



ELIZABETH TULIP, P.A.

DR. MARTYN VICKERS

Pen Bay Urology is one of Maine's finest resources for patients who present with challenging urological issues.

Nationally recognized board-certified specialists and state-of-the-art surgical technology offer your patients a range of expertise and services. And it's all right here on the Penobscot Bay Medical Center campus in Rockport, Maine.

PEN BAY UROLOGY • (207) 593-5400 • pbmc.org/urology

## Pen Bay Urology Offers Penile Rehabilitation

*All prostate cancer treatments increase the risk of erectile dysfunction*

Pen Bay Urology has initiated a program that is designed to quicken the recovery of erectile function following surgical prostatectomy (open or laparoscopic), radiation therapy, or total cryoablation of the prostate for prostate cancer.

Following these cancer treatments, the normal penile blood flow is diminished due to potentially reversible damage to the penile nerve supply. Fewer nerve impulses reaching the penis means less blood reaching the penis. Gradually, the tissue in the penis will lose its elasticity, and many smooth muscles cell will disappear. The result is a shorter, non-pliable penis.

Penile rehabilitation is designed to prevent these changes by promoting normal blood flow and stretching penile tissue. First, medications are prescribed to dilate the blood vessels that deliver oxygen-rich blood to the penis. Second, a vacuum device is used to draw blood into the penis through

these dilated vessels. The greater flow of blood stretches the fibrous tissue and provides nutrients to the penile smooth muscle.

At Penobscot Bay Urology, we offer a program that educates men in the use of the vacuum device and the medications that treat erectile dysfunction. Customarily, after the first visit patients will have the means to help restore erectile function.

Please call (207) 593-5400 for an appointment or for an answer to any of your questions regarding the program. Pen Bay Urology has the capacity to see patients within one week.

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Nandipati K et al. Early combination therapy: intracavernosal injections and sildenafil following radical prostatectomy increases sexual activity and the return of natural erections. International J of Impotence Research (2006) 18, 446-451

Dall'Era J et al. Penile Rehabilitation After Radical Prostatectomy: Important Therapy of Wishful Thinking. Rev Urol. 2006 Fall; 8(4): 209-215