



**CHL-Hospitals**  
INDORE

**ManipalAnkur**  
ANDROLOGY & REPRODUCTIVE SERVICES

**CURED**

Cardiac Unrest  
& Erectile  
Dysfunction



What is  
Mens Health  
Vascular  
risk preventive  
health care  
management

Who  
should  
get this  
evaluation?

- Gender based medicine is a new concept across the world.
- Till date the focus of preventive medicine programs has been on women's health.
  - There has been no focus on prevention of male health risks and mortality.
- Indian men particularly are more prone for vascular risks due to high incidence of diabetes, hypertension, abdominal obesity, work stress, life style and genetic causes.
- Several studies have shown that the earliest sign of vascular disease is erectile deficiency. Penile vascular disease sets in 2-3 years earlier than the coronary or other major vascular disease.
  - More than 30% of these men are more prone for a serious cardiac event and these men can be diagnosed with modern technology and the pathological process modified, reversed or intervened.

### **Men's Health Screening** **Early detection of vascular / endothelial disease**

#### **Identification of**

- Moderate Risk Patients
- High Risk Patients

#### **SELF Evaluation Tools for assessment of erection quality**

- IIEF5
- Psychological risk assessment
- QOL assessment
- SHIM
- ED comorbid factor assessment
- Categorize the risk as psychogenic / organic

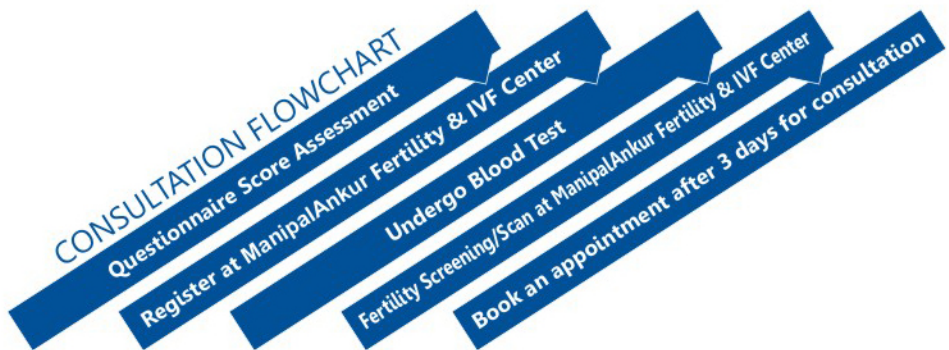
#### **Only if Organic (Moderate to Severe) patient will need evaluation**

- Organic Erectile Dysfunction
- High Risk
- Moderate Risk

Name	Patient Profile	Diagnostic Tools	Rates
Basic Screening	Moderate risk patients	<ul style="list-style-type: none"> <li>Testosterone Total &amp; Free, E2, Lipid Profile, FBS, CBC, TSH, Serum Creatinine</li> <li>Assess Waist-Hip ratio, BMI - Metabolic syndrome assessment</li> <li>Framingham lipid based risk core assessment</li> </ul>	Rs 2,500/-
Advanced Screening	High risk patients	<ul style="list-style-type: none"> <li>Testosterone Total &amp; Free, E2, Lipid Profile, FBS, CBC, TSH, Serum Creatinine</li> <li>Assess Waist-Hip ratio, BMI - Metabolic syndrome assessment</li> <li>Framingham lipid based risk core assessment</li> <li>Carotid femoral pulse wave velocity assessment</li> <li>Aortic augmentation Index assessment</li> </ul>	Rs 3,500/-

**NOTE**

Additional assessment via Penile Doppler & Vendys by UroAndrologist if concerned about ED.  
 Test positive group will need further assessment by cardiologist.



# The International Index of Erectile Function (IIEF-5) Questionnaire

## OVER THE PAST 6 MONTHS:

1. How do you rate your confidence that you could get and keep an erection?	Very low 1	Low 2	Moderate 3	High 4	Very High 5
2. When you had erections with sexual stimulation, how often were your erections hard enough for penetration?	Almost never/never 1	A few times (much less than half the time) 2	Sometimes (about half the time) 3	Most times (much more than half the time) 4	Almost always/always 5
3. During sexual intercourse, how often were you able to maintain your erection after you had penetrated (entered) your partner?	Almost never/never 1	A few times (much less than half the time) 2	Sometimes (about half the time) 3	Most times (much more than half the time) 4	Almost always/always 5
4. During sexual intercourse, how difficult was it to maintain your erection to completion of intercourse?	Extremely difficult 1	Very difficult 2	Difficult 3	Slightly difficult 4	Not difficult 5
5. When you attempted sexual intercourse, how often was it satisfactory for you?	Almost never/never 1	A few times (much less than half the time) 2	Sometimes (about half the time) 3	Most times (much more than half the time) 4	Almost always/always 5

### IIEF-5 scoring:

The IIEF-5 score is the sum of the ordinal responses to the 5 items.

- 22-25 : No erectile dysfunction
- 17-21 : Mild erectile dysfunction
- 12-16 : Mild to moderate erectile dysfunction
- 8-11 : Moderate erectile dysfunction
- 5-7 : Severe erectile dysfunction

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