



MET (echivalentul metabolic al unei activitati) - reprezinta masurarea obiectiva a raportului dintre rata metabolica a unei persoane in repaus (sezand) si rata metabolica a unei persoane care efectueaza o activitate fizica.

1 MET este echivalent cu rata metabolica in care consumul de oxigen este de 3,5 ml oxigen per kilogram de greutate corporala si minut.

$$1 \text{ MET} = 1 \text{ kcal} / \text{Kg} \times \text{h}$$

CARDIAC SAFETY

- Activitate sexuala preorgasmica = 2-3 MeTs
- Masturbare = 3 MeTs
- Activitate sexuala coitala = 2.5-4 MeTS
Women on top = 3-3.5 MeTS
- Relatie noua = 4-6 MeTS

NONSEXUAL ACTIVITIES

| 1-2 MET | 2-3 METS | 3-4 METS | 5-6 METS | 7 METS |
|----------------|-----------------|----------------------|----------------|------------------|
| Baie cu spuma | Dus | Sex | Crapat lemne | Jogging 5km/h |
| Mese usoare | Urcat etaje | Gradinarit | Urcat scara | Inot |
| Mers 2 km/h | Condus masina | Spalat de geamuri | Mers 4-5 km/h | Vaslit |
| Citit | Spalat cu mopul | Pus perdele | Patinaj | Baschet |
| Cantat la pian | Mers 3 km/h | Mers 3.5 km/h | Munca campului | Schiat |
| Dactilografiat | Menaj usor | Inot usor | munca uzina | Calarie |
| Croitorie | Munca la banda | Zugravit | | greutati |

PRINCETON III CONSENSUS

| Risc mic | Risc intermediar | Risc mare |
|--|------------------------|------------------------------------|
| PTCA | AP stabila | AP instabila |
| HTA controlata | IM acut (8 sapt) | HTA necontrolata |
| Disfunctie VS | | IM acut (2 sapt) |
| NYHA I, II | NYHA III | Aritmie cu risc mare |
| | | Afecatre valvulara moderata/severa |
| | | CMD |
| Test de effort + 5 MEST | | Test de effort + 3 METS |
| Activitate coitala Masturbare Preludiu | preludiu Masturbare | preludiu |

ALTE DISFUNCTII SEXUALE

Disfunctia Erectila

- **EP = EJACULARE PRECOCE**
- **Anejaculare**
- **HSDD – scaderea dorintei sexuale**
- **Dispareunie**
- **Situatii speciale**
 - **Boala LA PEYRONIE**
 - **Priapism**

Ejacularea Precoce

- Aparitie **persistenta sau recurenta a ejacularii**, in context de **stimulare sexuala minimala** inainte sau imediat dupa penetrare inainte ca barbatul sa isi doreasca.
- Neplacere personala/ interpersonală;
- Nu conditie secundara

FEATURES OF PREMATURE EJACULATION



1 out of **3** men
experiences PE
at some time in
their lives.



*There are 2 different types of
Premature Ejaculation:*

Primary PE is the most common
& is present from the beginning of
a man's sexual life.

Secondary PE develops without
warning, at some point during a
man's life.

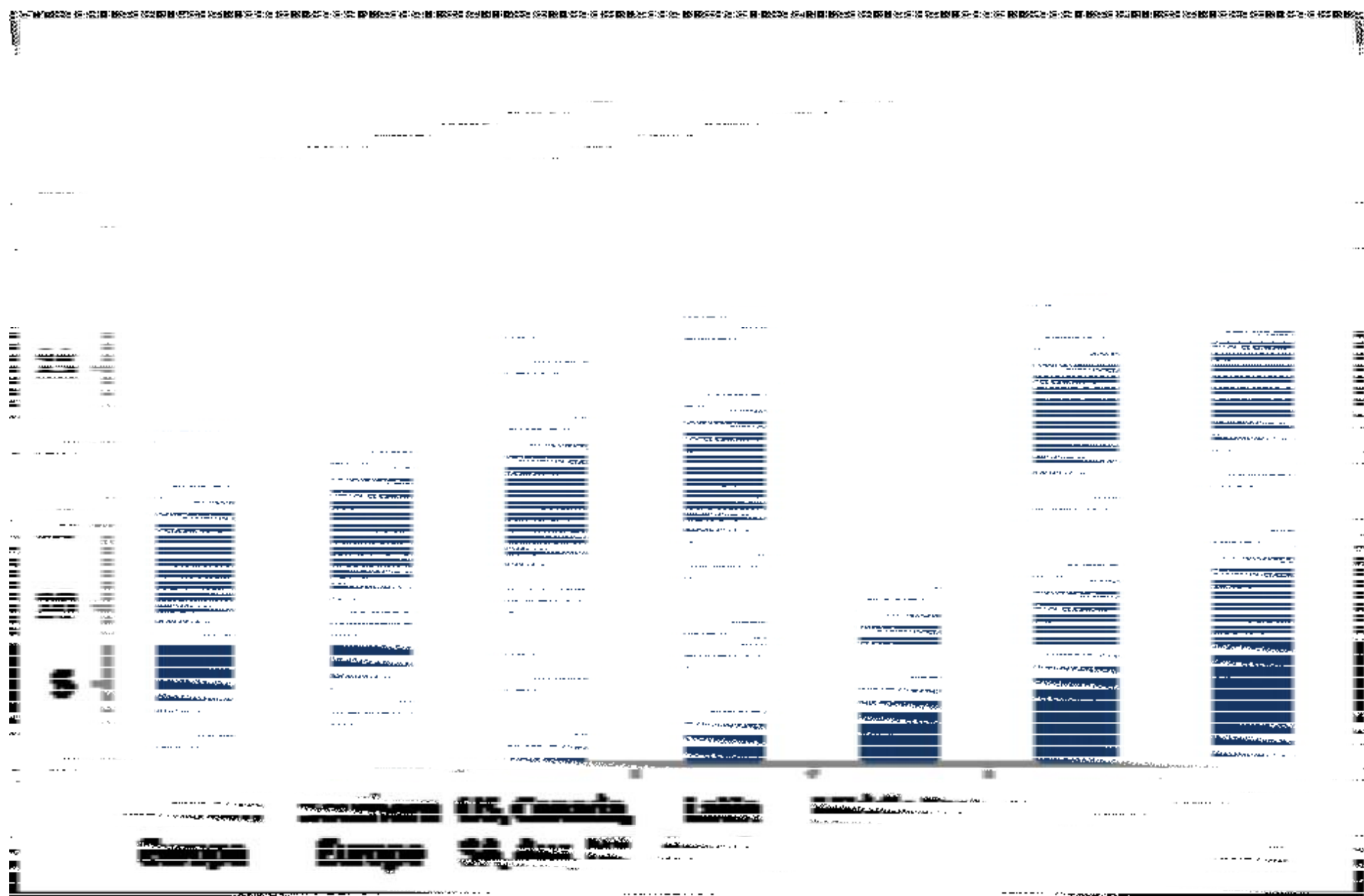


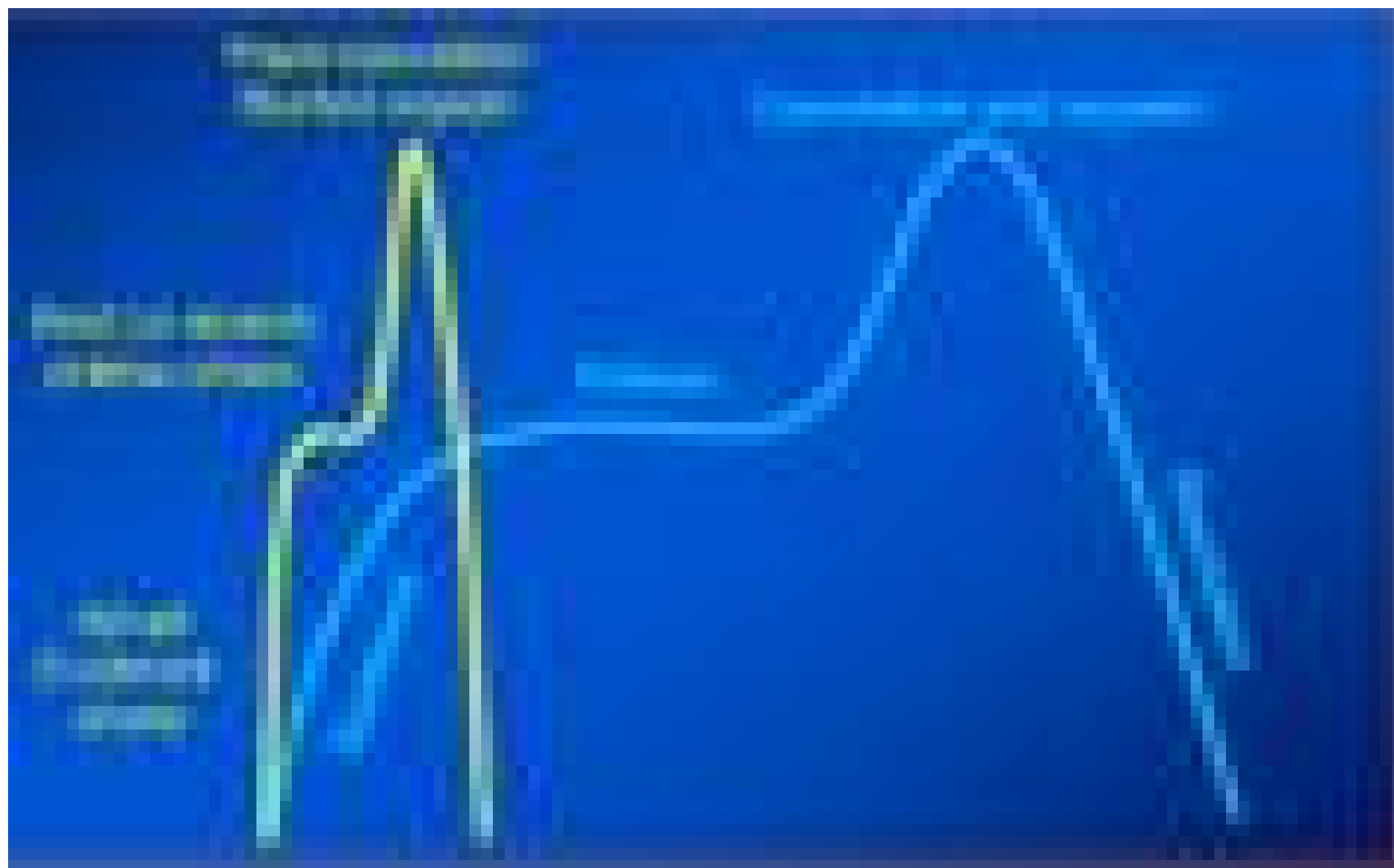
1.8 minutes -

*The average amount of time a man suffering from
premature ejaculation lasts, after sexual
stimulation begins.*

EPIDEMIOLOGIE

- Cea mai frecvente disfunctie sexuala
- 5-40% barbatii activi sexual
- frecvent : East Asia — China, Indonezia, Japonia, Coreea, Malaezia
- rar: Africa, Middle East
- Nu este un consens al definitiei/caracteristicilor clinice







9 out of 10

men ejaculate

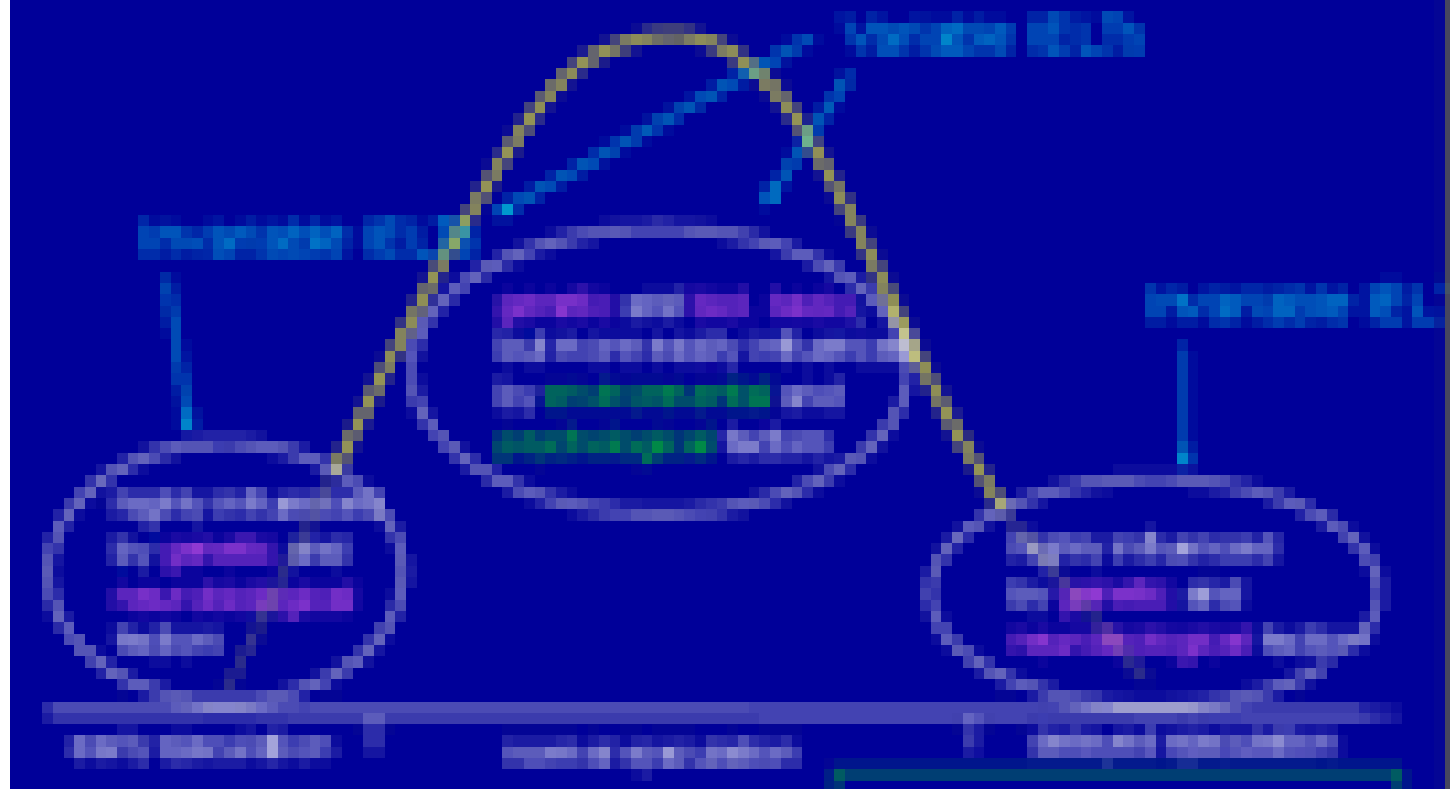
within 1*

after vaginal penetration



IELT Continuum

in relation to genetic and psychological factors



IELT – timpul de latentă al ejaculării intravaginale normale între 4-8 minute.

Există o distribuție continuă cu variabilitate și extreme.

Un studiu a arătat că medianul este de 5.4 minute cu extreme între 0.55 și 44.1 min

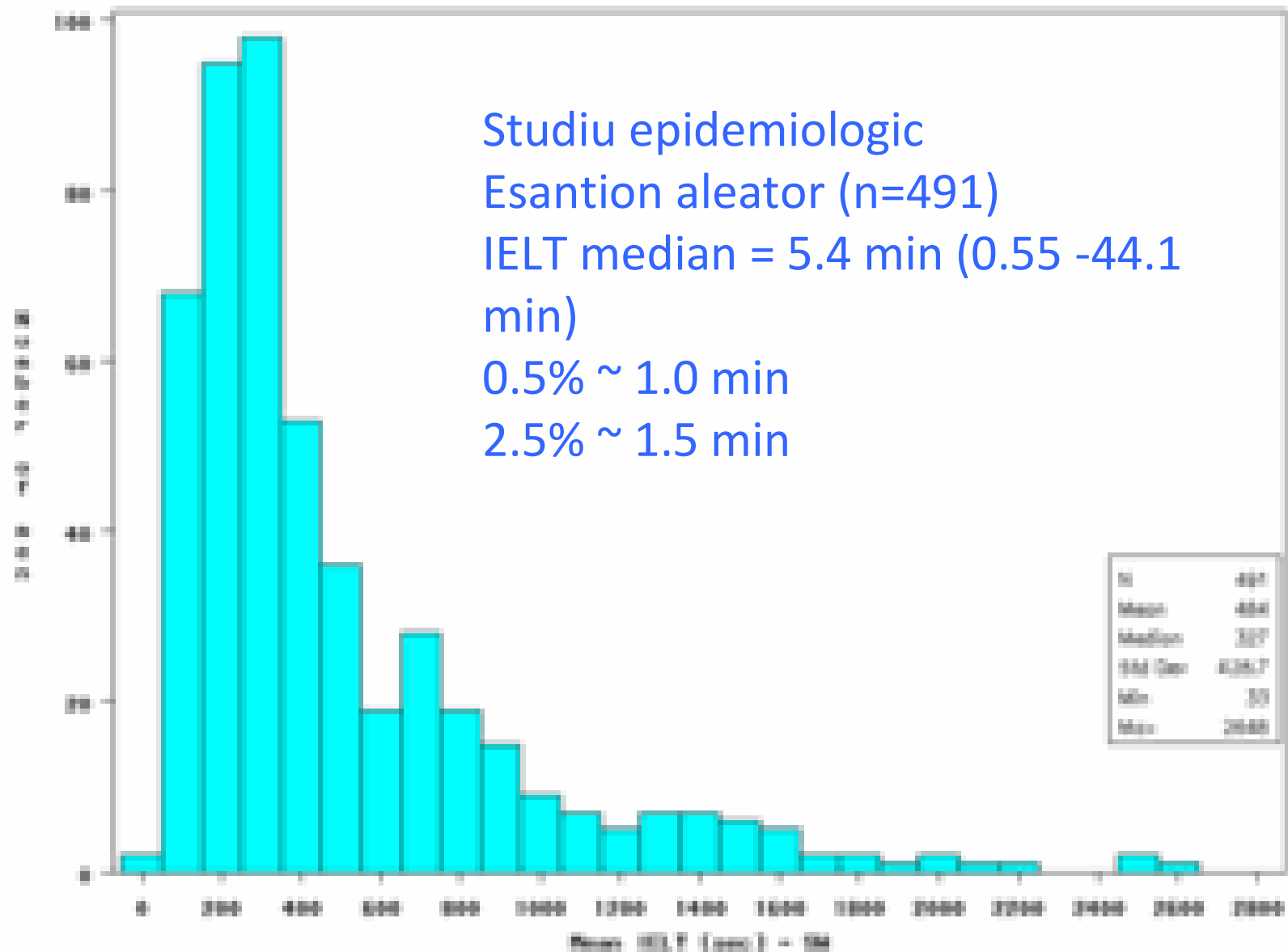
EP congenitala

Extremele curbei IELT

- **Influentate de factori genetici si neurobiologici**
- **IELTS invariabil (foarte scurt/foarte lung)**
- **Fara raspuns la psihoterapie**
- **Medicatie care sa creasca IELT**

Portiunea mediana a curbei IELT

- **Performanta ejaculatorie variabila**
- **Sex therapy extrem de eficienta**



EP dobândita

- | | |
|--------------------|---------------------------|
| •Cauze urologice | DE, prostatite |
| •Cauze psihologice | insecuritate/relatie noua |
| •Cauze endocrine | hipertiroidism |
| •Cauze neurologice | AIT, AVC |

Algoritm diagnostic

- Cromometru
- ceas
- chestionare
- Jurnal
- Estimare subiectiva



↓ objectivitatea

IELT = timpul de latentă intravaginală

NEMULTUMIRE

SCADERE SATISFACTIE SEXUALA

MEDICATIE ORALA

MEDICATIE

- Moduleaza pragul ejaculator

zilnic – eficiente dupa 2 saptamani de adm
continua

SSRI

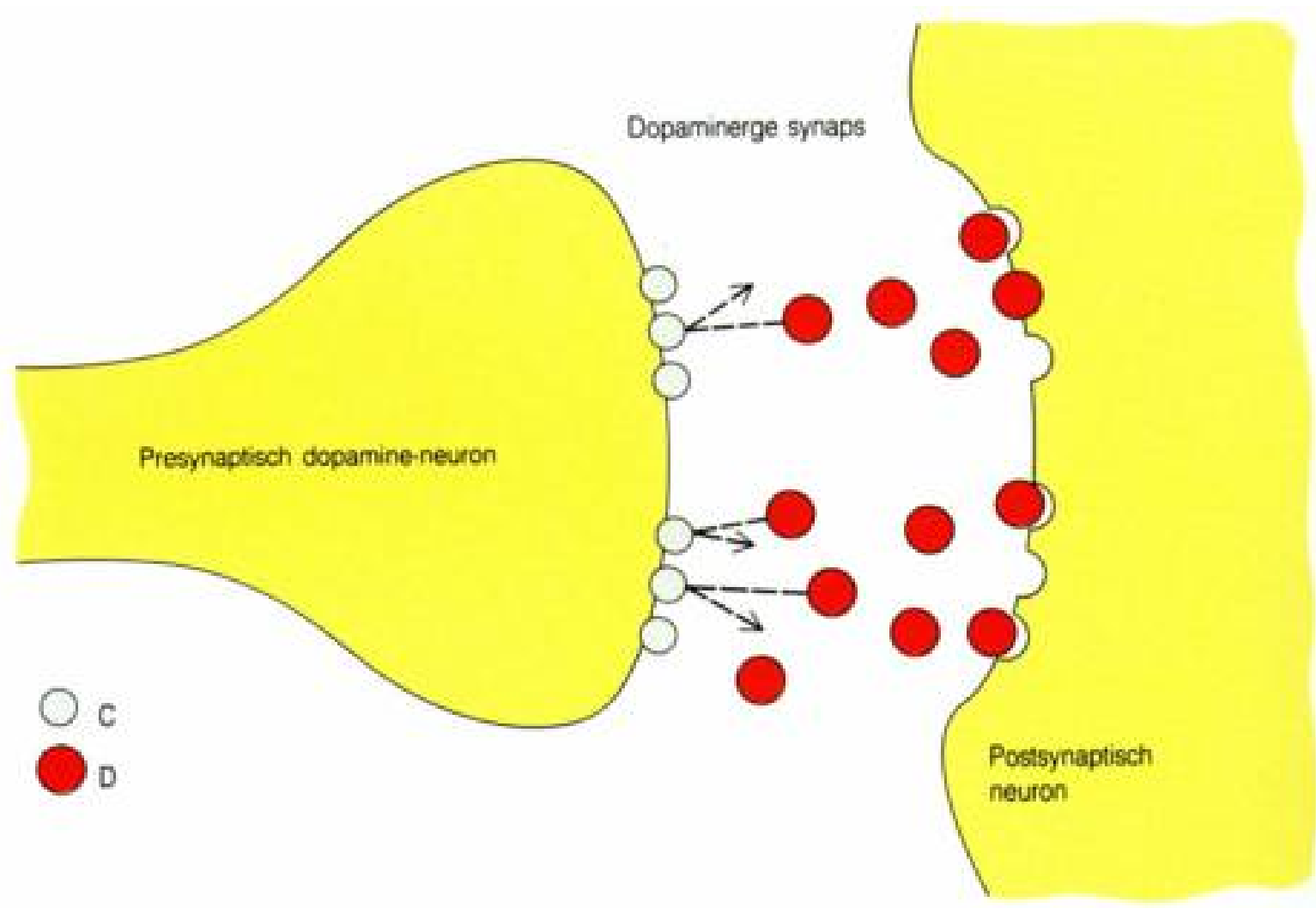
Clomipramin

on demand

SSRI/Clomipramin

anestexice topice

PDE5 i



- HT1-5 – 5 tipuri de receptor al serotoninei
- + 5-HT₂ = intarzierea ejacularii (EP = hipofunctie)
- + 5-HT₁ = facilitarea ejacularii (EP = hiperfunctie)

Anestezice topice

- **LIDOCAINA/PRILOCAINA**
- **Creme, spray (aplicare topica peniana)**
- **Nu sunt eficiente intotdeauna**
- **EFECTE ADVERSE**
 - Dificultati erectile**
 - Usturimi uretrale**

(Berkovitch et al, J Urol 1995; Busato et al, BJU Int 2004)

PSD 502



- SPRAY LOCAL DE DESENSIBILIZARE
- 7.5 mg Lidocaina + 2.5 mg Prilocaina
- IELT x 5.5/6
- Efecta advesre: 6.1% (B) 6.7% (F)
 - pierderea erectiei
- - usturime locala/vulvovaginala

SSRI - zilnic

SSRI = Inhibitori ai absorbției serotoninei - antidepresive

- PAROXETINA= SEROXAT 20-40 mg/zi
- CLOMIPRAMINA= ANAFRANIL 10-50 mg/zi
- SERTALINA= ZOLOFT 50-100 mg/zi
- FLUOXETINA= PROZAC 20 mg/zi
- CITALOPRAM= CIPRANMIL 20-40 mg/zi
- ESCITALOPRAM = CIPRALEX 10-20 mg/zi

SSRI EFECTE ADVERSE

- Termen scurt (1-3 sapt)
 - Oboseala
 - Diaree/ greata usoara
 - Gura uscata
 - Transpiratii
 - Uneori DE/alterare libido
- Termen lung
 - Crestere ponderala
 - Sevraj

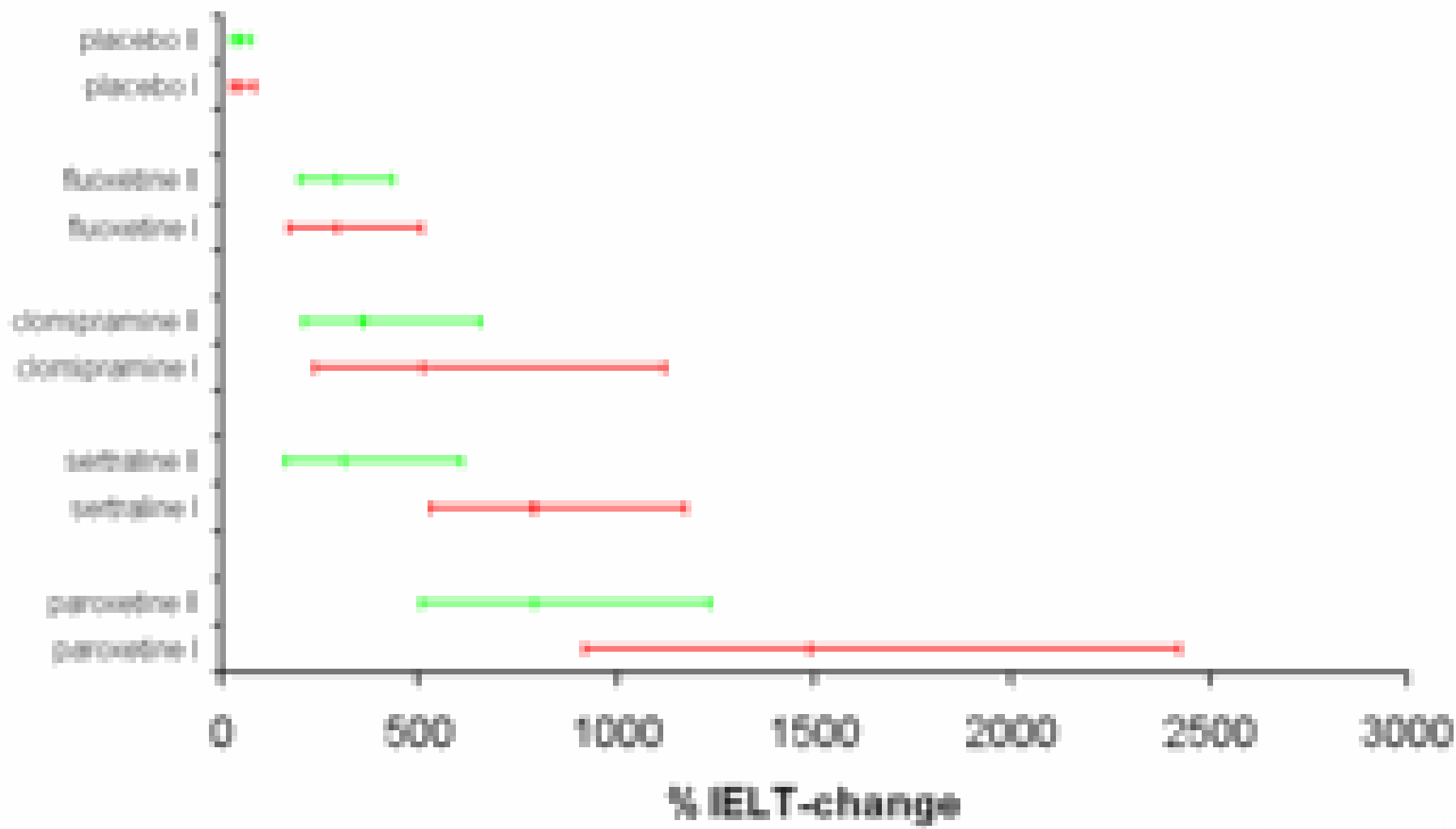
Meta-analysis of 8 evidence-based daily treatment studies

- Paroxetine x 8.8 (95% CI: 5.9 -13.2)
- Clomipramine x 4.6 (95% CI: 3.0 -7.4)
- Sertraline x 4.1 (95% CI: 2.6 -7.0)
- Fluoxetine x 3.9 (95% CI: 3.0 -5.3)
- Placebo x 1.4 (95% CI: 1.2 -1.7)

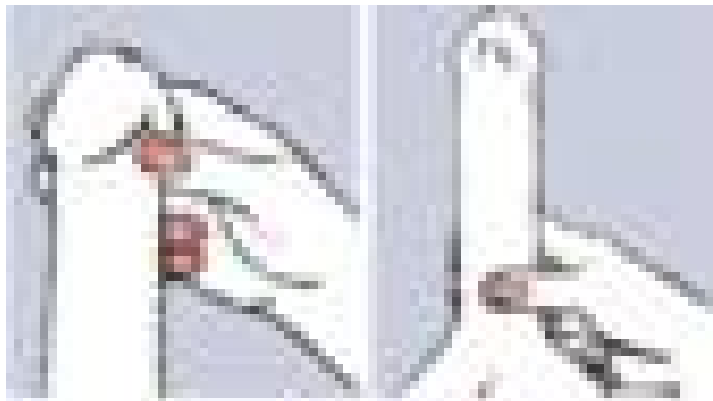
DAPOXETINE

DAPOXETINA = PRILIGY

- **Cu timp de actiune foarte scurt SSRI**
- **IELT x 3 - 7**
- **Efecte adverse minime ameteala, catar, cefalee**



SEX THERAPY – SQUEEZE TECHNIQUE





"SQUEEZE" METHOD.

- The **Person** with Premature Ejaculation is **Stimulated by** his **Partner** to the Point of Imminent Ejaculation.
- **Just Prior** to Ejaculation, the **Partner Squeezes** the **Penis in its Base** to Prevent Ejaculation.
- Once the Sensation of Impending Ejaculation has Subsided, the **Process is Repeated**.

SEX THERAPY – START STOP TECHNIQUE

- Periodically stop even with retreat for 30''
- Repeat the sexual stimulation
- Stop again
- Focusing on breath



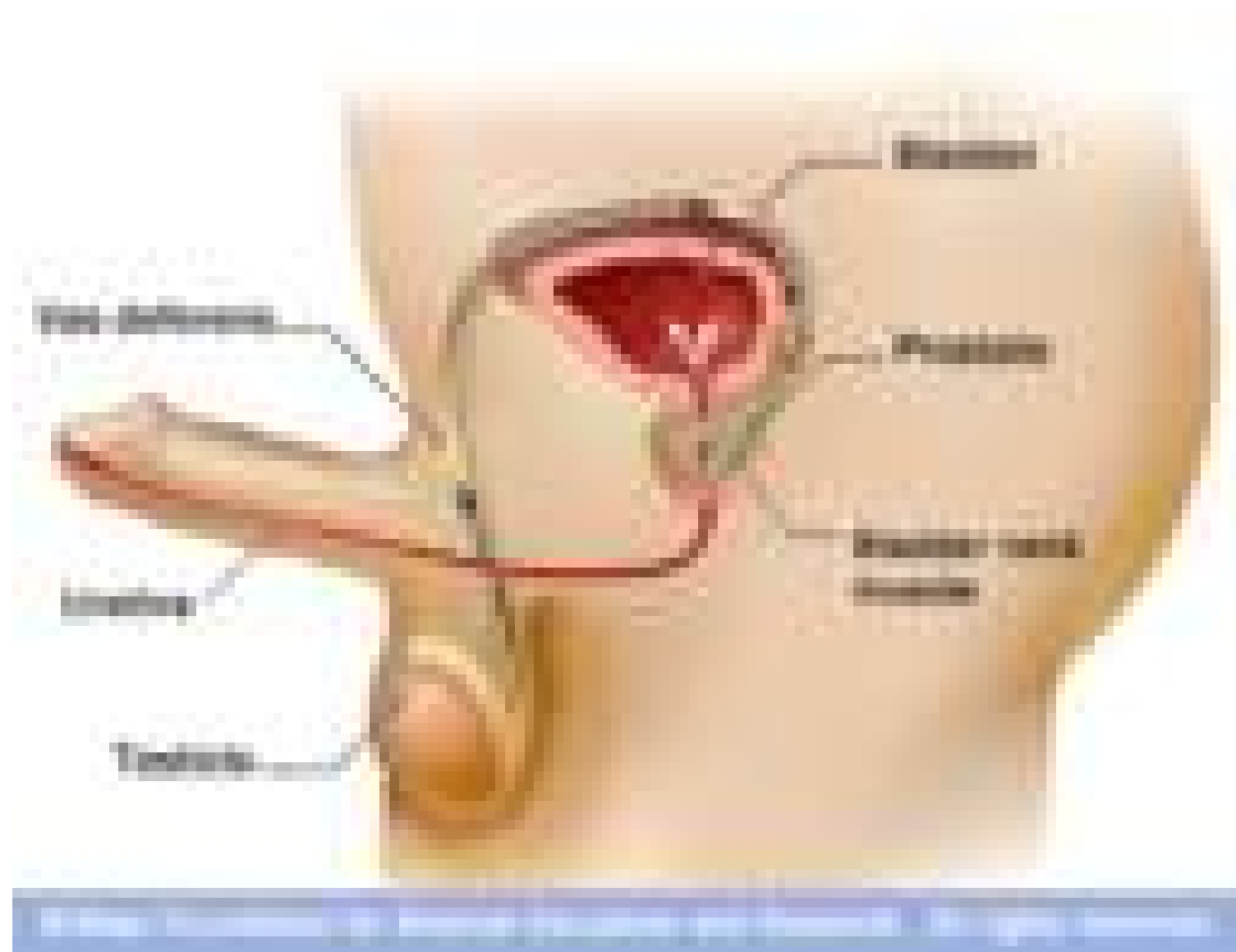
ANEJACULAREA

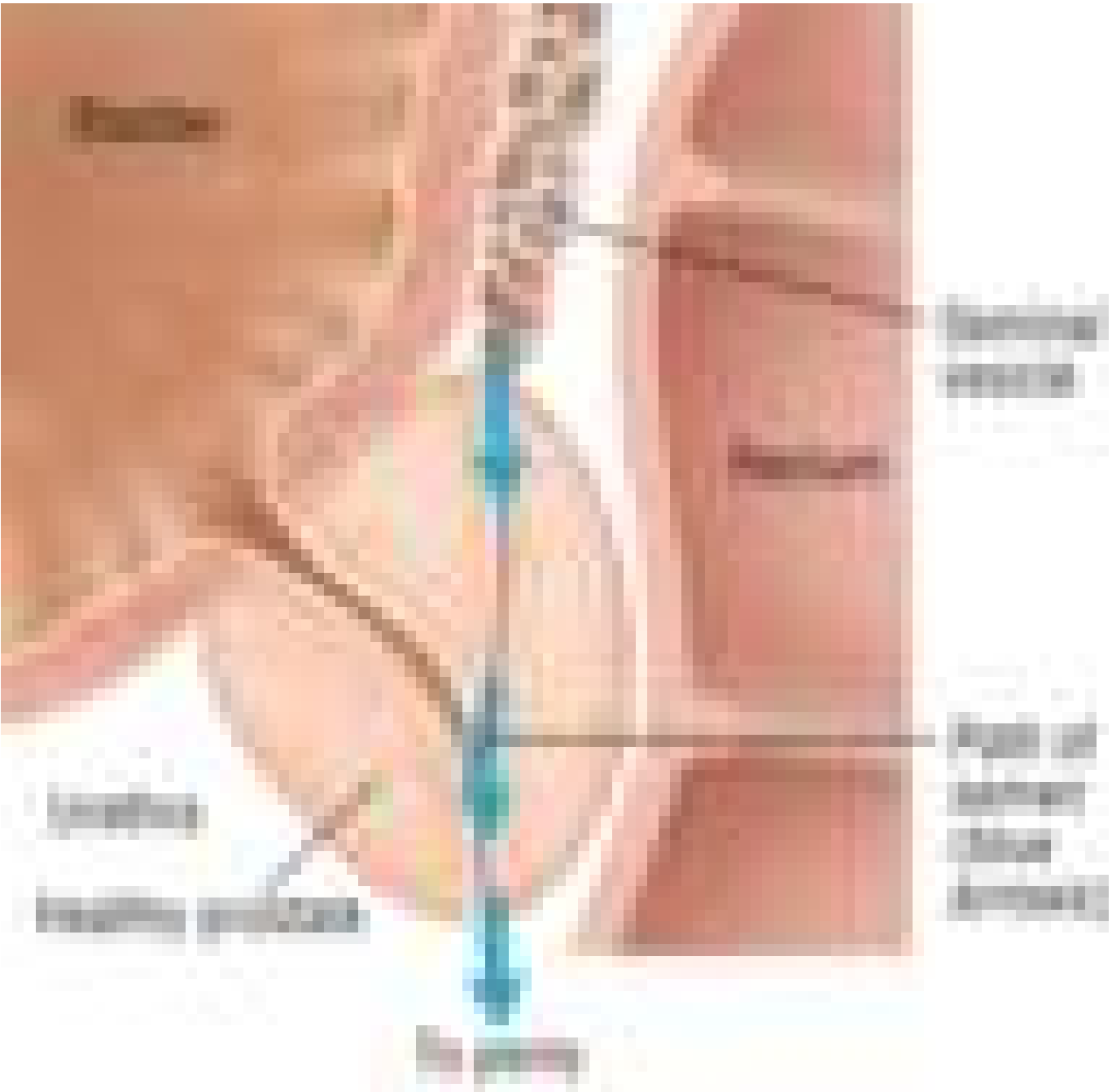
- Ejaculare tardiva, ejaculare inhibata, anorgasmie
- 75% au ejaculare postmasturbare
- ORGANOGENA sau PSIHOGENA
- Prevalenta: psihogena: 1.5/1000 barbati

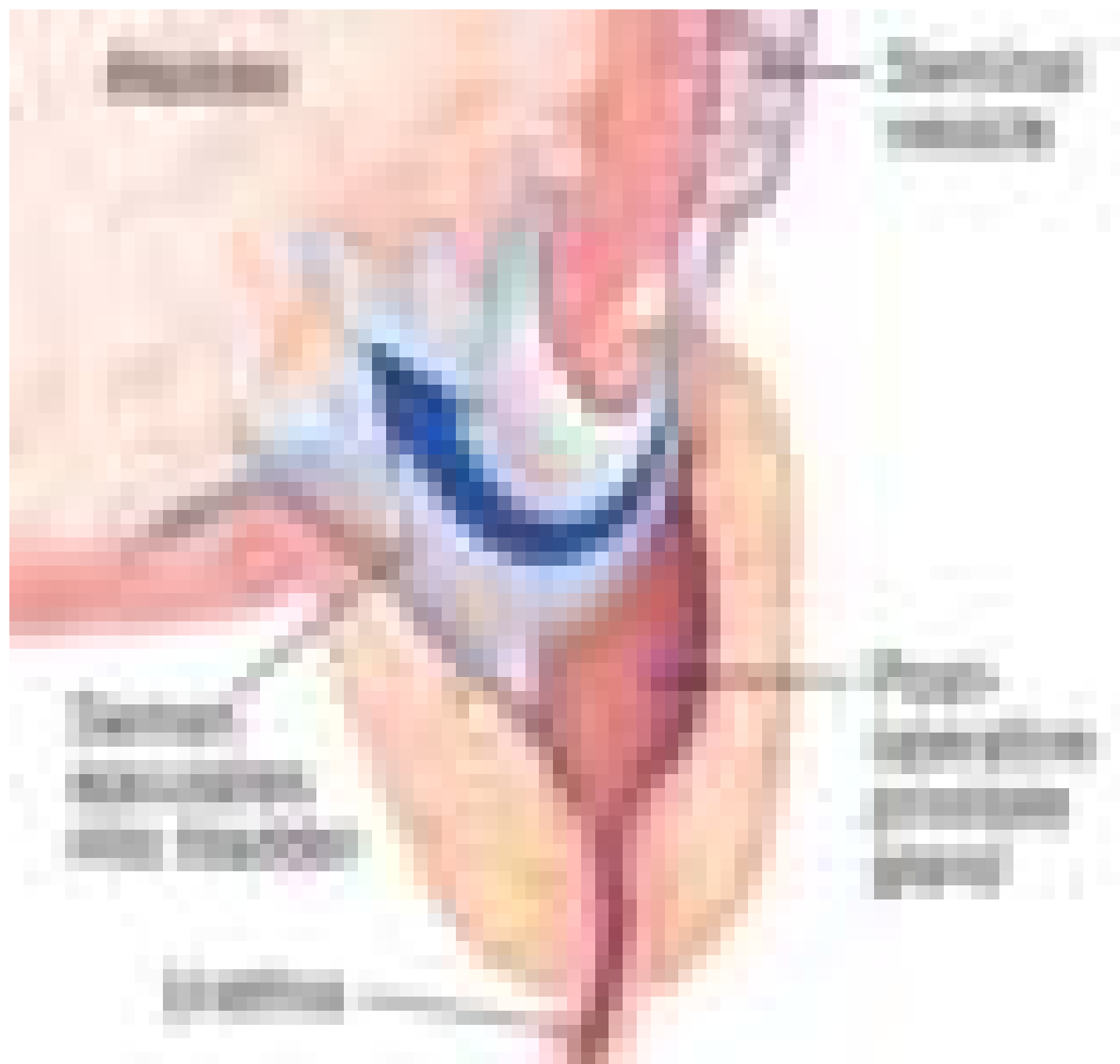
ORGANICA

- **Congenitala** chist duct Muller
anomalie duct WOLF
sd abdomen batracian
- **Anatomica** resectie transuretrala a prostatei
incizie col vezical
- **Neurologica** neuropatie diabetica autonoma
leziune canal medular
cistectomie/prostatectomie radicala
simpatectomie bilaterala
anevrism aorta abdominala
limfadenectomie paraaortica









PSYCHOGENIC CAUSES

- Autosexual orientation
 - Not manifested rage
 - Subconscious aggression
 - Fear of pregnancy
 - Betray of relational trust
 - Very religious males
 - Performance anxiety

NO real defect only psychogenic inhibition

PSIHOGENA

- Orientare autosexuala
 - Furie neexprimata
 - Agresiune subconstienta
 - Teama de sarcina
 - Inselarea increderii relationale
 - Bigoti ortodocsi
 - Anxietatea de performanta

NU defect real ci doar inhibitie psihogena

DIAGNOSTIC

- IELT > 20-30 minute + discomfortul pacientului
- Fara semne de excitare emotionala proportionala cu IELT
- Reni=untarea la actul sexual din cauza unor senzatii de nemulumire, iritare,deranj,enervare

TRATAMENT

- **FARMACOLOGIC**

- **Antagonisti 5-HT₂** Cyproheptadina 2-16 mg on demand

- **Dopaminergice** Amantadina 100-200 mg

- Apomorfina**

- Iohimbina 90 mg on demand**

- **Agonisti 5-HT₁** Buspirona 15-60 mg

- **i recaptare DOPA** Bupropion

- **PSIHOLOGIC**

- Evaluarea contextului sexual
- Reducerea anxietatii de performanta
- Interzicerea ejacularii (terapeutul preia responsabilitatea)
- Cresterea stimularii locale
- Demonstrarea ejacularii in fata partenerei

EJACULARE DUREROASA

Postvasectomie

Medicamente

Prostatite

Alte situatii

- cancer prostata

- obstructie tract urinar inferior

- calculi

- chist prostatic

DUREREA POST-VASECTOMIE

- Durerea testiculara postinterventie: f.rara
- Durere cronică: 5% la 3 luni
- Cauze
 - Congestie epididimală
 - Granulom spermatic
 - Interesarea unui nerv în tranșa vasectomiei

TRATAMENT

- Epididimo-vasostomie
- Epididimectomie
- Sectionarea nervului corzii spermaticice



PRIAPISMUL

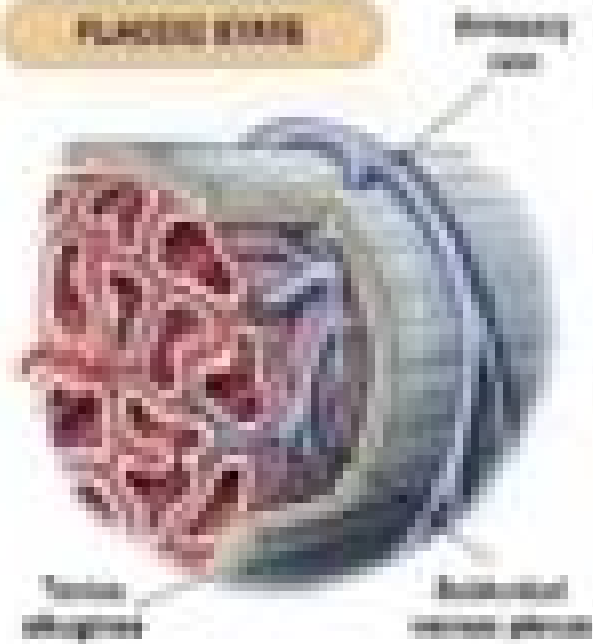
- Erectie persistenta > 4 ore
- Apare in conditiile absentei vreunui stimul sexual
- Daca este in conditii de stimulare dureaza mult dupa disparitia stimulului
- Nu este ameliorata de orgasm si ejaculare



- Priapus (Priapus) was the Greek God of fertility who is usually pictured with a massive erection.
- + This painting was discovered in the wall of a temple in Pompeii, destroyed by the eruption of Mount Vesuvius in 79 AD. It shows Priapus "weighing his erection."

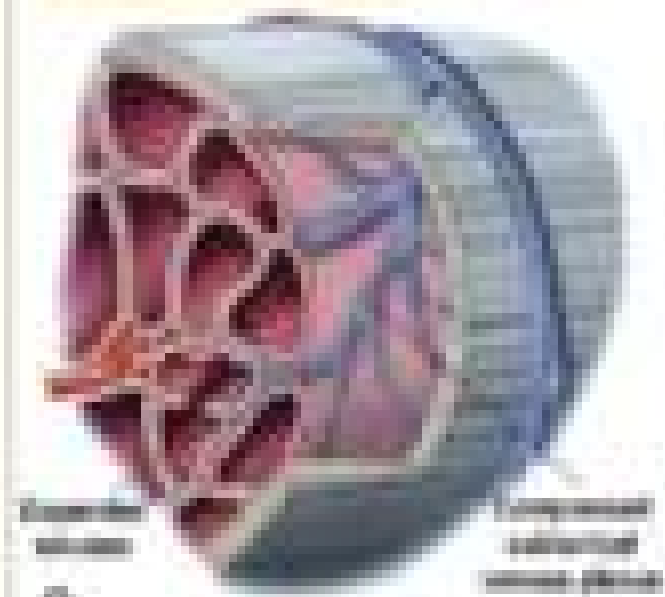


PLACENTAL STAGE



A

FETAL STAGE



B

TIPURI

ISCHEMIC

Ischemie lacunara

low Flow

ERECTIE DUREROASA

Intermitent

Staza venoasa

± boli hematologice

INTERVENTIE

ASPIRAREA SANGELUI

Adrenalina

intracavenoasa

NON ISCHEMIC

influx arterial nelimitat

high Flow

TUMESCENTA NEDUREROASA

Permanent

influx arterial

+ traumatism

CHIRURGIE

DEVIATIE ARTERIALA

embolizare arteriala



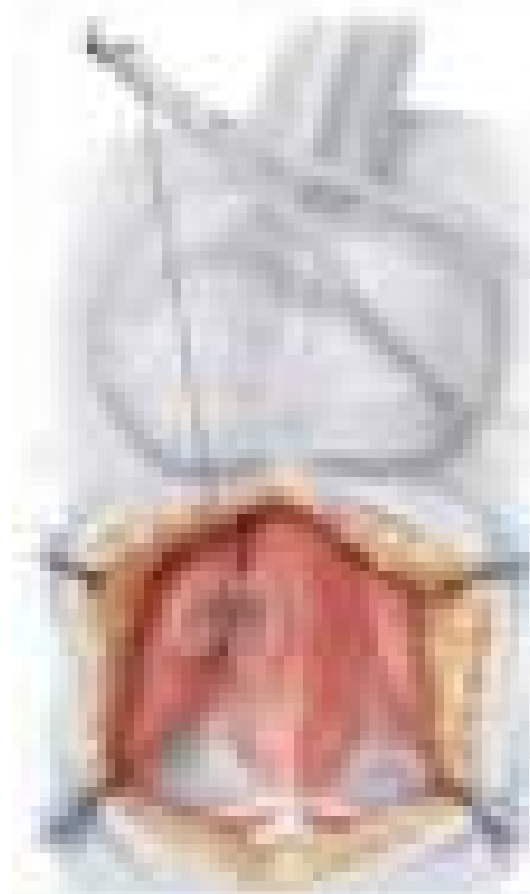
- Ischemic(low flow)
- - Etiology
 - 50% Idiopathic
 - Intracavernous therapy (papaverine, phentolamine, alprostadil)
 - Psychiatric drugs (Chlorpromazine, phenothiazine, clozapine)
 - Sickle cell disease, leukemia
 - Metastasis to corpora cavernosa

| Time Interval (hr) | Treatment |
|-----------------------------------|---|
| 0-12 | Home: encourage patient to urinate, increase fluid intake, exercise, and take oral analgesics. |
| 12-24 | Emergency department: i.v. hydration and i.v. analgesics; may also give anticholinergics (e.g., bupropion, meprobamate, or hydroxyzine) or oxygen if needed. |
| 24-48 | Intracavernosal aspiration of blood and instillation of an α -agonist (phenylephrine or epinephrine) with local anesthesia; repeat as needed. Continue i.v. hydration, analgesics, anticholinergics, and oxygen. |
| 2-12 hours if medically indicated | Surgical consult for shunt placement. |





- Proximal shunts – 1) Quackenbush Cavernoso-splenic
- 2) Barry cavernoso-dorsal
- 3) Grayhack cavernoso-saphenous



Penile prosthesis

- Significantly delayed presentations that predictably resulting in erectile dysfunction
- Early prosthesis placement recommended
- Fibrosis complicates treatment on a later date

- **Non ischemic(high flow)**
 - - Etiology
 - Trauma (rupture of branches of cavernosal artery)
 - - Unregulated increased arterial inflow.
 - - No acidosis no pain
-

Fractured penis



COMPLICATII

- Impotentia 50% din cazuri
- Fibroza legata de ischemie
- Gangrena ischemie + suprainfectie

HSDD- Dorinta sexuala diminuata

- Prezenta permanenta/recurenta a unei scaderi sau a disparitiei fanteziilor sexuale, dorintei sexuale.
- Problema determina nemulumire personala/relationala
- Disfunctia nu este secundara unei afectiuni psihiatrice de axa I.

PREVALENTA circa 5% populatia generala

HSD

| | RR |
|-----------------------|----------|
| •Consum zilnic alcool | 2.24 |
| •St. sanatate medie | 3.07 |
| •Stres | 3.20 |
| •Varsta | 0.5-10.6 |
| •Depresia | 2.0 |

PREDICTORI SEXUALI AI HSDD

- Se gandeste la sex x1/sapt 3.63
- Istoric sexual prepubertar 2.23

INDICATORI AI HSD

- Frecventa sex <1/2 sapt
- Fanteziile sexuale
- Gandurile sexuale
- Initierea activitatii sexuale

FACTORI FIZIOLOGICI

PROMOTORI

- Testosteron
- Feromoni
- Dopamina
- Afrodisiace
- Stimulare psihica
- Stimulare genitola

INHIBITORI

- Estrogeni
- PRL
- Cortizol
- Progesteron
- Serotonina
- Histamina
- Depresie

TREATMENT

- **BUPROPION 300 mg/zi**
= inhibition DOPA/NADR reuptake
- **Treatment of the basic disease**
- **Psychotherapy**
 - **Affection awareness**
 - **Cognitive therapy**
 - **Behavior interventions**

FACTORI PSIHOLOGICI

INCITANTI

- Partenera atractiva
- Stimulare erotica
- Fantezia
- Iubirea
- A face curte

INHIBANTI

- Partenera neatractiva
- Ganduri negative
- Anti-fantezii
- Emotii negative
- Stres
- Furie

TRATAMENT

- **BUPROPION 300 mg/zi**
= inhiba recaptarea DOPA/NADR
- **Tratamentul afecțiunii de baza**
- **Psihoterapie**
 - **Awarness afectiv**
 - **Terapie cognitiva**
 - **Interventii comportamentale**

BOALA LA PEYRONIE

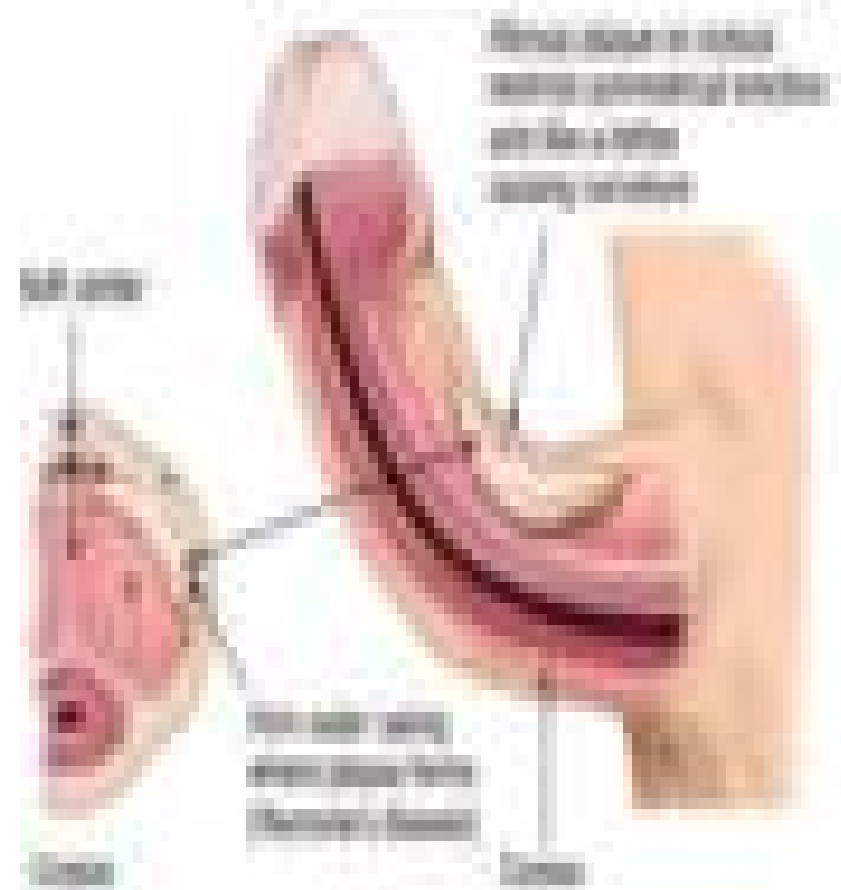


- 1743 Francois Gigot Peyronie
- Traumatisme sexual
- Bolile venerice

DEFINITIE

- Afectiune dobandita a tunicii albuginea
- Durere peniana la erectie
- Deformare peniana in timpul erectiei
- Placa palpabila
- Disfunctie erectila

Period with Papanicolaou's disease

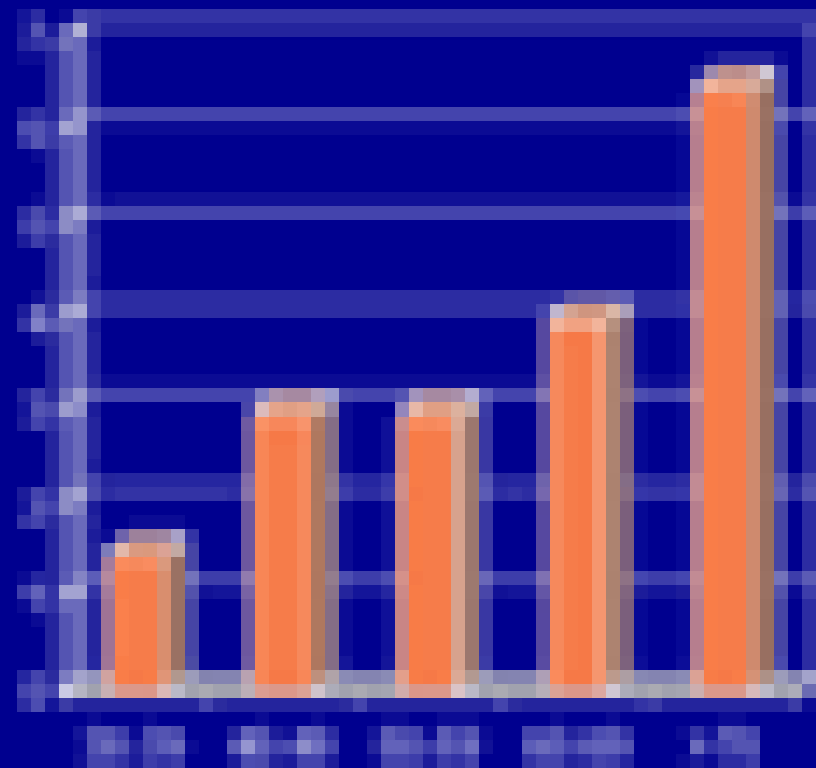


Healthy period



PREVALENTA

Prevalence



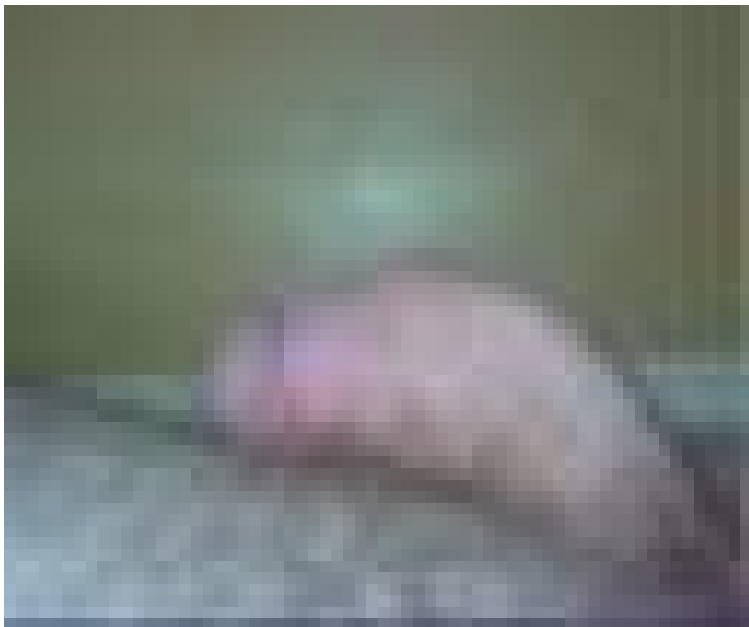
Prevalence of disease

Age

LOCALIZAREA PLACII

| | |
|---------|-----|
| DORSAL | 78% |
| LATERAL | 10% |
| VENTRAL | 10% |
| SEPTAL | 2% |

| | |
|---------------|-----|
| 1/3 proximala | 35% |
| 1/3 medie | 36% |
| 1/3 distala | 10% |
| mixt | 10% |



MECANISME PATOGENICE

< 3 luni

- **Inflamatie**
- **LT**
- **Macrofage**
- **Spatiul subtunical**

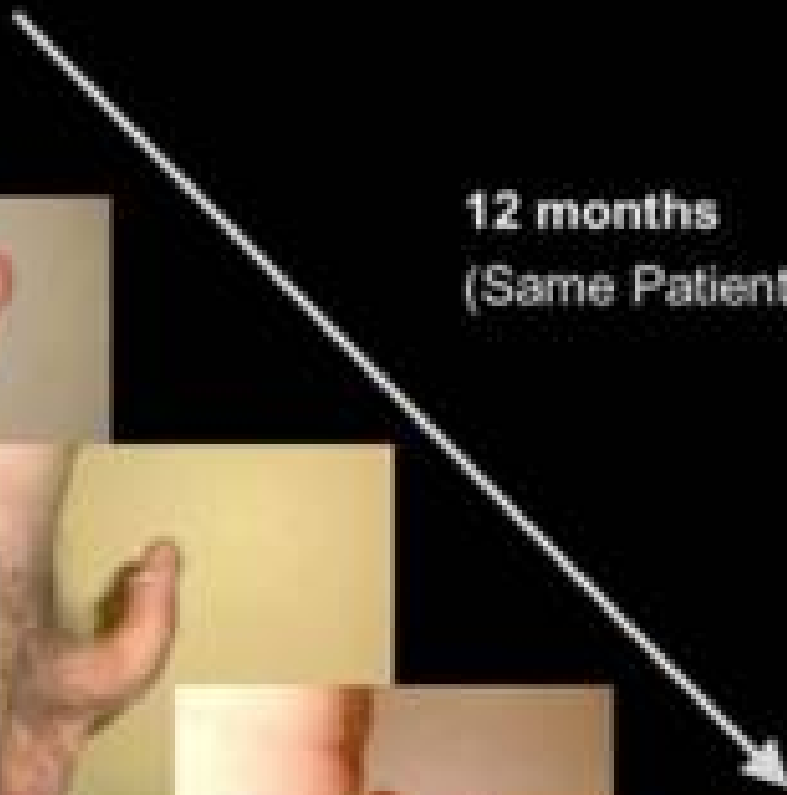
> 7 luni

- **Fibroza hialinica**
- **Tesut fibros**
- **Calcificare**
- **Tesut osos**

Traumatism/lezare secundara radicalilor liberi/microrupturi re
formare alterata de colagen/genetic/infectii



12 months
(Same Patient)



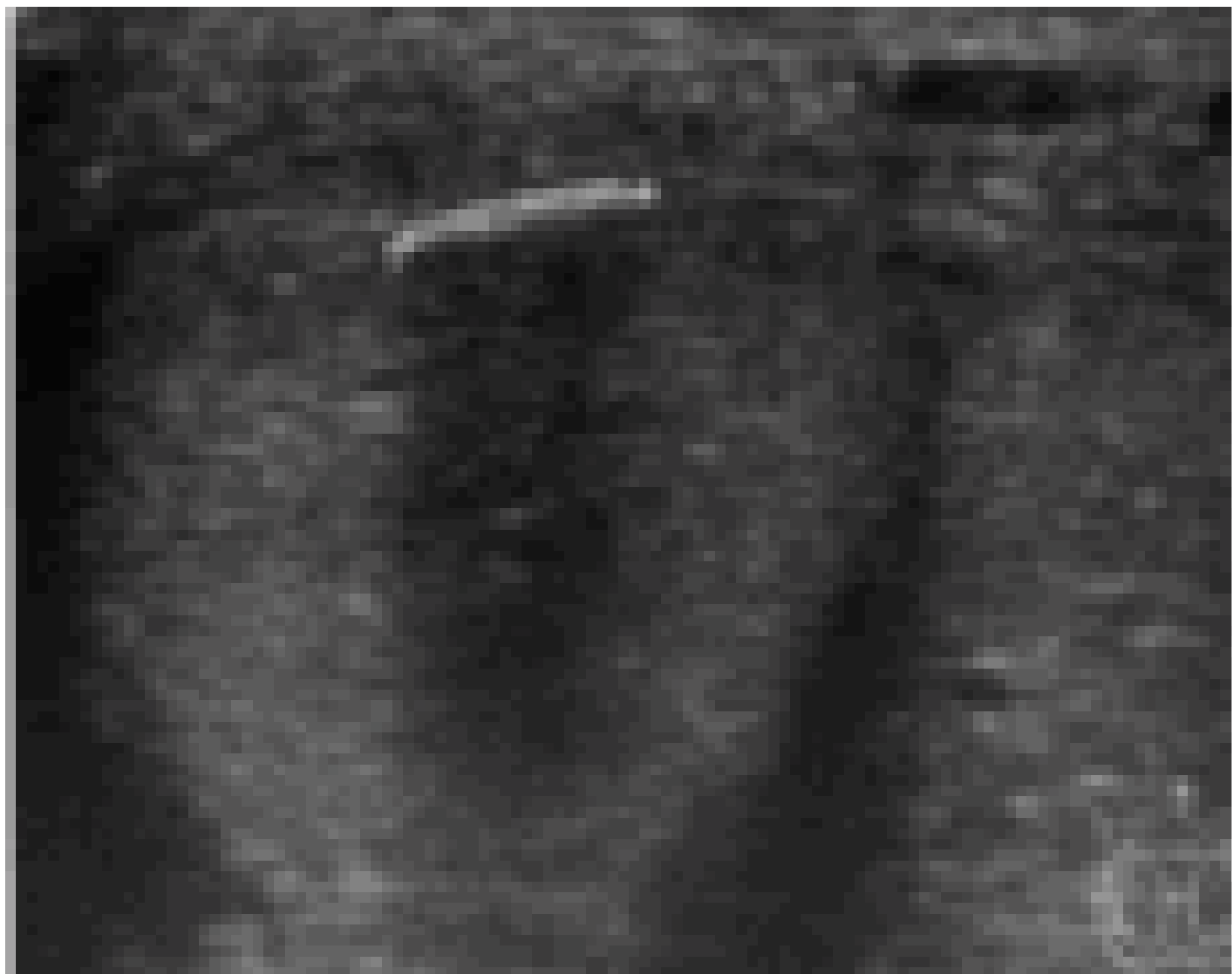
FACTORI DE RISC

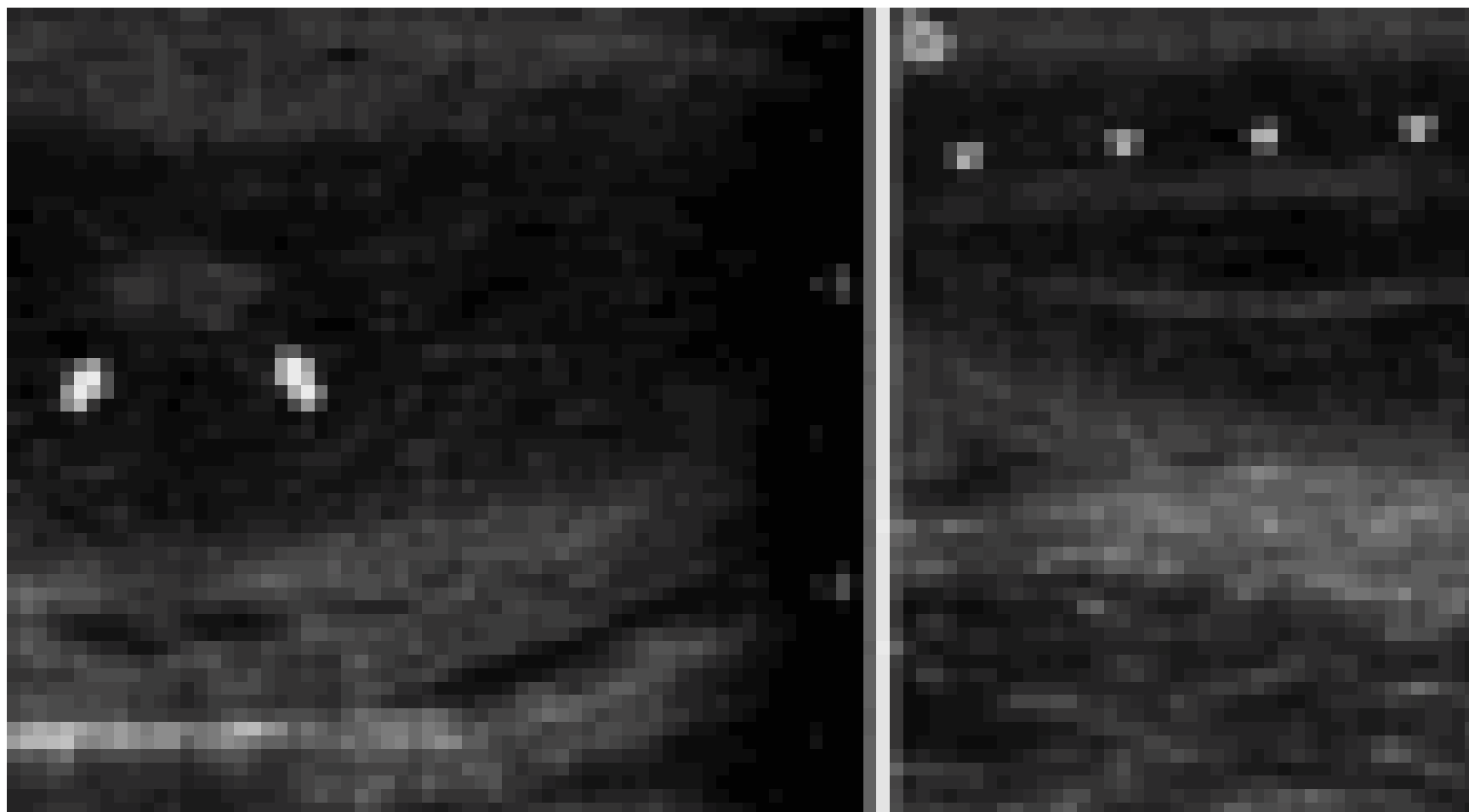
- DIABET ZAHARAT 18%
- HTA 14%
- HC 43%
- HTG 28%
- Cardiopatie ischemica 8%
- DE 54%

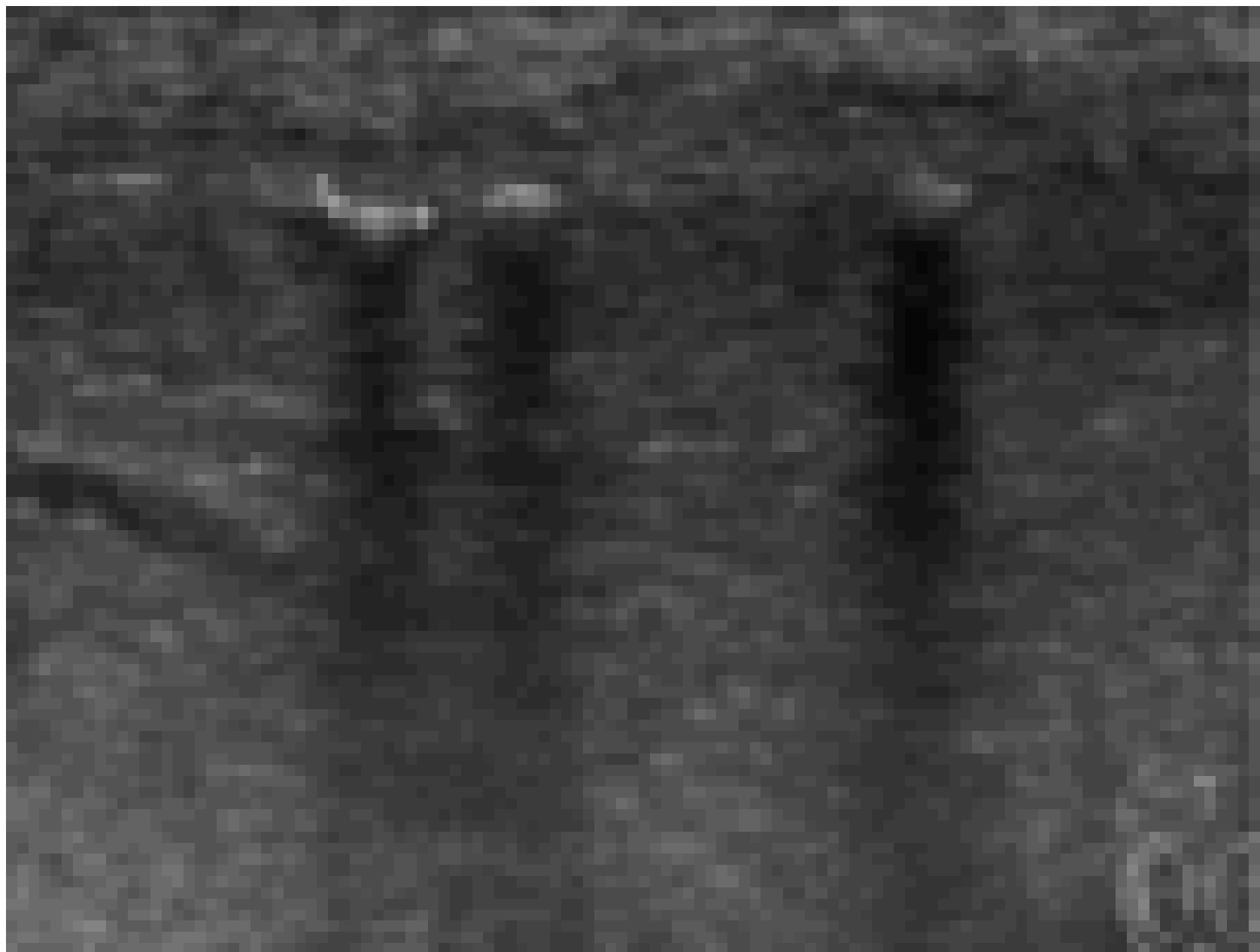
!! PATOLOGIE ENDOTELIALA

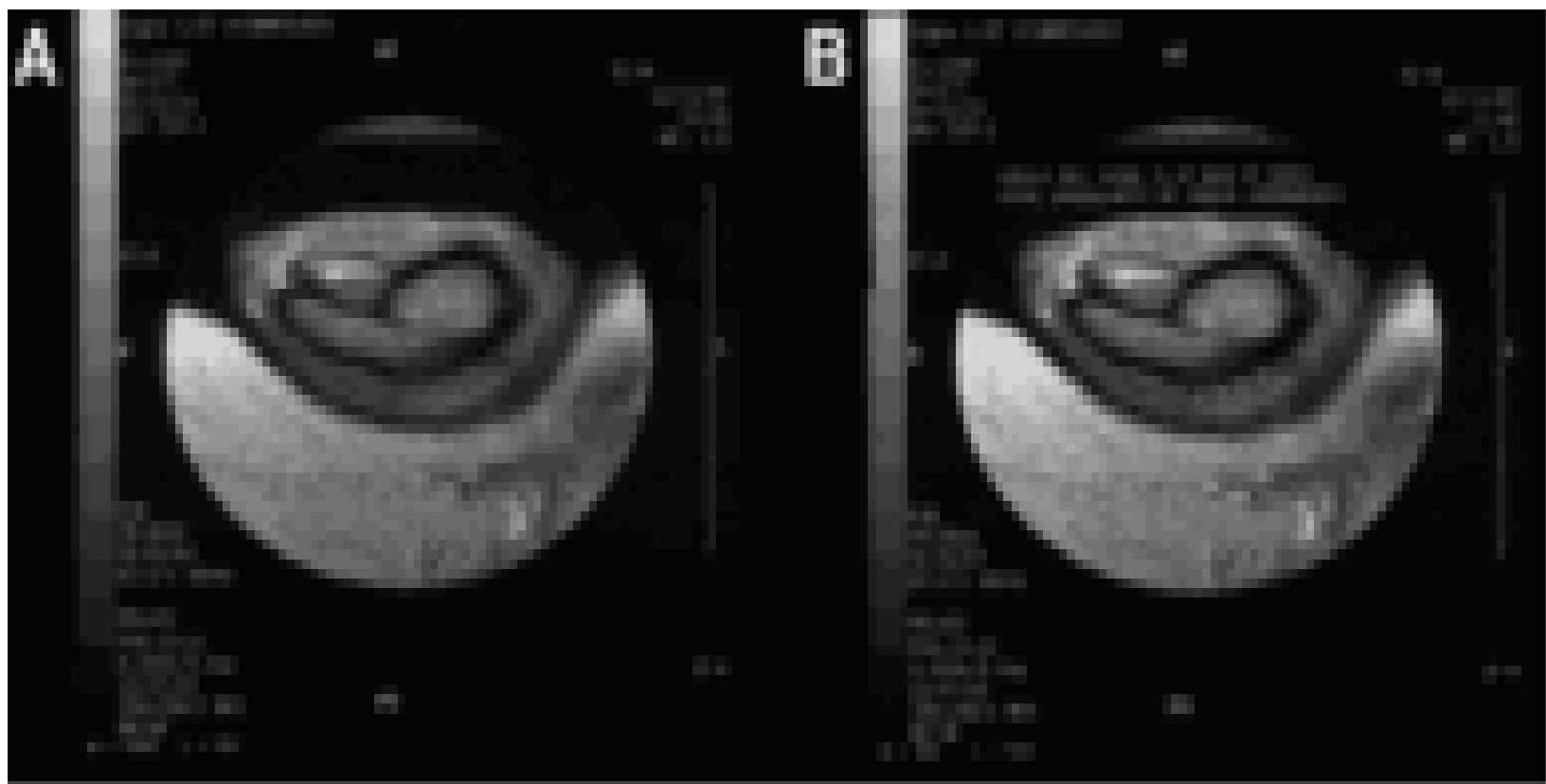
BOLI ASOCIATE CU LA PEYRONIE

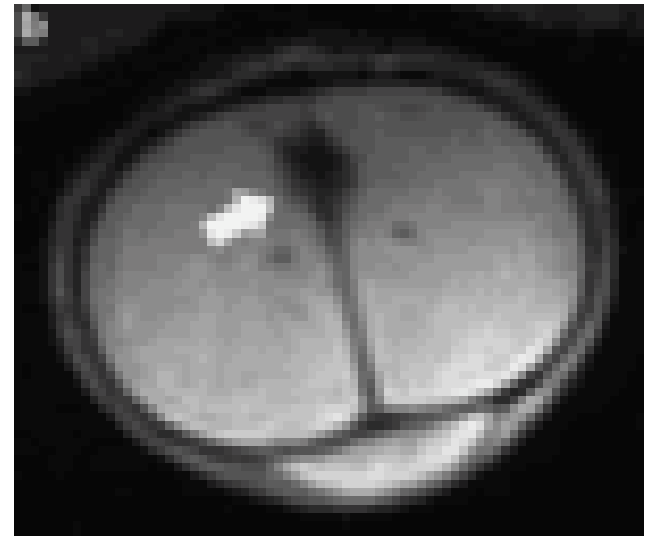
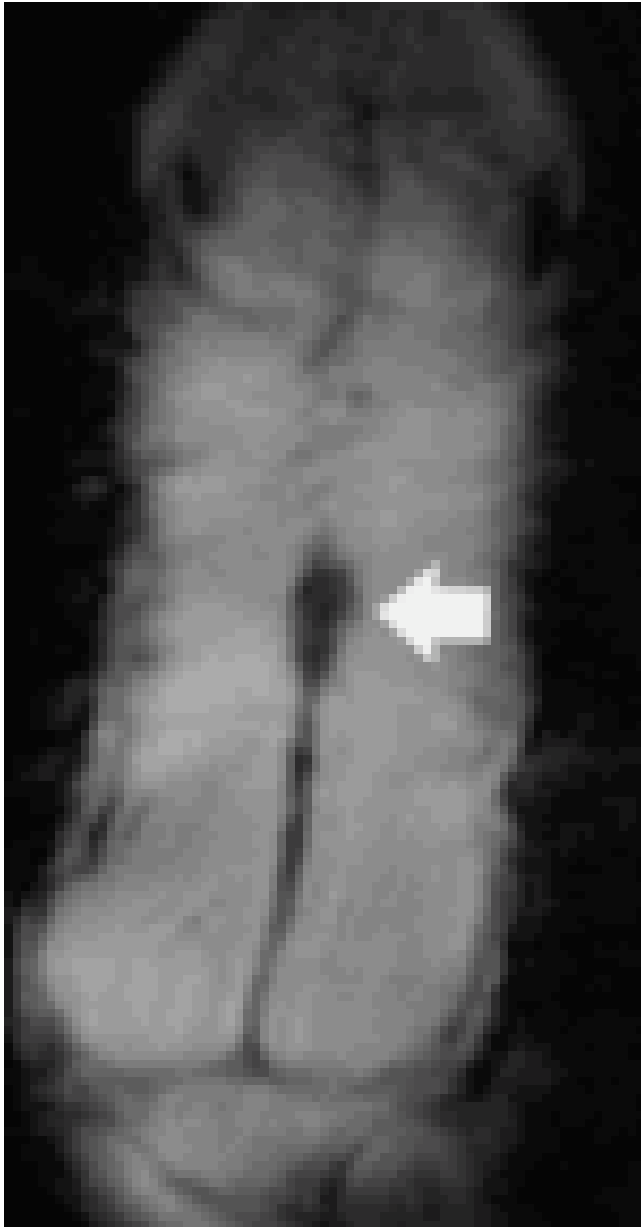
- **Boala Dupuytren**
- **fibromatoza plantara**
- **fibroza auriculara**
- **Guta**
- **Fibroza mamara**
- **Fibroza generalizata**
- **sd. Carcinoid**
- **Infectii: syphilis, gonoree, uretrita**













TRATAMENT

| Substanta | Vit E | colchicina | TMX | POTABA |
|-----------|-------|------------|------|--------|
| Durere | 75% | 95% | 80%% | 8% |
| Deformare | 12% | 30% | 34% | 20% |
| Erectie | 22% | 78% | | 25% |
| Penetrare | 41% | 75% | | 20% |
| placa | | 63% | 35% | 20% |

TRATAMENT

INTRALEZIONAL

- STEROIZI
- COLAGENAZE
- VERAPAMIL
- INTERFERON



TRATAMENT

- ESWL efecte nesemnificative
- RADIOTERAPIE + 2-9%
- IONTOFOREZA
- VACUUM
- CHIRURGIE ! Scurtarea penisului

1 cm = 10°

angularea medie = 68°



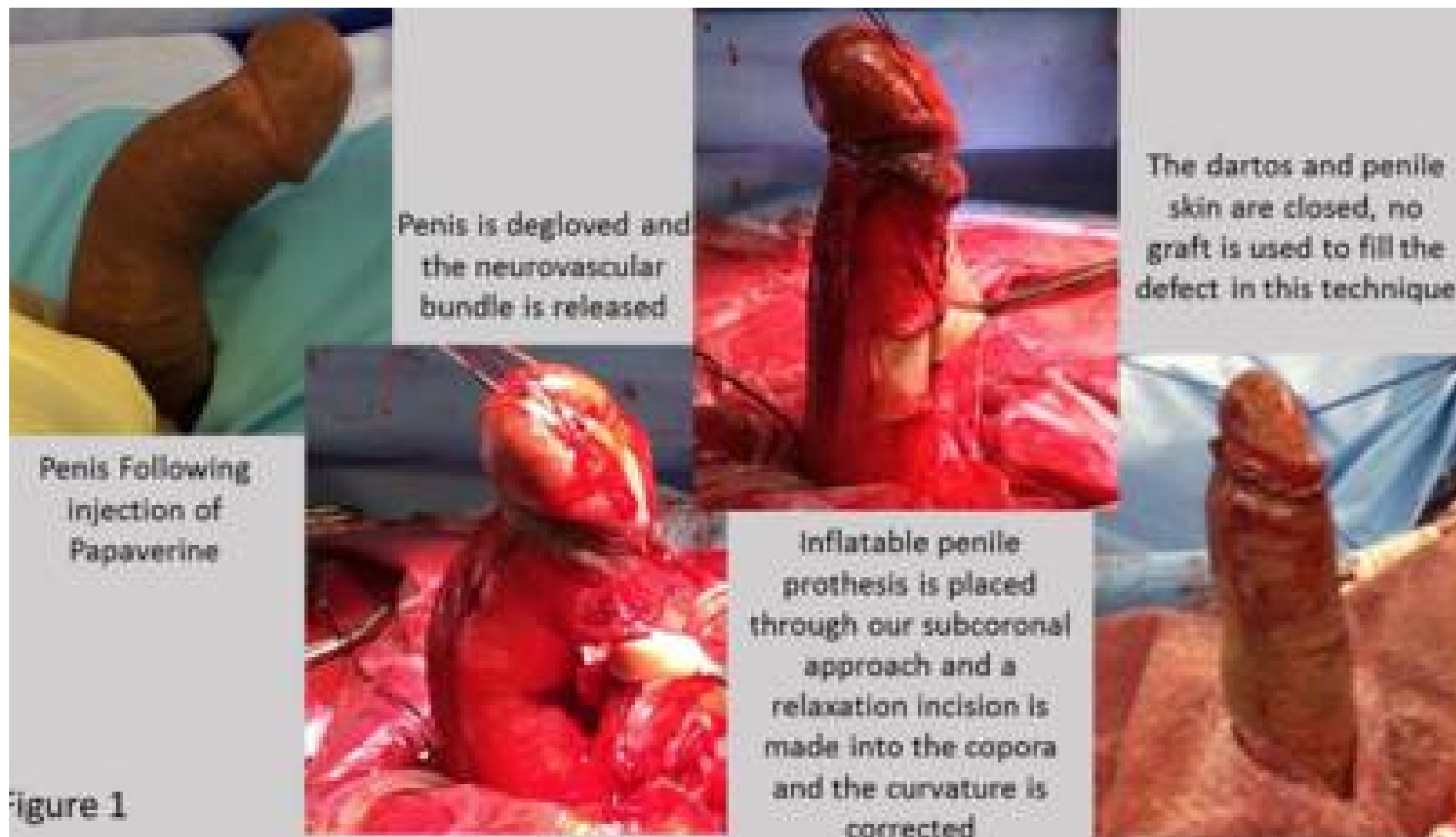


Figure 1

