



## Workshop in Sexual medicine by ISSM Programme

### Session 1 - Introduction and Assessment

12.00 – 12.30

**Introduction - What is sexual dysfunction**

#### History taking in Sexual medicine – Tips and tricks

12.30 – 12.50

##### **Obtaining a Sexual History**

*Avoiding judgments [cultural sensitivity] / making it easy for patients to share sensitive information / methods of asking difficult questions / involving partners and Validated instruments (male: IIEF, SDS-R, EHS; female: FSFI, SDS-R, DSDS)*

12.50 – 13.05

##### **Male physical exam in sexual medicine**

*Penis (Peyronie's disease), prostate, testicles/epididymides, habitus/body form/shape, breast*

13.05 – 13.20

##### **Female physical exam in sexual medicine**

*Vulva, vestibule, clitoris, vagina, body habitus*

13.20 – 13.50

##### **Questions and answers**

13.50 – 14.10

**Break**

## Session 2 - Male Sexual Dysfunction

### Erectile dysfunction

- 14.10 – 14.40      **Erectile dysfunction and oral treatment**  
*Definition of ED, diagnosis, prevalence, oral treatment.*
- 14.40 – 14.55      **Intracavernosal Injection Therapy**  
*Introduction to IC therapy, how to administer, specific patient instructions, how to store, adjust dose, dosing, troubleshooting (variable responsiveness, pain, prolonged erection/priapism)*
- 14.55 – 15.10      **Penile Prosthesis**  
*Who are appropriate candidates, when to refer, what it is, how performed (high level), outcomes, recovery, satisfaction for patient and partner, sensitivity/orgasm, sexual function after surgery, and complications*
- 15.10 – 15.40      **Orgasmic and ejaculatory dysfunctions**  
*PE, delayed ejaculation. Definitions, prevalence and treatment pharmacological and non-pharmacological*
- 15.40 – 16.10      **HSDD and low testosterone**  
Low testosterone in men / hypogonadism – diagnosis, symptoms with focus on sexual symptoms. Testosterone therapy: Appropriate candidates (brief), dosing, follow-up blood tests, assuring therapeutic range, expected outcomes, contra-indications / special groups (cardiac, prostate cancer)
- 16.10 – 16.40      **Questions and answers**
- 16.40 – 17.00      **Break**

## Session 3 - Female Sexual Dysfunction

17-00 – 17.30

### **HSD and orgasmic problems**

*Definitions, prevalence, diagnosis and treatment (pharmacological or non-pharmacological but NOT hormonal).*

## Pain Conditions

17.30 - 17.45

### **GSM**

17.45 - 18.00

### **Vestibulodynia**

18.15 – 18.35

### **Testosterone and Estradiol therapies**

*ISSWSH guidelines, appropriate candidates, dosing, follow up, blood-tests etc.*

18.35 – 19.00

### **Physiotherapy and Sextherapy for FSD**

**19.00 – 19.30**

### **Questions and answers**