

Prostate Cancer Support Group

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@RachelSRubin1

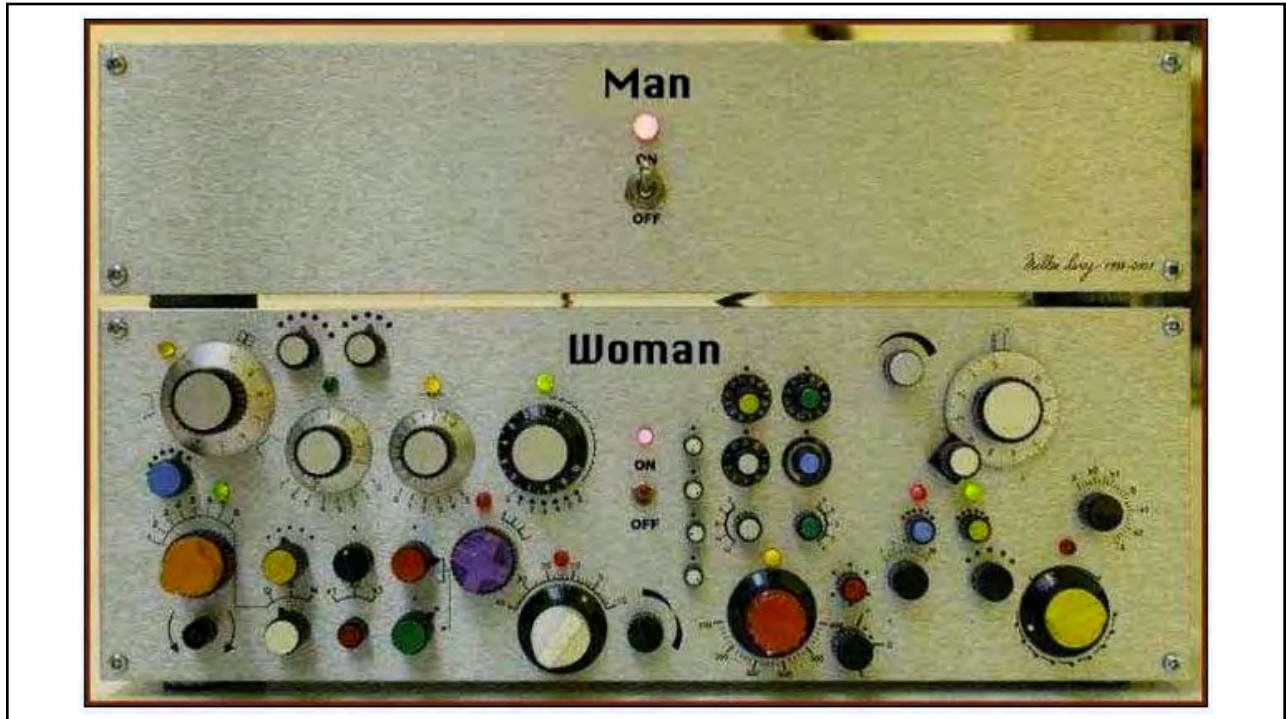


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Rachel Rubin

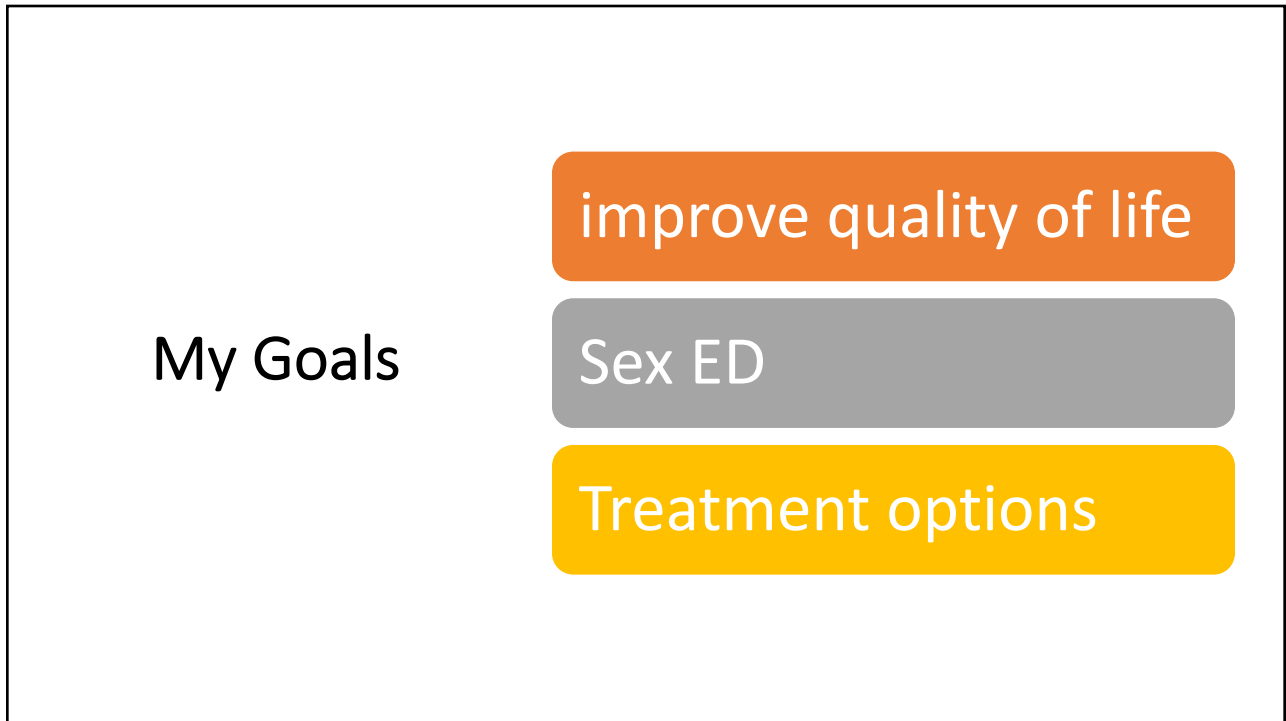
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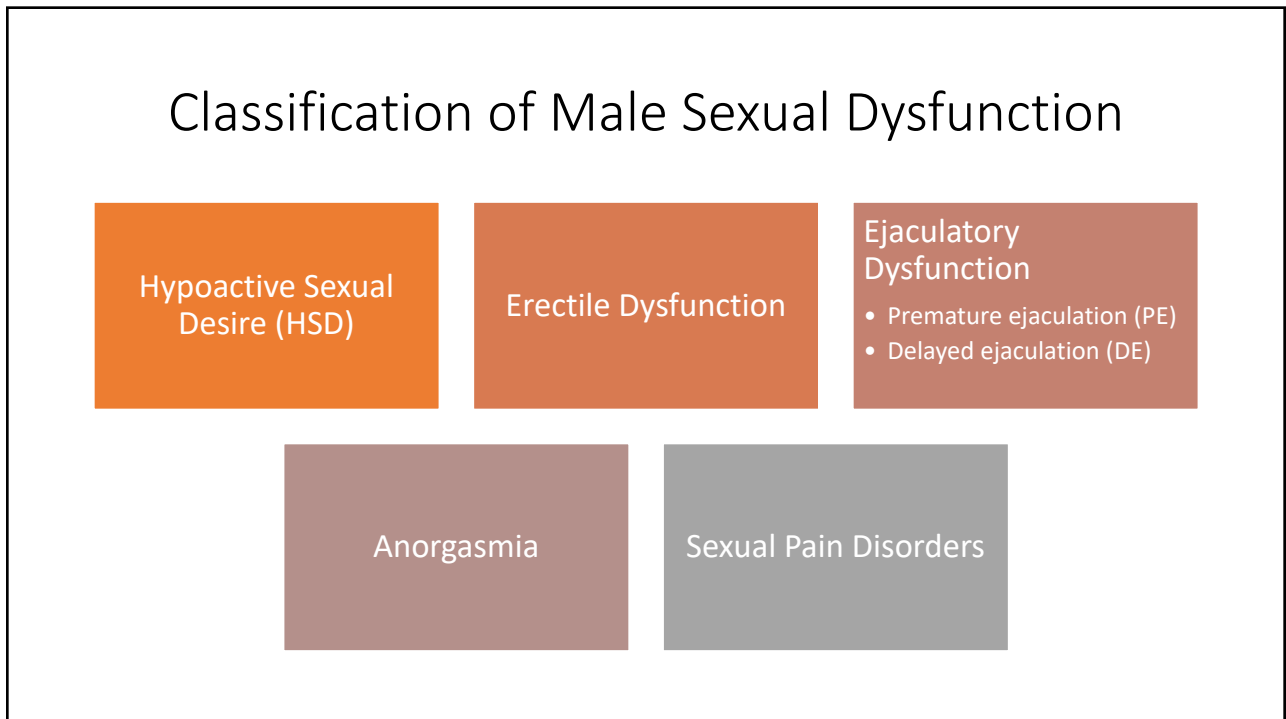
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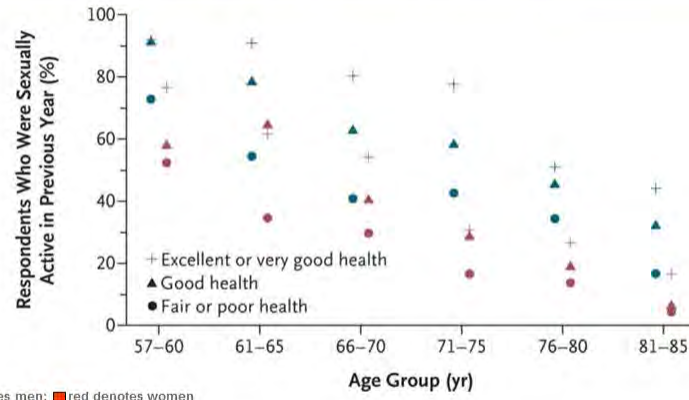


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Prevalence of Sexual Activity



■ denotes men; ■ red denotes women
Lindau ST, et al. *N Engl J Med*. 2007;357(8):762-774.

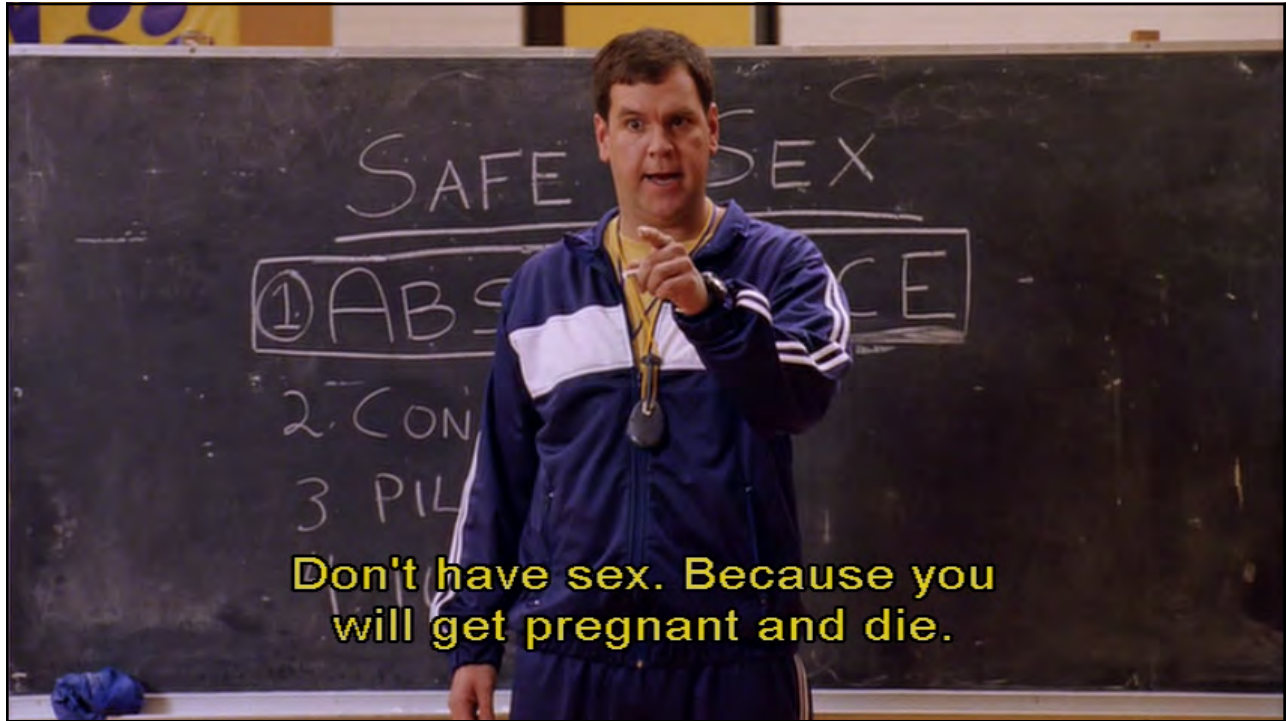


herdesire.net

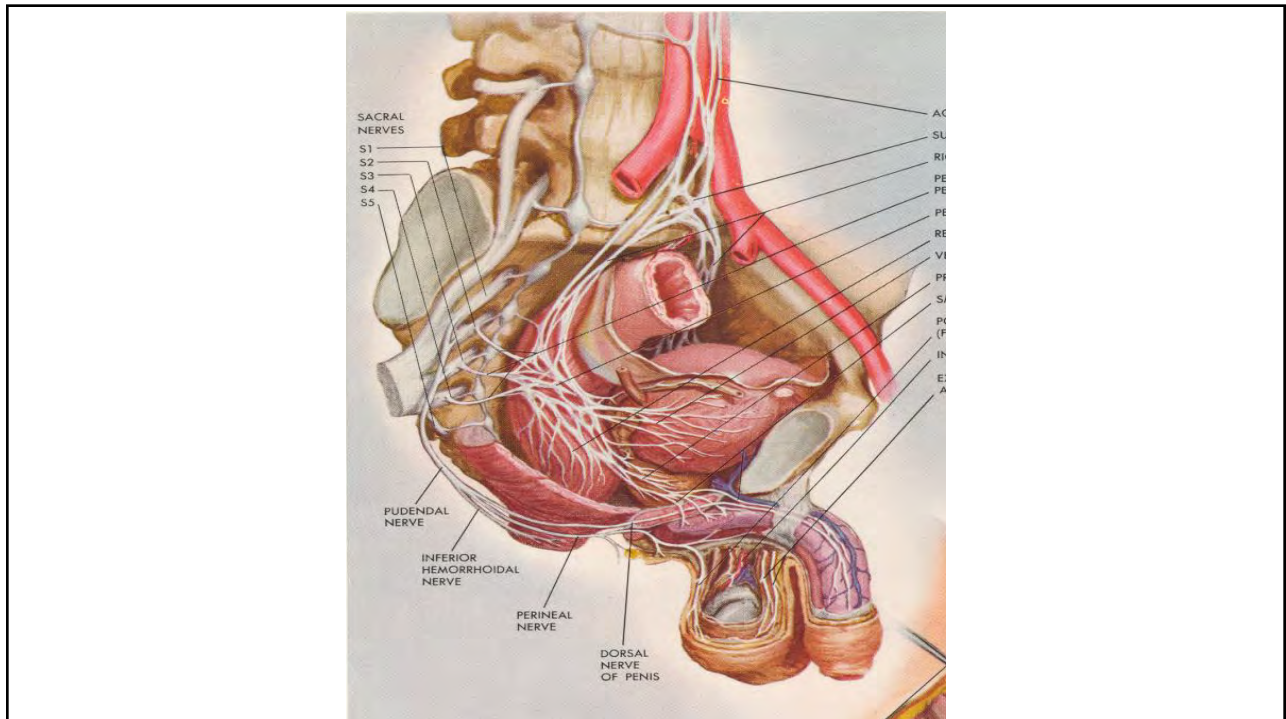
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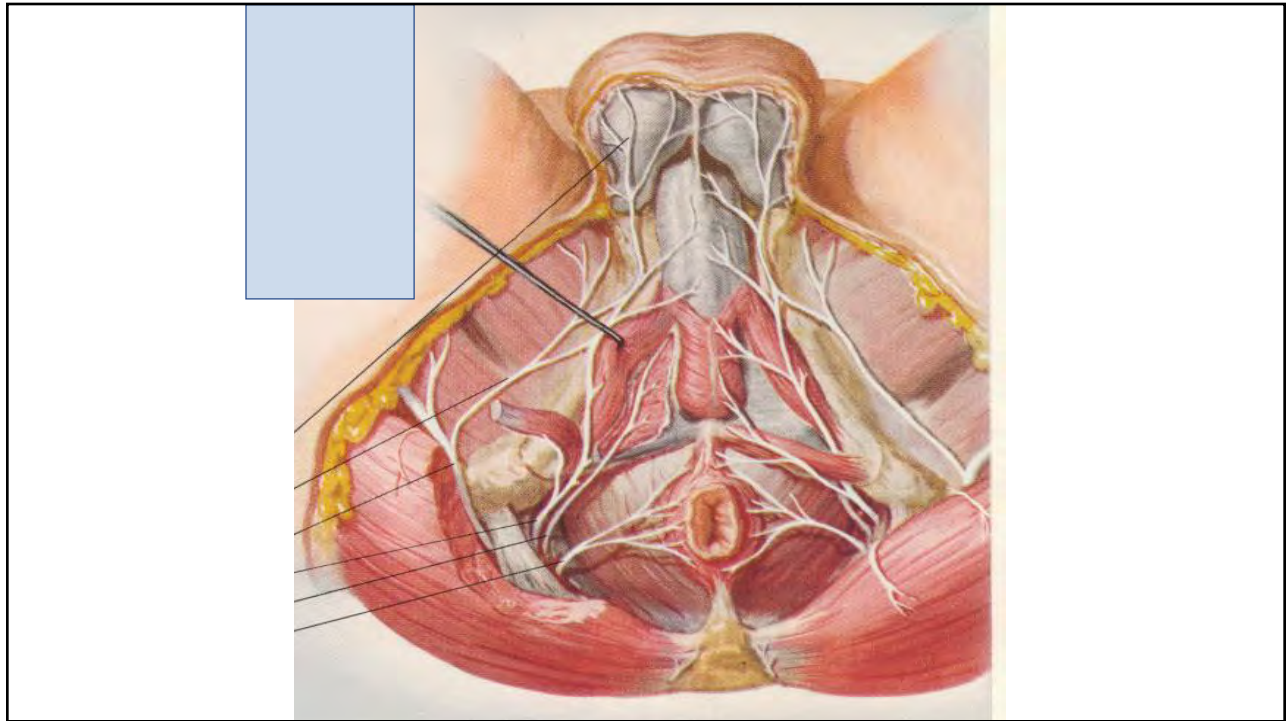
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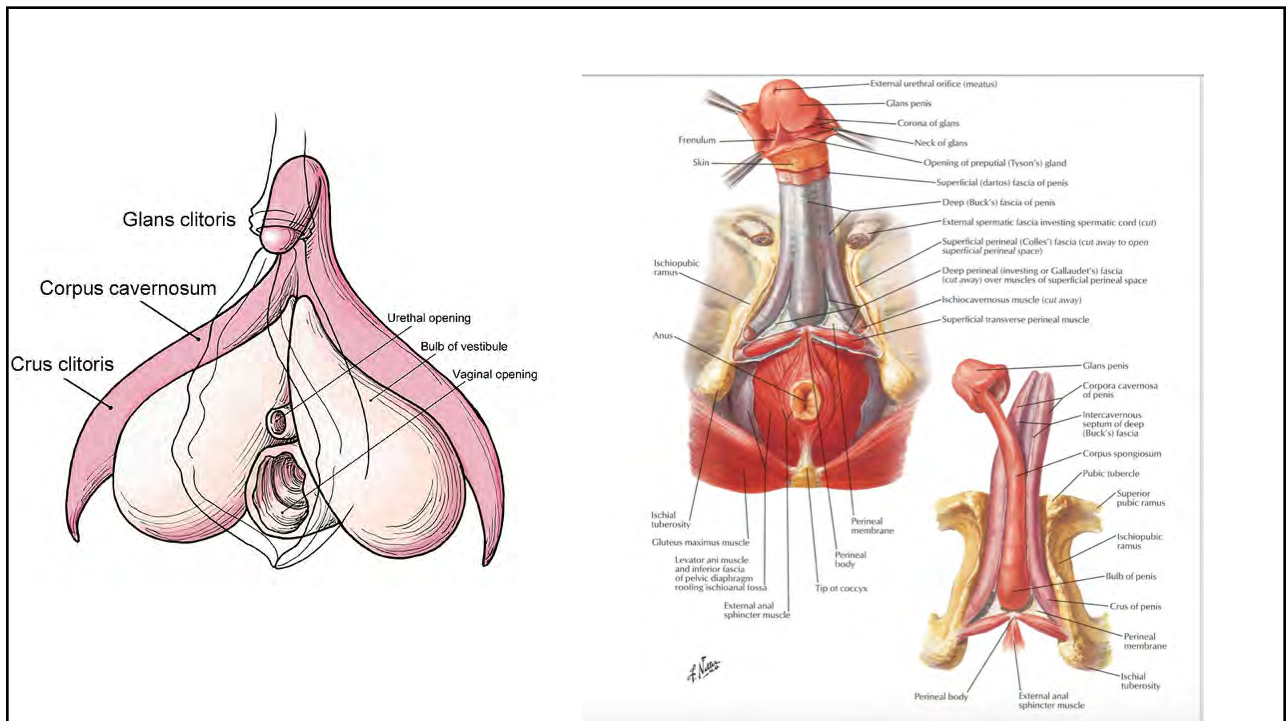
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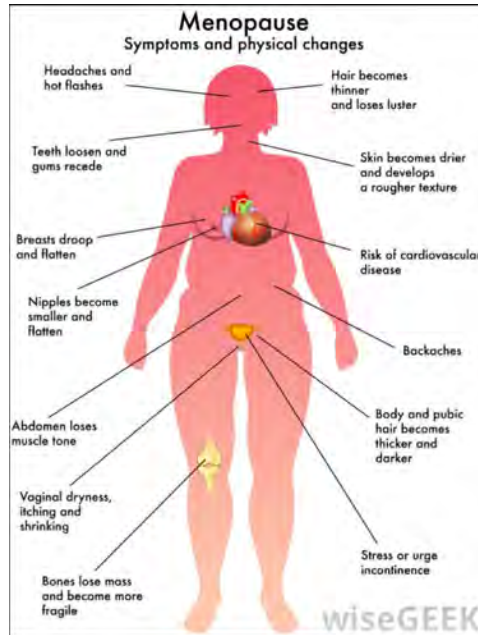


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Menopause- HORMONES MATTER!



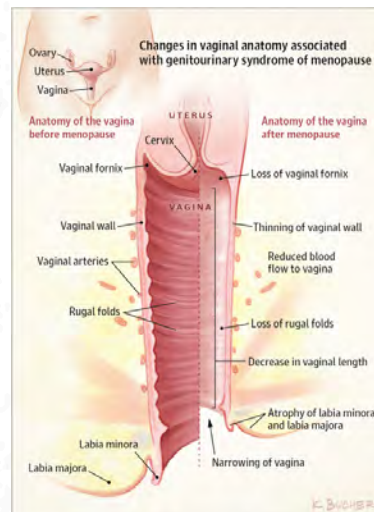
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Table 3 Genitourinary syndrome of menopause (GSM): symptoms and signs

Symptoms	Signs
Genital dryness	Decreased moisture
Decreased lubrication with sexual activity	Decreased elasticity
Discomfort or pain with sexual activity	Labia minora resorption
Post-coital bleeding	Pallor/erythema
Decreased arousal, orgasm, desire	Loss of vaginal rugae
Irritation/burning/itching of vulvar or vagina	Tissue fragility/fissures/petechiae
Dysuria	Urethral eversion or prolapse
Urinary frequency/urgency	Loss of hymenal remnants
	Prominence of urethral meatus
	Introital retraction
	Recurrent urinary tract infections

Supportive findings: pH > 5, increased parabasal cells on maturation index, and decreased superficial cells on wet mount or maturation index

Portman et al. *The Journal of sexual medicine* 11:12 (2014): 2865-2872.



Jin J. *JAMA*. 2017;317(13):1388

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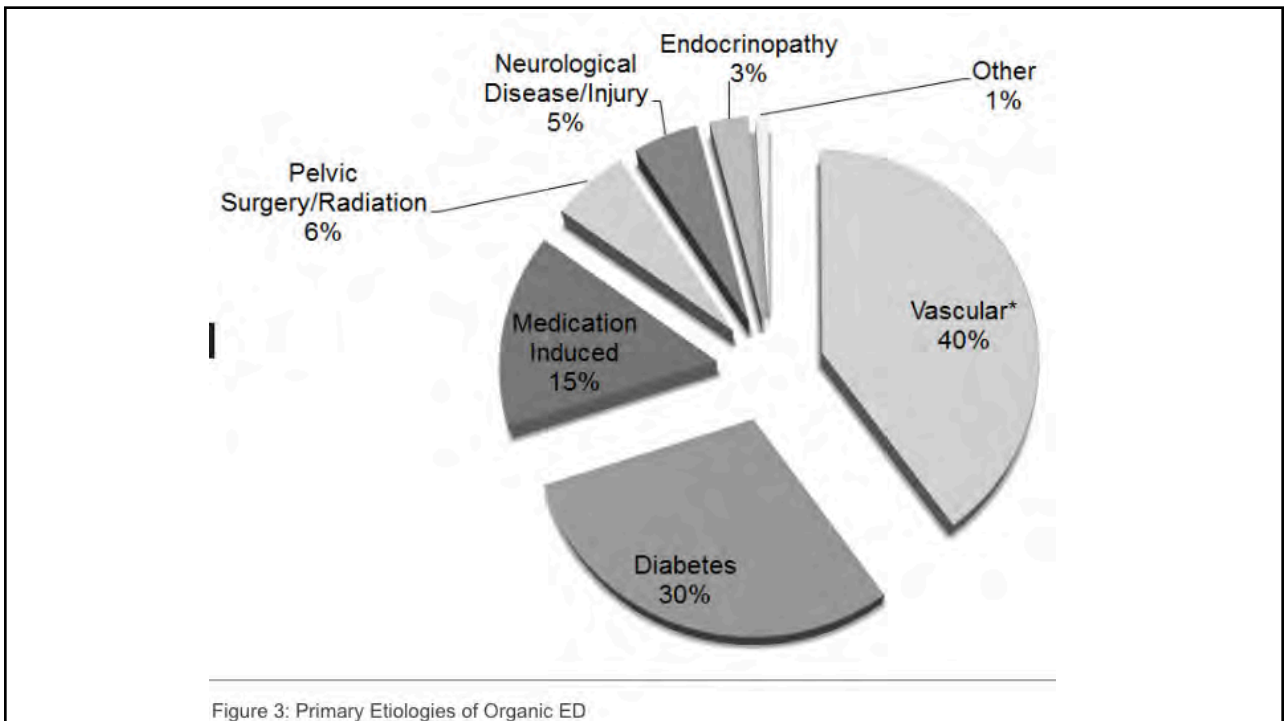


Figure 3: Primary Etiologies of Organic ED

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ED is a risk marker for underlying cardiovascular disease (CVD)



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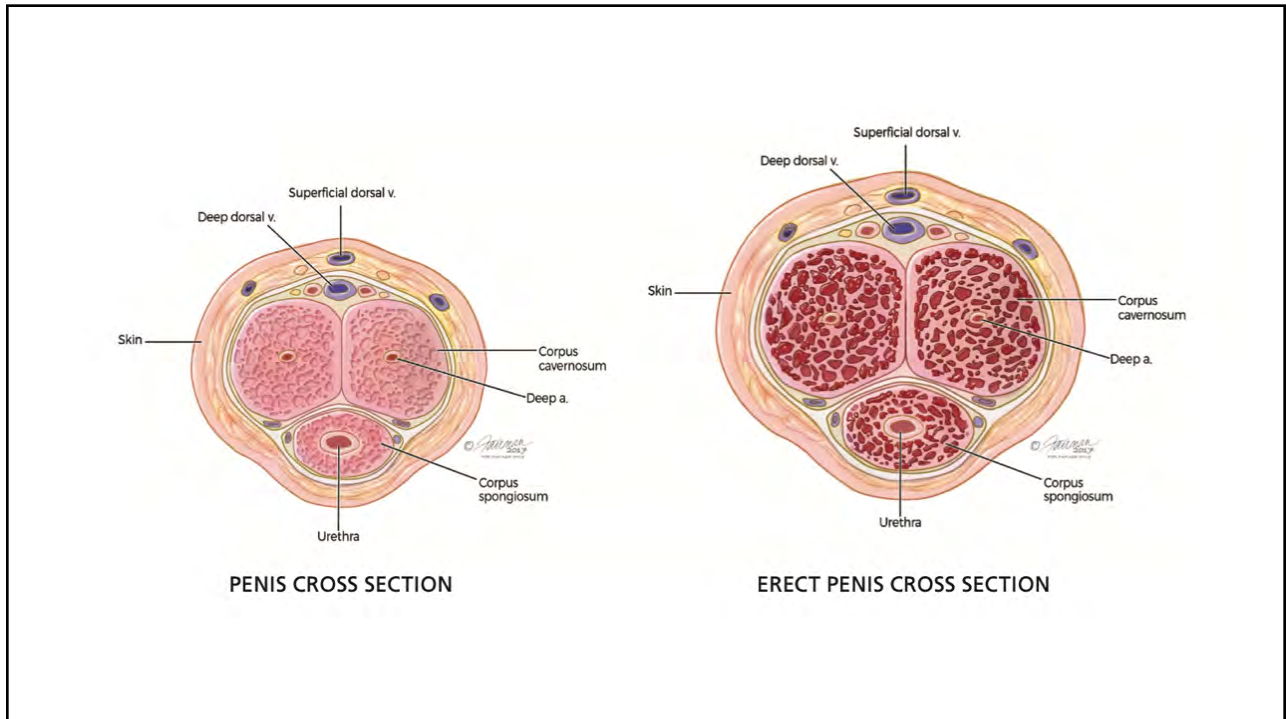
Medical conditions that co-exist with erectile dysfunction

- Diabetes
- Obesity
- Cardiovascular disease
- Hypertension
- High cholesterol, abnormal blood lipids
- Depression
- Prostate disease
- Tobacco use disorder
- hepatitis

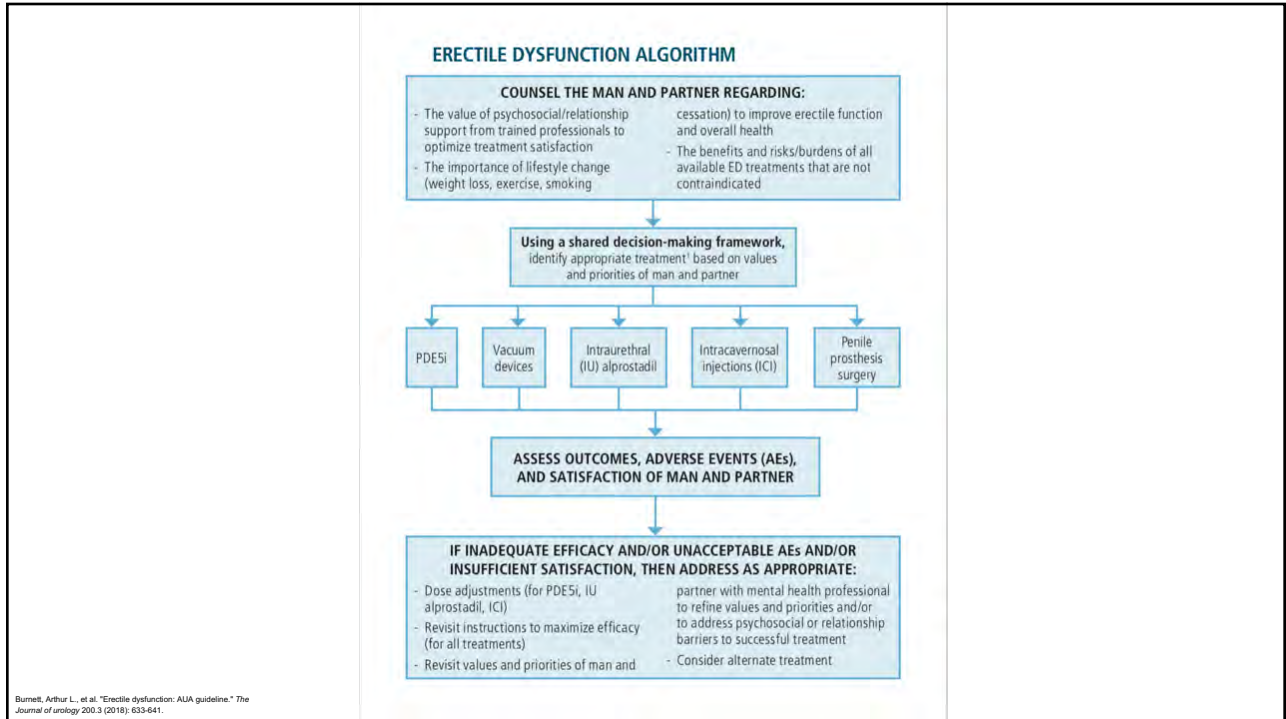
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Table 2: Medications Associated with ED
5-Alpha Reductase Inhibitors
Anti-androgens
LH-RH agonists/antagonists
Anti-hypertensives
Beta Blockers
Thiazide Diuretics
Angiotensin Converting Enzyme Inhibitors
Spirinolactone
H2 Blockers
Psychiatric Drugs
Selective Serotonin Reuptake Inhibitors
Tricyclic Antidepressants
Benzodiazepines
Antipsychotics
Phenytoin
Miscellaneous
Digoxin

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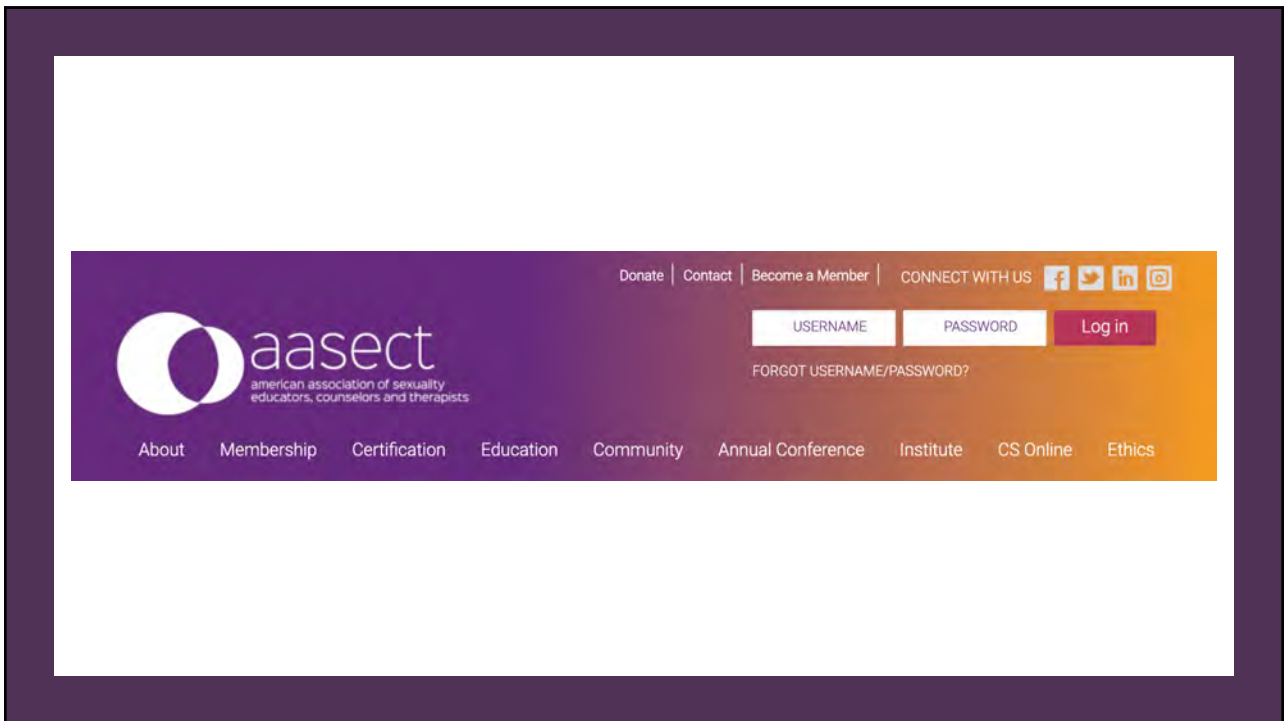
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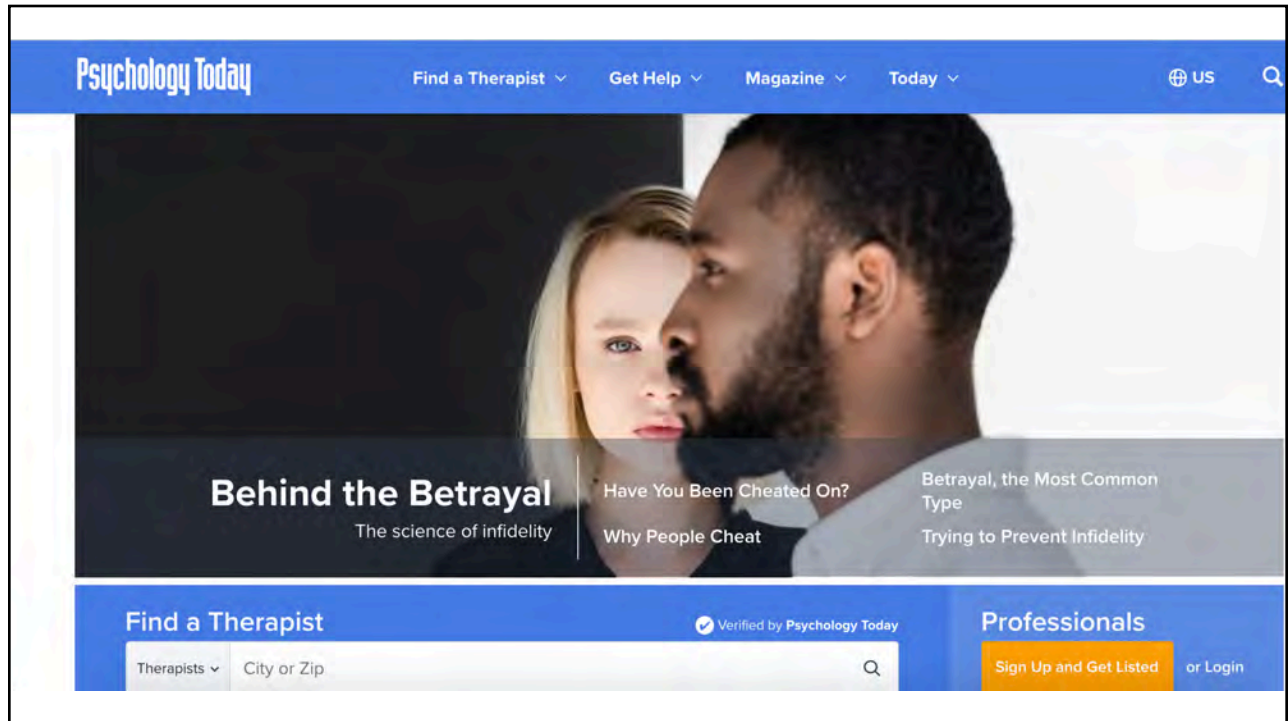
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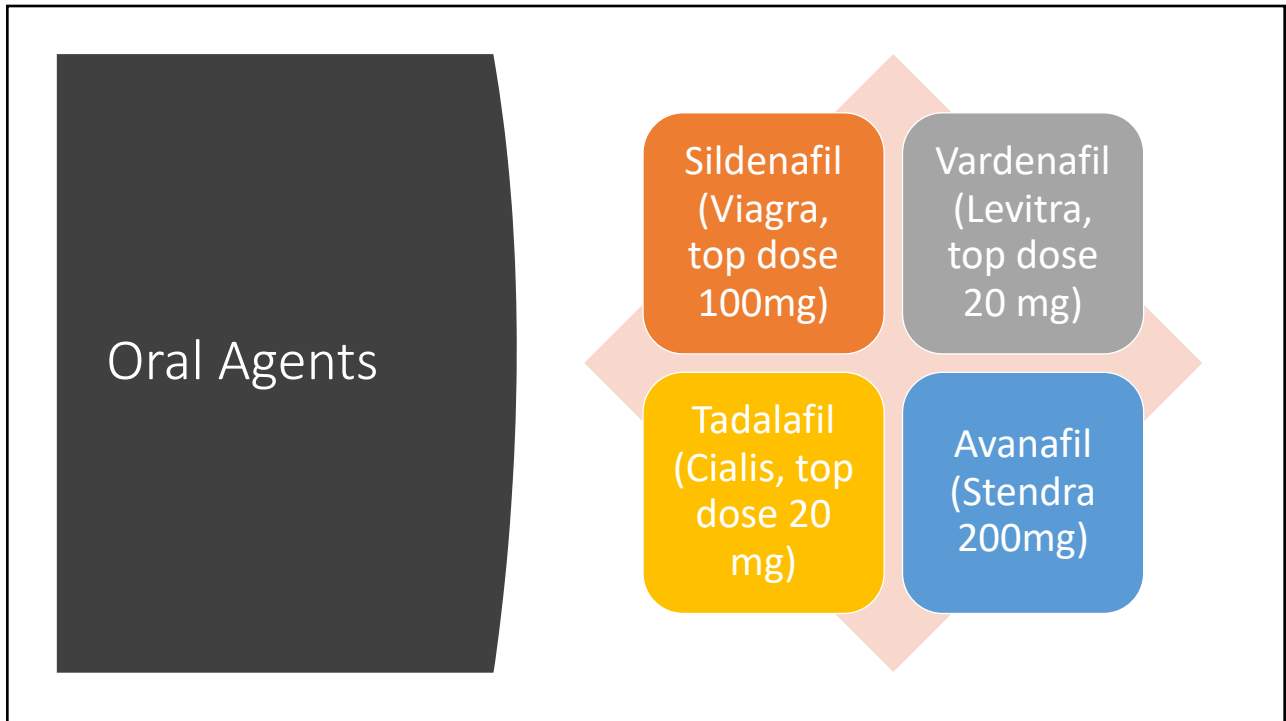
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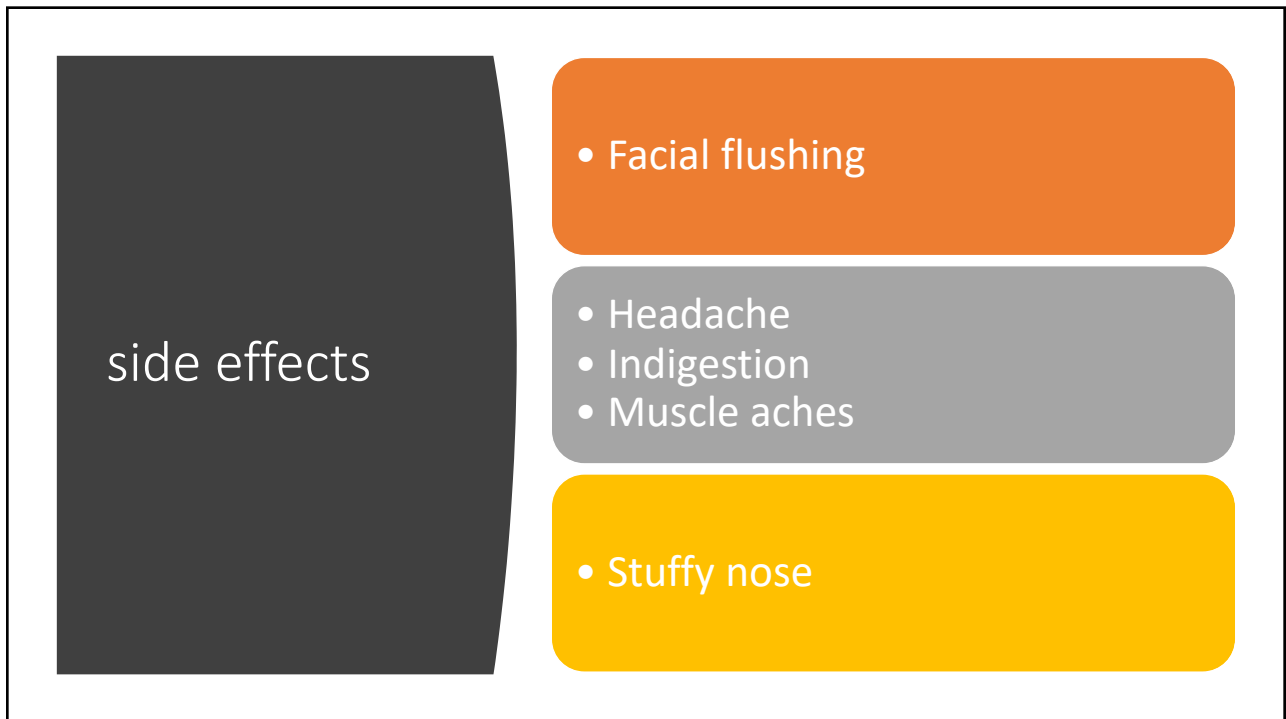
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The screenshot shows the GoodRx website interface. At the top, there is a search bar with the text "Type your drug name (like Atorvastatin, Sildenafil), etc". To the right of the search bar are links for "How GoodRx Works", "Discount Card", "More", "Help", and "Sign In". Below the search bar, the page title is "Prices for Popular PDE5 Inhibitors" and it is sorted by "Most Popular".

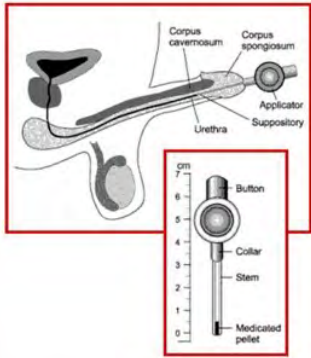
Drug Name	Price
Viagra (sildenafil)	\$16
Revatio (sildenafil)	\$16
Cialis (tadalafil)	\$23

Each drug entry includes a brief description of its uses and a "See Prices" button. The descriptions for Viagra and Revatio mention that they are moderately priced and used for erection problems and pulmonary arterial hypertension. The description for Cialis notes it is an expensive drug used for erection problems and prostate enlargement.

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MUSE

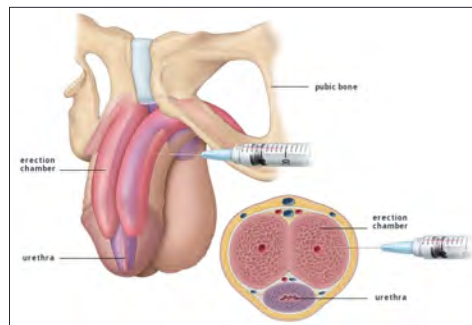
- Intraurethral suppositories
- Alprostadil
- 50% response
- Discomfort, bleeding
- Rarely hypotension, dizzy
- Very rarely priapism

MUSE- suppository

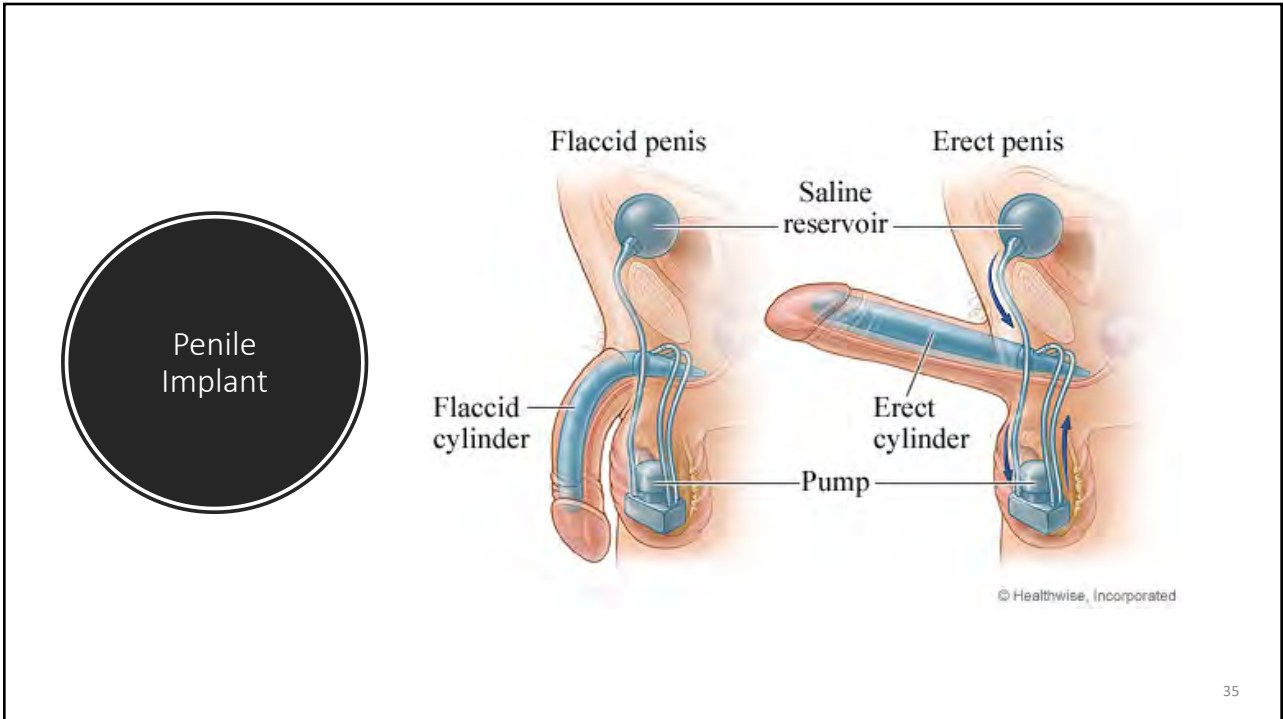
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Intracavernosal injections (ICI)

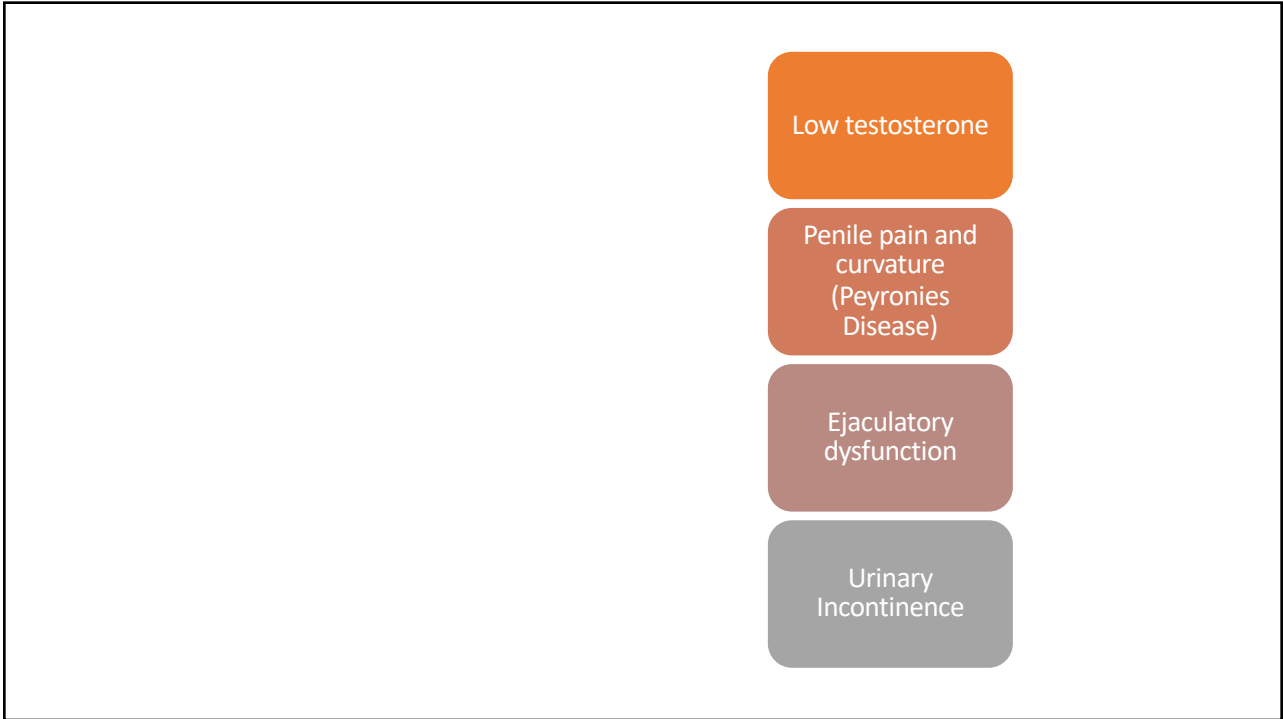
1. Alprostadil
2. Papaverine
3. Phentolamine
4. Combinations:
 - Bi-mix
 - Tri-mix
- Cost ~\$90 for 50 injections



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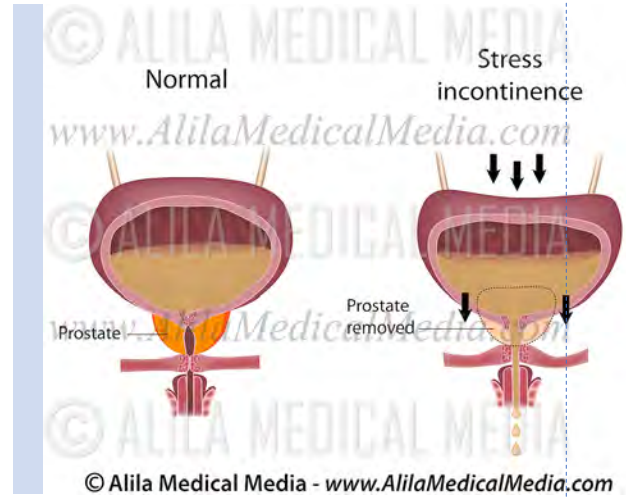
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Devices

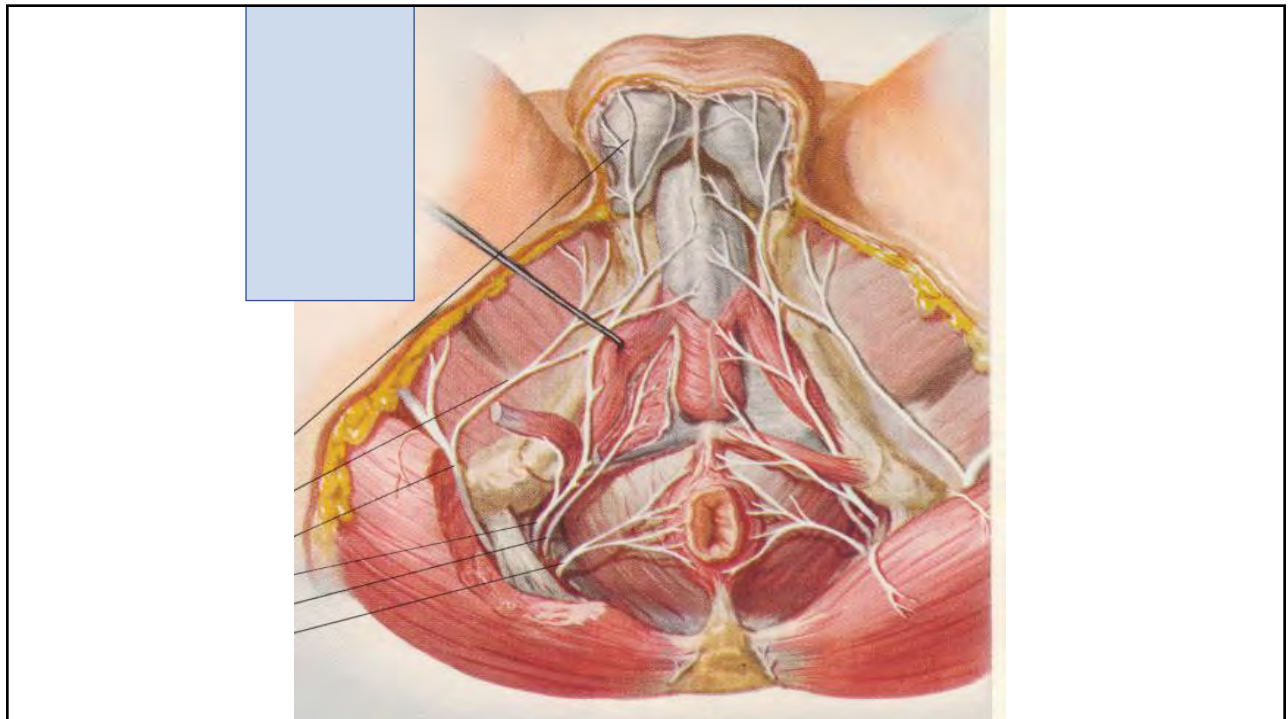
		
VIBERECT X3®	MAINTAIN® Constriction Loop for ED and PE	Pos-T-Vac® CHOICE
Tens of thousands sold worldwide! Ejaculation Model-Medical Vibrator Amplitude 3 mm/Frequency 70-110 Hz	The best quality constriction band ever made! Stay Firm Longer	
\$329.95 Add to cart	\$29.95 \$25.95 Add to cart	 \$249.95 Add to cart

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Post Prostatectomy Incontinence



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Search Criteria

City: City State: State Zip Code: Zip Code Distance: Distance From City / Sta

First Name: First Name Last Name: Last Name

Setting: Setting

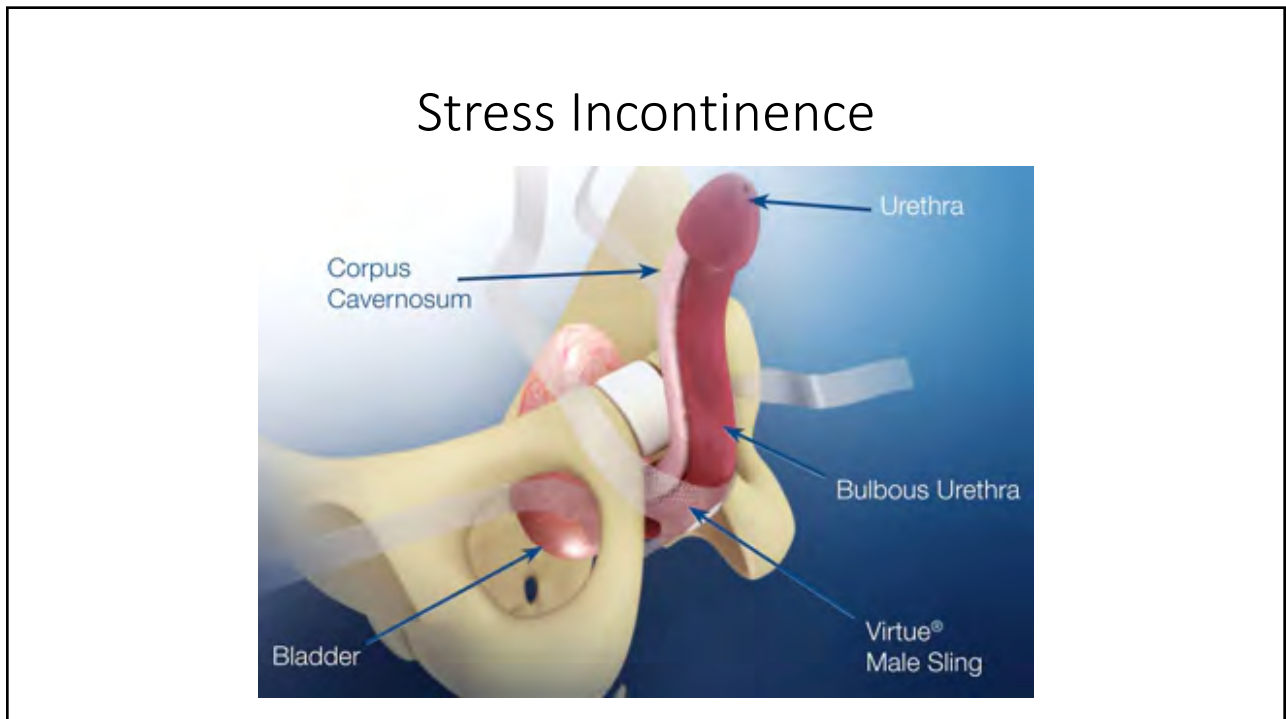
Practice Focus: Practice Focus/Treatment
Press space bar to see the list or start typing the practice focus

Find By Specialist: Find By Specialist
Limit results to only Board-Certified Specialists

Show Advanced Criteria...

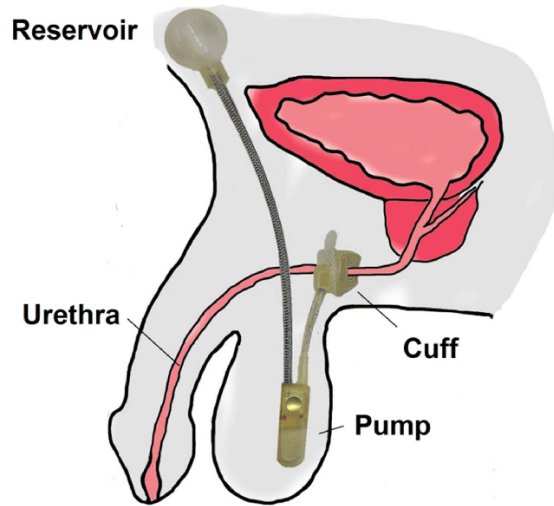
Sort Options: Last, First Name Asc. Search Reset

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Artificial Urinary Sphincter

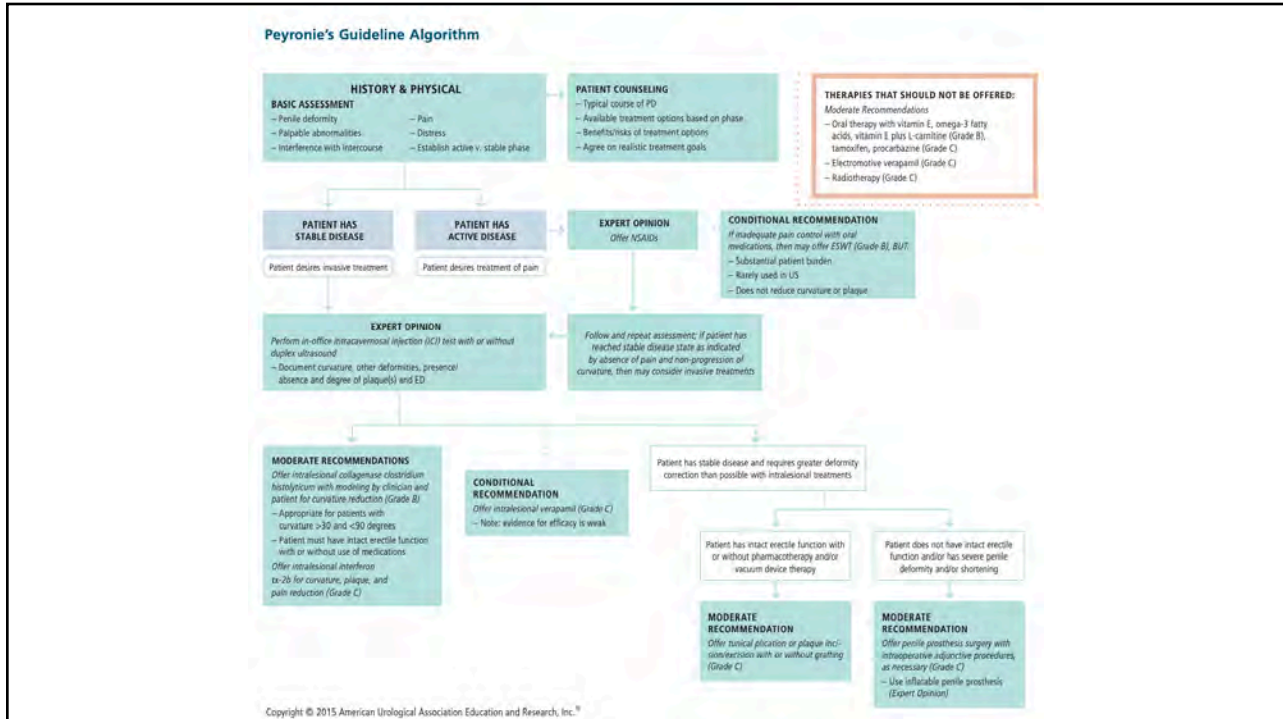


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Peyronie's Disease

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Podcasts

- <https://prostatenetwork.libsyn.com/pleasure-is-the-end-result-dr-rachel-rubin-on-intimacy>

Pleasure is the end result: Dr. Rachel Rubin on Intimacy

PROSTATE CANCER: SURVIVING TOGETHER
Pleasure is the end result: Dr. Rachel Rubin on Intimacy

Sep 1, 2019

Intimacy is almost always the giant unspoken about elephant in the room when we get a room full of prostate cancer patients together. Thanks to Dr. Rachel S. Rubin, MD, from Washington, DC, we're going to safely expose our listeners to more details than they probably even know existed. We talk about ED, injections, depression, and more. Not all prostate cancer patients have sex with women, and we recognize that, too. It's an honest discussion about how our heart and penis are closely related, and how to take better care of both. Follow Dr. Rubin on Twitter at @rachelsrubin1 or visit her web site at <https://intlmmedicine.com>. Join the conversation!

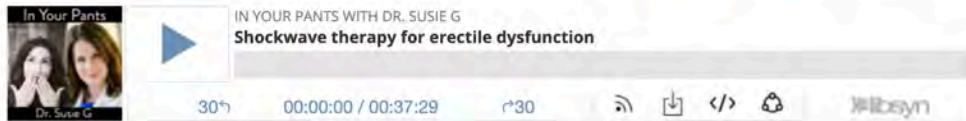
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Podcasts

- <https://drsusieg.com/podcast/tag/Rachel+Rubin>

SHOCKWAVE THERAPY FOR ERECTILE DYSFUNCTION

EXPERT INTERVIEWS · DR. SUSIE GRONSKI, DPT, PRPC, WCS



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Podcasts


- <https://zerocancer.org/learn/resources/podcasts/s1e2-sex-after-diagnosis/>

[Episode 2: Sex After Diagnosis – Guest: Dr. Rachel Rubin](#)


Dr. Rubin is a urologic surgeon who specializes in the treatment of sexual dysfunction in both men and women. In this episode of Prostate Cancer Uncensored, she discusses sexual side effects of prostate cancer surgery as well as the treatments that are available. [Click here for a PDF transcript of this podcast.](#)




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Questions?



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