

Impotence

A male, 48, presented complaining of impotence. This problem had been coming on gradually over the last 2½ years: he was finding it more and more difficult to get an erection. He could get one initially and then lost it before penetration. At present he has sex once every 5-6 weeks; previously it was 2-3 times a week.

He found that this issue was better first thing in the morning, but he felt less sexual as the day went on. He complained of general fatigue, but claimed that he was not prone to the effects of stress.

Impotence

Apparently his wife was sympathetic but not particularly concerned.

He had been visiting a consultant in Harley Street who claimed that his testosterone levels were low and had been giving him testosterone injections, but to no effect.

Impotence

PMH

- Mastoidectomy 15 years ago because of infection: is deaf in right ear.
- Used to have sinus problems, but these have now improved.
- Had chest problems in the past as a result of heavy smoking – has been free of these for 10-15 years.

Impotence

Social history

- Works as a psychiatric nurse with mentally handicapped patients, which involves night duty: 3 nights on, 3 off. (However, his problem began 6 months before he started doing night duty.)
- Has a 'very occasional drink'.
- Plays golf 3 times a week.

Impotence

Diet

- Breakfast: Porridge/beans on white toast with margarine
- am: Sometimes an apple
- Lunch: Shredded wheat/fish fingers and beans
- pm: (Possibly) biscuits
- Dinner: Chicken + carrots/runner beans/swede/potatoes
- Drinks: 6 cups of tea with sugar/day + 1 pint of water
- Snacks: plenty of apples

Impotence

GIT

- Good appetite
- Prone to slight constipation, but has bowel movement almost every day
- Some blood in stools, possibly from haemorrhoids

NS

- No headaches
- Sleeps well

Impotence

Physical exam

- BP 130/100
- Very cold feet and knees, but hands warmer
- No abdominal sensitivity
- Varicose veins on legs

Impotence

Prescription

1. Tincture/fluid extract

Serenoa repens (Saw Palmetto)

Turnera diffusa (Damiana)

Crataegus oxyacantha (Hawthorn)

Zingiber off. (Ginger Root) – 3 times daily

2. *Valeriana off.* (Valerian) – 2 caps. 3 times daily

Advice: Eat more veg; use wholemeal bread; reduce sugar

Impotence

Rationale

- Serenoa: Male tonic, spasmolytic, inhibits conversion of testosterone to DHT
- Turnera: Male tonic, inhibits aromatase activity
- Crataegus: Strong alphasymphatholytic (digestive, CV, respiratory), antihypertensive
- Zingiber: Stimulant of glucocorticoids, testicular androgens, and T4; circulatory stimulant
- Valeriana: Sympatholytic, hypotensive

Impotence

2 weeks later

- Has slightly more energy and feels better in self
- Had more erections, can have intercourse with no problem
- Constipation slightly worse, with cramp and flatulence in morning

Treatment

- Repeat Rx1
- Recommended Linusit for constipation

Impotence

Another 2 weeks later

- Not so good this time: only one erection
- Found Linusit very effective for constipation
- BP 130/100

Impotence

Prescription

1. *Serenoa repens* (Saw Palmetto)

Turnera diffusa (Damiana)

Crataegus oxyacantha (Hawthorn)

Zingiber off. (Ginger Root)

Valeriana off. (Valerian) – 3 times daily

+ recommended pelvic floor exercises + hot/cold sitz baths to aid circulation

Impotence

Another 3 weeks later

- Big improvement: feels like sex 3 times a week
- Bowels working well with Linusit
- Overall more energetic
- BP 128/85

Repeat prescription.