

Mayo Clinic Minute

Don't get tricked into bogus erectile dysfunction treatments

Video	Audio
	Roughly 50 percent of men will experience it at some point, but zero percent of men want to talk about erectile dysfunction.
00:00:58 DR. TOBIAS KOHLER:	"The vast majority of men will experience problems with erection sometime in their lifetime."
	Dr. Tobias Kohler, a Mayo Clinic sexual health expert, says there are excellent treatments available, but too often he sees patients waste hundreds or even thousands of dollars on so-called natural remedies or "magical" cures that do absolutely nothing to help the problem.
00:06:05 TOBIAS KOHLER, M.D. UROLOGY Mayo Clinic	"Specific things that I'm asked about now are shockwave therapy to the penis, platelet-rich plasma, stem cell therapy. They all have kind of a magical sound to them kind of appeal. These are unproven treatments for which men are being asked to pay thousands of dollars for, which don't help them."
	Instead, Dr. Kohler says just talk to your health care provider who can give you a scientifically proven treatment that may even be covered by insurance and who can also help treat whatever's causing erectile dysfunction.
00:00:34 DR. TOBIAS KOHLER:	"It's often a sign of underlying medical problems – heart disease, depression, diabetes, etc. – but excellent treatments exist."
	For the Mayo Clinic New Network, I'm Ian Roth.