CHAPTER 2

CURRENT APPROACHES TO THE TREATMENT OF ERECTILE DYSFUNCTION AND PREMATURE EJACULATION

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INTRODUCTION

Today, with the advancement of healthcare practices, life quality is steadily increasing. The prevalence of sexual dysfunction in men increases with advancing age. These sexual dysfunctions reduce the pleasure experienced by both partners during sexual intercourse and negatively impact a person's quality of life, happiness, and self-confidence. Research indicates that premature ejaculation and erectile dysfunction are among the most common sexual dysfunctions in men. The co-occurrence of these two disorders is also significant. Today, lower-dose, faster-acting treatments are gaining prominence to improve patient comfort. Rapid effects and increased patient comfort are not possible with traditional dosage forms. Innovative dosage forms offer the same effect with lower doses while also offering the added advantage of improved patient comfort. Numerous studies are underway to address these disadvantages of traditional dosage forms. These innovative dosage forms include rapidly disintegrating tablets (ODT), rapidly disintegrating strips/films (OTF), and chewable gel tablets (gummies), which can be taken without water and easily administered at any time of the day. These new approaches to the treatment of sexual disorders are expected to enhance patient comfort with today's technology in sexual health.

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A study by Zhang et al. evaluated the effect of acupuncture treatment on PE. When acupuncture treatment alone was compared to SSRIs, no significant increase in ejaculation time was reported, while when used in combination with SSRIs, a more beneficial outcome was reported compared to monotherapy. (65)

CONCLUSION

Male sexual dysfunction affects a person's health and quality of life. ED and PE are the most common disorders in the global population. Thoroughly investigating patients for the coexistence of ED and PE, developing treatments accordingly, and addressing the disadvantages of existing treatment modalities will increase overall treatment success. Therefore, combination formulations of medications used in the treatment of ED and PE should be developed. Patient compliance should be increased by eliminating the disadvantages of traditional dosage forms, such as difficulty in use, delayed onset of effects, and the high dose required to achieve the desired effect. Nanotechnology should be applied to improve the solubility and bioavailability of existing pharmaceutical agents, enabling innovative dosage forms to be formulated. This allows for earlier onset of effects and ease of use. Furthermore, reducing the dosage administered in commercial products increases profit margins for manufacturers and reduces the likelihood of toxic and side effects in patients. Furthermore, the frequency of coexisting conditions should not be overlooked, and combination medications should be offered in innovative dosage forms.

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