

Men's Health + Wellness

» BEYOND THE BLUE PILL: INNOVATION AND ADVANCEMENTS IN THE TREATMENT OF ERECTILE DYSFUNCTION

Erectile Dysfunction (ED), or impotence, is a surprisingly common condition among American males experienced by nearly 30 million men. While that statistic is alarming, the most unsettling fact is that 90% of those suffering from ED do not seek treatment out of embarrassment or due to a lack of information about possible treatment options. This trend is drastically changing.

Increasingly, men and their significant others are demonstrating courage to seek information and solutions to this troubling condition. In the years following the advent of medications such as Viagra®, the need and willingness to openly discuss ED gained momentum. Now, millions of men have tried these medications in an attempt to improve their erectile function and regain intimacy in their lives. While this option has proven successful for many, for approximately 30-40% of these men this method of therapy is not effective. For this group of men it's important for them to know there are a wide variety of other treatment options available such as Vacuum Erection Devices (VED), penile injection therapy, urethral suppositories, or the implantation of an inflatable penile prosthesis. No matter the individual's condition, there are solutions available.



For some men and their significant others, a small internal pump or inflatable penile prosthesis may provide the best option. The inflatable prosthesis is a relatively unrecognized treatment option despite it being a highly successful option for men who have failed conservative therapies. This option continues to demonstrate the highest levels of patient and partner satisfaction (94-98% satisfaction rates). An inflatable penile pump is a water-filled device that is placed with a small opening in a 45-minute procedure. By squeezing the pump, which is entirely contained in the scrotum, fluid is transferred to the penis resulting in an erection. To return the penis to its non-erect state, simply depress the touch pads on the pump. After it's placed there are no prescriptions to fill and no ongoing maintenance of the pump. The device does not alter normal sensation, ejaculation or sexual pleasure; nor does it interfere with urination. It simply provides rigidity on demand. With enhancements to these devices, infection rates are less than 1% and mechanical failures are rare.

The treatment of erectile dysfunction has undergone significant advancement over the last decade. Thankfully for the millions of men who haven't experienced success with oral medications like Viagra®, the innovations have not been limited to pharmaceutical options. Take the first step and ask your physician to help you find the right solution for Erectile Dysfunction.

Daniel Martinez, M.D.

Fellowship Trained in Sexual Medicine



Dr. Daniel R. Martinez is the newest Urologist to join the Urology Specialty Care group. He is fellowship trained in Sexual Medicine, Andrology and Male Infertility. His clinical/surgical focus includes treatment of male and female sexual dysfunction, including erectile dysfunction (ED) and Peyronie's disease (PD). He will be offering the newest techniques in penile prosthesis implantation for the treatment of ED. For the treatment of PD, he will be offering Xiaflex injections, penile plication and plaque excision with patch grafting. He offers the newest therapies for the treatment for hypogonadism, including Testopel and Aveed. For male/female incontinence and voiding dysfunction, he offers male slings, artificial urinary sphincters and Interstim therapy. He is trained in the newest treatment techniques for benign prostatic hypertrophy, including the Urolift. For male infertility he provides the newest techniques in vasectomy reversals, in addition to sperm aspirations/retrieval.

Dr. Martinez is also very active academically as a Clinical Instructor with Florida International University Herbert Wertheim College of Medicine. He has been published in over 25 peer-reviewed journals and a presenter in greater than 50 abstracts at regional, national, and international meetings on many urologic topics. He also holds multiple patents in the Urologic subfields of Sexual Medicine, Andrology and Male Infertility. He holds active memberships in the American Urological Association (AUA), Southeastern Section of the AUA, Sexual Medicine Society of North America and the Florida Urological Society.

Dr. Martinez is a native to the area, born and raised in Miami Dade County, attending Epiphany Catholic School and Belen Jesuit Preparatory. He subsequently earned a Bachelor of Science in Chemistry with an emphasis in Biochemistry from the University of Florida, where he was part of the University Scholars Program and cofounder of the community service group, "Lending Hands". His undergraduate career was followed by the completion of a Medical Degree from Boston University School of Medicine, where he published a number of manuscripts and presented numerous abstracts at Urologic symposiums. He completed his urology residency at the University of South Florida Morsani College of Medicine, including a year as Administrative Chief. Afterwards, he acted as a Clinical Instructor for the University of South Florida Health, Department of Urology, and completed a Clinical Fellowship in Sexual Medicine, Andrology and Male Infertility.