile dysfunction can help you and your partner

explore treatment options and take the next step toward reclaiming intimacy. To find a urologist in your area who specializes in ED, visit ColoplastMensHealth.com/find-a-physician



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When speaking to a urologist, remember, there is no need to feel embarrassed or ashamed. They treat patients with ED regularly. If your partner agrees, consider joining him at his doctor appointment. It's helpful to have both of you there to ask questions and review solutions together.

Discuss treatment options

A physician may offer different treatment options for ED. It is important to have an open discussion with your partner and doctor about the benefits and consideration of each treatment so that you can select the option that is right for you and your partner.

Below is a list of some treatments that may be reviewed by your urologist:⁴



Oral medications



Penile implants



Penile injections



Vacuum erection devices



Insertable medications

Being on the same page about which treatment(s) to try is likely to lead to **better outcomes**.



Commitment to the process

Like any other condition, you want to share your commitment to the process. Below are some ways you can show your commitment:



Set up reminders for doctor appointments to make sure appointments aren't missed



Attend the doctor's appointment with your partner if he is agreeable



Provide consistent reassurance and encouragement

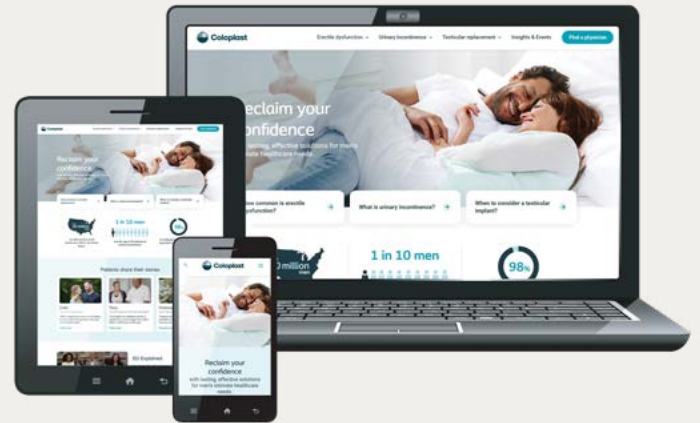


Be willing to participate with the selected treatment option



Keep an open mind and share your experiences and perspective on the treatments

Remember, multiple treatment options are available for ED. If one of the options isn't working as desired, share this feedback with the doctor and consider trying something different.



To find a local urologist, talk to another partner about their experience with ED, or learn more about ED, visit [ColoplastMensHealth.com](https://www.coloplast.com/mens-health)



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Coloplast was founded on passion, ambition, and commitment. We were born from a nurse's wish to help her sister and the skills of an engineer.

Guided by empathy, our mission is to make life easier for people with intimate healthcare needs. Over decades, we have helped millions of people live more independent lives and continue to do so through innovative products and services.

Globally, our business areas include Ostomy Care, Continence Care, Advanced Wound Care, Interventional Urology and Voice and Respiratory Care.

For more information please visit
ColoplastMensHealth.com

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