

New sexual health medication guidelines released on ED treatment



New guidelines have been released on how to combat the [sexual health](#) disorder erectile dysfunction (ED).

The document was put together from the results of 130 trials which tested oral phosphodiesterase (PDE-5) inhibitors alone or mixed with another type.

Sexual performance using this type of treatment was successful in a significant number of cases and as a result physicians have been informed that it should be the first part of patient's therapy.

Dr Amir Qaseem, a senior medical associate at the American College of Physicians, which published the guidelines, commented that patients were at liberty to decide what type of PDE-5 treatment they could afford or prefer.

"The evidence is insufficient to compare the effectiveness or adverse effects of different PDE-5 inhibitors for the treatment of ED because there were only a few head-to-head trials," continued Dr Qaseem.

Recent research at the Children's Hospital Boston indicated that employing a short questionnaire called CRAFFT in medical facilities could help to identify young people with potential sexual health problems by finding out if they are involved in substance or alcohol abuse.

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<http://www.privatehealth.co.uk/news/october-2009/new-sexual-health-medication-guidelines-32000/>