

Abstract

Aging Male. 2008 Dec;11(4):167-70.

Salvage therapy trial for erectile dysfunction using phosphodiesterase type 5 inhibitors and vitamin E: preliminary report.

Kondoh N, Higuchi Y, Maruyama T, Nojima M, Yamamoto S, Shima H.

Department of Urology, Hyogo College of Medicine, Nishinomiya, Japan.

OBJECTIVE: We report our initial experience with salvage therapy for low responders to PDE-5 inhibitors by adding vitamin E.

METHODS: Of 89 patients with ED who visited our clinic between January 2004 to August 2006, 9 were unable to obtain a full response to a PDE-5 inhibitor and included in the present study. After providing informed consent, each was given 300 mg per day of alpha-tocophenol at least 1 month and completed IIEF-5 questionnaires to assess its efficacy while also taking a PDE-5 inhibitor.

RESULTS: With alpha-tocophenol administration, the average IIEF-5 score increased from 13.8 +/- 3.2 to 17.1 +/- 3.6. Four of seven patients who completed the questionnaire each time showed improved IIEF-5 scores, with a maximum elevation of 9 points. Further, eight of the nine patients experienced favourable subjective changes, the majority being increased penile rigidity.

CONCLUSIONS: The present clinical trial results are, to our knowledge, the first known to show the effects of vitamin E for enhancing the efficacy of a PDE-5 inhibitor.

PMID: 19172547

