

'UNDER THE KILT'

MHDU's therapeutic update for
practitioners:
Where innovation meets practice



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WELCOME

by Brad Butt

Welcome to our Annual Mens Health Downunder Urologist Update "Under the Kilt". Back in 2013 when we began working with Urologists it was apparent that not only did your patients and associated staff desire more information and multidisciplinary support but that it was also of benefit to you in your day to day vocation - meaning you could get back sooner to doing the work you love and do best, knowing each patients recovery & outcomes were being optimised by a group of passionate and expert pharmacists & nurses only ever as far as a phone call away.

In this FY23 edition, we're excited to unveilsome new innovations, deliver medical devices until now not available in Australia & New Zealand, engage new MHDU sites, rollout our podcast series, pump up the website & as always reach more Aussie men (& their partners) battling urological health issues.

We hope you keep in touch, and as always don't hesitate to give me or one of my passionate practitioners a call should something particularly spike your curiosity.

I appreciate your time, interest and beyond all your support

Brad

Pharmacist and MHDU Founder

THE MHDU UPDATE



Mens Health Downunder was founded to support 2 stakeholders - the Practitioner and Patient through relentless innovation in both the medical device AND pharmaceutical spaces

Today, we are excited to update you primarily on our work as it pertains to relentless **innovation**.

Without doubt we have discovered over the longer term that the delivery of new medical devices for patients as well as alternative pharmaceutical options has added to the arsenal of the practitioner but perhaps more importantly seen improved patient outcomes and levels of patient satisfaction.

As always, we would urge you to contact us should you have any questions. Working every minute of every day in this space both locally with patients and practitioners but also with the device companies both here and overseas, we have developed a thorough knowledge in how to use them, why they work and when to use them.

New MHDU sites

In exciting news we have trained pharmacists and nurses offering MHDU services in a number of new sites around Australia, including;

Brisbane

Arana Hills TerryWhite Pharmacy

Peter Fairgray

p. (07) 3351 6100

e. brisbane@menshealthdownunder.com.au

Sydney

North Shore Pharmacy Roseville

Declan Marx

p. (02) 9412 1036

e. roseville@menshealthdownunder.com.au

MHDU Edgecliff

Joe Hallit & Tony Galluzzo

p. 1300 968 742

sydneycbd@menshealthdownunder.com.au

Dubbo NSW

Tim Koerstz Pharmacy

Angus Koerstz

p. (02) 6882 3368

e. angus@menshealthdownunder.com.au

Canberra

MHDU Deakin

Brad Butt, Tim Stewart & Ash Snare

p. 1300 00 6348

e. tim@menshealthdownunder.com.au

Melbourne

Fullife Pharmacy Mill Park

Oliver Cross

p. (03) 9404 2444

e. fullife@menshealthdownunder.com.au

Hobart

Rosny Park TerryWhite Pharmacy

Damian Scott

p. (03) 6244 3921

e. damo@menshealthdownunder.com.au




All practitioners are equipped with the knowledge to support the patient with medicines (including supervised/assisted injection technique), devices, as well as expectation setting, timelines and general support including liaison with their GP.


PENILE REHABILITATION - WHATS NEW DOC?

Penile rehabilitation is an area of significant interest and appetite for patients and practitioners now more than ever with more and more focus being placed on general penile health post prostatectomy. In Peyronie’s disease and even in men with erectile dysfunction; patients are not only looking to manage these conditions but manage them holistically. Accordingly, we have partnered with the progressive German company Medintim (see <https://www.medintim.de/>) and now stock a number of their products (as detailed below).

Since 1999, and under the tutelage of Martin Kessel CEO, their focus is research, development, production and distribution is unique globally as many competitors lack the capacity and desire to deliver the R&D which sees Medintim’s portfolio not only broaden but deliver devices designed with the patient in mind

Products in the Medintim range include:

<p><u>Rehabi VED</u></p>		<p>Simple, clinical, discreet and reliable. This comfortable and cost effective little device is perfect for the man looking to exercise the penis and encourage blood flow and engorgement of the penis without spending a fortune. Everything you need and nothing you don’t</p>
<p><u>Active3 - battery</u></p>		<p>The Active3 is the flagship model and best seller. Powered by a rechargeable lithium ion battery, this device is ever reliable and delivers when it counts, particularly when it comes to a daily rehab regimen. With the full range of restriction rings and a bunch of smart features including internal LED and near silent motor it delivers on all fronts</p>
<p><u>Active Manual</u></p>		<p>The only difference here (compared with Active3 battery VED) is that the pump head is manual. The ergonomic pump head is not only easy to use but efficient in creating the vacuum so time isn’t wasted in creating the seal and vacuum. Similar to the Rehabi in terms of design, this pump is the ideal companion for the patient wanting to use a VED in the shower and comes with the full kit of restriction rings again making it a one stop device</p>





<p><u>Active Loop Ring</u></p>		<p>The Active LoopRing is used to assist men with erectile dysfunction or urinary issues such as climacturia. The completely adjustable construction band is intended to improve erections and can be a more palatable option for men who find restriction rings uncomfortable. In the case of climacturia it aids in blocking the urethra preventing urine leakage upon climax. A handy device for the physician's toolbox</p>
<p><u>Waypi Man</u></p>		<p>Remember the “shewee”? It just so happens that it can be of great value and comfort to men experiencing penile retraction. Having been redesigned with men in mind it has the ability to help men cleanly navigate urination and avoid embarrassing situations. Thus the Waypi has proven to be again one of those things worth having in the physician toolbox just in case</p>

INCONTINENCE MANAGEMENT WHAT'S NEW DOC?

Over the decades men have managed urinary incontinence with a range of devices from pads and clamps to catheters and everything in between. The old Cunningham Clamp became popular in the 1980’s but frankly has been left behind these days with a number of more comfortable, effective and user friendly devices becoming available. Perhaps today too much choice is the problem! Over the last 12 months we have worked with a number of overseas manufacturers to bring the most innovative and effective devices into the Australian market.

These include:

<p><u>Pacey Cuff</u></p>		<p>Dr John Pacey in Canada designed this device in recent years with the intention of offering patients a better option. Comfort, effectiveness and a device that can be worn all day were at the forefront of his thoughts in the creation of this device and its making waves in what was a traditionally “clamp” style market</p>
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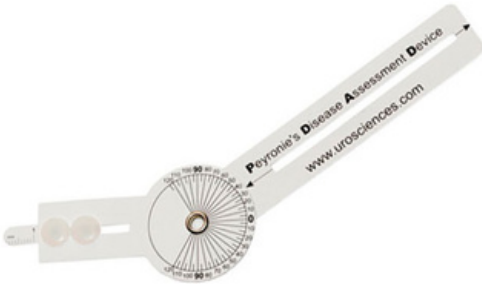
<p><u>Wiesner Clamp</u></p>		<p>Perhaps the leading device globally the Wiesner is American designed and made and really is a great option for male incontinence control. With comfortable rubber pads and the ability to adjust the device to suit most shapes and sizes it is likely to remain a favourite of patients and practitioners for some time yet. It is also the most cost effective clamp on the market</p>
<p><u>ActiCuf</u></p>		<p>A little known American product which has reimagined pads and clamps as traditionally separate products and combined them into a single (and disposable) product which is spot on when it comes to light bladder leakage (thinking golf, meetings and the like). The clamp isn't overly strong nor the pad amazingly absorbent however the combination seems to hit the spot. They are consequently amazingly discreet which is a massive plus when out and about</p>
<p><u>Squeezer</u></p>		<p>The Squeezer is a revolutionary incontinence clamp that is comfortable to wear. No other compression device functions like the Squeezer with its adjustable hinge on one side and adjustable lock on the other. Importantly, it stops urine flow while maintaining blood circulation; a concern of the older devices. The key is that its design is based entirely upon the anatomy of the penis</p>
<p><u>Prosecca Band</u></p>		<p>German designed and made by the solutions based team at Medintim the Prosecca band, similar to the Pacey Cuff, has reimagined incontinence control with the use of a band which optimises comfort and maximises blood flow. A discreet and effective device to help build bladder volume or simply prevent urinary leakage</p>

PEYRONIE'S DISEASE MANAGEMENT WHAT'S NEW DOC?

The thing we hear time and time again is that many guys are looking for options to manage Peyronie's disease and that feelings bordering on desperation at some time are common. Whilst sometimes the treatment options remain sparse and effectiveness is, at times limited, we are excited to be able to bring Penimaster to Australia.

What's more, studies on its effectiveness head to head with other traction devices show it is certainly a very effective device (1). As always we are here to support each and every patient with their unique device and condition to ensure compliance is maximised and the product/condition understood

These include:

<p><u>PeniMaster Pro Complete</u></p>		<p>Dr John Pacey in Canada designed this device in recent years with the intention of offering patients a better option. Comfort, effectiveness and a device that can be worn all day were at the forefront of his thoughts in the creation of this device and its making ripples in what was a traditionally "clamp" style market</p>
<p><u>PDAD</u> (Peyronie's disease assessment device)</p>		<p>The PDAD was designed for objective assessment of penile deformity due to Peyronie's disease. It is a simple-to-use, disposable device for measuring penile curvature, depth of penile indentations, and stretched-flaccid penile length. A must in the Peyronie's tool kit</p>

PREMATURE EJACULATION MANAGEMENT WHAT'S NEW DOC?

Premature ejaculation is another one of those issues that can be complex. And whilst there are a few pharmaceutical options available (dapoxetine being the mainstay it is perhaps not the ideal solution) these are not for everyone owing to cost and possible side effects. Beyond this, many guys find the pharmaceutical options less effective than hoped (perhaps owing to the fact that results tend to be best with "chronic" use of the SSRI family). Whilst there are alternative pharmaceutical options (details below), we have found cognitive behavioural therapy (CBT) to be a terrific drug free option which can be used alone, or in combination with pharmaceuticals

On the following page we explore a few new options for patients and practitioners:

1. Bole R, White L, Parikh N, Helo S, Kohler T, Ziegelmann M. A modern review of penile traction monotherapy and combination therapy for the treatment of peyronie's disease. Int J Impot Res. 2021 Apr;33(3):251-258

MyHixel MED



MyHixel is a drug free, long-term solution to help men control premature ejaculation that is backed by medical research. MyHixel MED combines an educational app and a lifelike device to create the perfect alternative to traditional medical treatments.

MyHixel tends to be best for patients who:

- Typically last less than 3 minutes
- Have always experienced premature ejaculation or
- Those men simply looking to last longer and bridge the “orgasm gap”

Compounded solutions



Our team at the Green Dispensary in Adelaide have been leading the way in the innovation space for over 25 years.

Their position as leaders in the compounding space is justified by their investment in people, premises and professionalism.

Specialised solutions include:

- Dextromethorphan/tramadol
- Paroxetine capsules
- PDE5i sublingual films

Contact us for more information

Promescent



Over the years many PE sprays have come and gone. The team at Sapphire Pharmaceuticals have developed a lidocaine spray in a unique pharmaceutical base that ensures that the medication remains local to the area of application (as opposed to numbing the entire surface of the penis).

As such, the lidocaine is absorbed into nerve cells just below the skin and temporarily restricts the flow of ions through nerve cells slowing down their rate of signaling.

Works within 10-15 minutes with effects lasting up to an hour

ERECTILE DYSFUNCTION | BY TIM STEWART

In a population where sometimes we need options beyond those offered as standard by Big Pharma, compounding offers a wide range of solutions. Some of our more popular and niche options are listed below:

- **Sublingual Film** - this technology, co-designed between the Green Dispensary and UniSA, allows for the oral absorption of PDE5i hence minimising first pass metabolism, increasing peak plasma concentrations and shortening onset of action. Currently we are using films for tadalafil with good success for a range of patients. It is worth noting that the films are wafer thin and dissolve within a moment as opposed to the sub buccal troche (waxy pellet) that have been used by compounding pharmacies for years. These are best prescribed as a quantity of 10, and if effective, 30 films for greatest cost effectiveness
- **Intraurethral gels (IUG)** - having witnessed, with some envy, the use of IUG in patients in the USA for sometime now we have managed to create a similar product for patients and prescribers here in Australia in recent times. Generally we use a Trimix combination (alprostadil, papaverine and phentolamine) in a small volume gel. Similar to the now discontinued intraurethral pellets it gives patients a possible alternative to intracavernosal injections which is nice to have. The only trick with these is that they need to be administered very slowly with the correct technique to optimise their effect
- **Intracavernosal range** - our range of intracavernosal injections are cost effective and made to the highest standards ensuring a reliable, predictable and superior product.
- **Intracavernosal needles** - needles aren't all built equally and we know that whilst the BD Ultra-Fine ½ inch 1ml insulin syringes have been a bit of a mainstay we've been investigating what options are out there that might be better from the patient perspective. As such we have landed on the use of a 1ml LL syringe with 1u increments with a BD Microlance3 30G ½ inch needle which allows the patient to draw up with one needle, discard the draw up needle and then fit a clean and sharp needle for administration. Not only from patient testament but from practitioner experience, this option has been well received and is gaining support from patients and their practitioners. Available here (INSERT LINK and get Phil to create product code on website)
- **Vardenafil** has been unavailable for months and to our knowledge is not expected back any time soon. With many practitioners and patients having a preference for it, for various reasons, we are glad to be able to offer a compounded alternative; we can make a 10mg or 20mg capsule, with a 20mg film under development

If any of the above items are of interest, or to access our database of standard formulations please contact us; we will be happy to assist you and your patients

MHDU PHARMACIST SPOTLIGHT



Peter Fairgray

Brisbane (Arana Hills), QLD

Why did you decide to work in a men's health role?

As a pharmacist who has worked in the retail pharmacy for over 30 years I have always had an interest in promoting men's health issues. It wasn't until I heard of the fantastic work being done by the blokes at Mens Health Downunder that I knew I had found the perfect way to help blokes with these important urological issues. I also knew I was in the perfect position, as a pharmacist interested in men's health, to have conversations with men - we all know that your local pharmacist is the health professional you see most often. Over the years I have many male customers who have struggled with erectile and urological issues, some of whom have had little success with traditional medications alone, who then feel like they have no other treatment options available to them. So to now have a toolkit and the knowledge to be able to assist them is a wonderful situation.

I am also a keen advocate in spreading recognition of mens health issues, most importantly awareness of regular Prostate Cancer screening.

How do men tend to manage their health?

I think it is of no surprise that men don't normally do all they can to help themselves when it comes to managing their health, especially when it is something that is as personal as their urological health. Men tend to - on the surface - play down the effects of a loss of erectile function or other urological issues, putting it down to old age, or something that is beyond them and that it can't be fixed. Nothing is further from the truth and there is suite of things most blokes with urological issues can do that they probably haven't tried yet.

Having said that, once a bloke has made that first step of making an appointment and is in the clinic room, we have a good chat, and they get to relax and realise this is a safe space, they generally are happy to share what they are going through, and we develop a plan. The hardest part, of course, is the first phone call, but I'm here to help make that easy.

What's your favourite part about being an MHDU Pharmacist?

My favourite aspect of being a Mens Health Downunder pharmacist would have to be the feedback from the blokes. Knowing what a huge difference you have made in someone's life. When I get a text or email after an appointment from a fella telling me he has regained back his self-confidence or been able to be intimate with their partner again, sometimes for the first time in years or they have improved their continence. Whenever I get to have a positive effect on both the physical and mental health of a bloke, it makes going to work a real pleasure.

I also enjoy working closely with blokes on what is often a personal journey for themselves, and their loved ones. Dealing with issues of male incontinence, erectile function and general urological health, making a plan to aid their recovery and rehabilitation.

How has MHDU been received in Brisbane? What other avenues are there for guys in Brisbane to access help?

Mens Health Downunder Brisbane opened at the end of 2019 and has gone from strength to strength. I get referrals from some local Urologist, along with referrals from Prostate Cancer Foundation nurses, GP's and self-referrals from blokes who are seeking assistance.

I am available for in person appointments at my clinic at TerryWhite Chemmart Arana Hills, but also via telehealth for appointments across Queensland, or anywhere in Australia - we are all only the click of a button or phone call away!

Transcutaneous Tibial Nerve Stimulation and its growing role in managing incontinence

by Brad Butt

Urinary incontinence affects up to 10% of Australian men and up to 38% of Australian women. Perhaps surprisingly, over half of the women living in the community with urinary incontinence are aged under 50 years, reinforcing that it is a condition not exclusively experienced by the older demographic within our community.

The other statistic worth considering is that 65% of women and 30% of men sitting in a GP waiting room report some type of urinary incontinence, yet only 31% of these people report seeking help from a health professional; suggesting that there is work we as healthcare practitioners can do to support both our patients as well as others within the multidisciplinary team.

This clinical tip is going to focus on transcutaneous tibial nerve stimulation (TTNS); something which we are seeing more and more; something that seems to have a place in the therapy of overactive bladder (OAB).

Posterior tibial nerve and OAB

TTNS involves stimulation of the posterior tibial nerve, a sensory-motor nerve originating from L4-S3, which contributes directly to bladder control. Stimulating this nerve is a form of neuromodulation and works by inhibiting reflex bladder contractions.

This in turn can increase bladder storage capacity and reduce the sensation of urgency.

The posterior tibial nerve is easily accessible for stimulation as it runs behind the medial malleolus (the bony bump on the inner side of the ankle). It can be stimulated in two ways:

- **Percutaneous tibial nerve stimulation**, requiring needle-tip electrodes which are invasive and expensive and therefore less frequently performed.
- **Transcutaneous tibial nerve stimulation** (TTNS), which requires just a basic TENS (transcutaneous electrical nerve stimulation) machine and standard electrodes. TTNS is much more cost effective than percutaneous tibial nerve stimulation, and much simpler to administer.

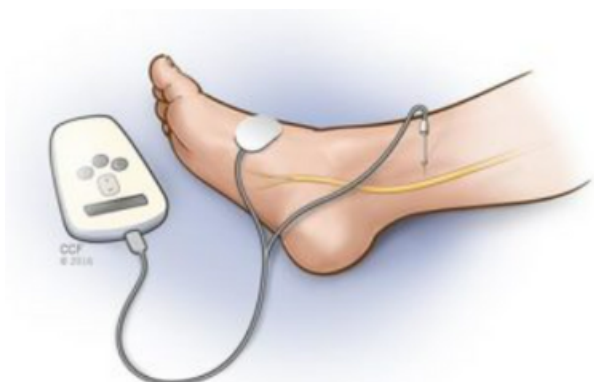


Image Source: Consult QD 2018

Transcutaneous Tibial Nerve Stimulation and its growing role in managing incontinence continued

Who can benefit from TTNS?

This treatment can be used for patients presenting with the OAB symptoms of urinary urgency, urinary frequency/nocturia, with or without urgency incontinence.

TTNS will often be used after a failure of standard conservative treatments such as pelvic floor muscle training, behavioural bladder retraining, lifestyle modifications and medication.

How is it used?

TTNS is best initiated by the physiotherapist and preferably a physiotherapist trained or interested in incontinence management.

Basically, two electrodes are placed on the inner ankle overlying the posterior tibial nerve, and specific parameters are set on the TENS machine (again this is best done by the physiotherapist managing the patient).

Patients then use TTNS at home daily for 12 weeks, for 30 minutes each session. Some studies have found efficacy using it only 1-2 times per week, so this is a potential option also. After this time, patients can continue with 'top-up' sessions as needed.

What are the side effects?

TTNS is a relatively safe intervention, with the only contra-indications being pregnancy, cardiac pacemaker, epilepsy, in-dwelling metal in the ankle, and open ankle wounds.

Adverse effects are minimal, and can include pain, cramping, electrode site inflammation or itch, and occasionally feeling faint.

TTNS: A treatment option

TTNS is safe, cheap, dignified, and simple to use. Patients often report good adherence, as minimal set-up and effort is required.

It is a great treatment option to have in our tool kits for OAB, especially in those patients hoping to supplement medication or where medications cannot be taken.

As patients look for better control of urinary incontinence and as pharmacists, GPs, physiotherapists, nurses and the MDT work more collaboratively, TTNS for the management of OAB may be a worthwhile consideration under the direction of the physiotherapist or similar expert.

To learn more about the TENS devices suited to this application, visit menshealthdownunder.com.au

LIFTING THE KILT ON MEN'S HEALTH PODCAST

About the podcast



Lifting the Kilt on Men's Health is our new podcast series where each episode we discuss all things men's health. It's very much a free flowing conversation between our founding pharmacist Brad Butt with his mate Warwick Marx who is an inquisitive, slightly more mature engineer with a passion for all things health and wellbeing.

In the episodes we cover everything from prostate and prostate cancer, to erectile dysfunction, men's health services more generally, and everything in between! Nothing is off limits and no question too hard to ask. To learn more or to check them out, scan the QR code where you'll find all the latest episodes as well as the back catalogue.



Recent Episodes

Penile Traction Therapy: In this episode Brad and Warwick discuss science behind Penile Traction Therapy, why it is used and how it works. In addition the pros and cons of a number of different traction devices are discussed. For most, this is a little known topic, but as you will find out the use of Penile Traction Therapy can literally be a game changer for many men suffering from a variety of urological issues.

A Review of Vacuum Erection Devices (VEDs) aka "Penis Pumps": In this episode Brad and Warwick discuss the pros and cons of a number of different models of Vacuum Erection Devices (VEDs) aka Penis Pumps. VEDs are an essential part of post prostatectomy rehab along with an excellent aid for men with erectile issues. This deep dive into the topic will help potential users identify what are the differences between the various devices and also what device might be the most suitable each patient.

Facing the Tiger: We are honoured to be joined in this episode by Professor Suzanne Chambers a health psychologist who has been working as a practitioner and researcher in psycho-oncology, the psychology of cancer, for over 25 years. Suzanne has published a fantastic self-help book for men with prostate cancer and their partners called "Facing the Tiger: A Guide for Men with Prostate Cancer and the People who Love Them" Join us to discuss this fantastic resource and its tool kit approach to building strategies to deal with the initial diagnosis of Prostate cancer through to the ongoing support structures available to help men ongoing.

KEEPING IN TOUCH



Upcoming events

- In 2023 we will again be having our practitioner conference and patient Q&A evening. Watch the website for more information as it comes together
- MHDU hits the road in 2023 - over the middle 6 months of 2023 founder and pharmacist Brad Butt will be hitting the road visiting a number of regional and remote communities around Australia speaking with men where they are in a Q&A style evening forum with consults the following day for patients as needed. A complete list of towns and dates will be made available on the website as they are locked in
- Widening of the MHDU network supporting men with urological health concerns. We know these men are visiting their local pharmacy but are not seeking assistance for their continence, erectile health, prostate health and so on. Over the next 12 months MHDU will be looking to upskill more community pharmacists and nurses to better support these patients and their GPs, urologists and allied healthcare team with a focus on regional and remote Australia and New Zealand



Keep in touch

If you have any questions always **feel free to contact the team at MHDU on info@menshealthdownunder.com.au or 1300 00 MHDU (1300 00 6438)**

Follow us on [Instagram](#), [Facebook](#), [LinkedIn](#) or visit our [website](#). Or scan the QR code below for more links.



A LAST MINUTE INCLUSION THE MHDU PRESCRIBER PORTAL

Since we started working in the mens Urological health space we've been contacted by countless Urologists, GPs and others wanting to better understand not only what compounded medications are available but how to prescribe them.

After years of compiling a standard formulary we have finally launched our Mens Health Downunder Prescriber portal. Within this section of our website, practitioners can register and then prescribe for their patients all the standard recipies at their respective strengths (Bimix, Trimix, Quadmix and so on).

Head to <https://prescribe.menshealthdownunder.com.au/> to register and get started!

Dr RIDE HIGH
Men's Health Physician
Prescriber Number 654321
Prescription Date 17/11/2022



PRESCRIPTION

PATIENT DETAILS

Prescription ID 669_41

Ms. Joanne Maine
The Grange, 123 Maine Avenue
Maine Queensland 4028

Phone Number 0412876543

PHARMACIST PATIENT COPY	RX Product ED-ODT / Green
	Concentration Tadalafil/Phentolamine: 20 mg / 10 mg (Tadalafil/Phent)
	Volume/Quantity 10 ODTs
	Dosage 1 green one before and after activity
	Repeats 2
	 Dr RIDE HIGH DATE

CHECKLIST

ACTION

CHECK

Print, Sign and Date Prescription

Email a copy of the signed prescription to:
admin@menshealthdownunder.com.au

Post paper copy of original script to:
Mens Health Downunder
PO Box 63
Deakin West LPO, ACT 2600

Print additional [support resources](#) (eg. Trimix and Quadmix for Patients, Injection Administration)

Dr RIDE HIGH | P: 0412987654 | E: ridehighgraphic@gmail.com
123 Maine Street, Maine, New South Wales 2123

Doctor to sign original and duplicate

Dr RIDE HIGH
Men's Health Physician
Prescriber Number 654321
Prescription Date 17/11/2022



PRESCRIPTION

PATIENT DETAILS

Prescription ID 669_41

Ms. Joanne Maine
The Grange, 123 Maine Avenue
Maine Queensland 4028

Phone Number 0412876543

MEDICARE/DVA	RX Product ED-ODT / Green
	Concentration Tadalafil/Phentolamine: 20 mg / 10 mg (Tadalafil/Phent)
	Volume/Quantity 10 ODTs
	Dosage 1 green one before and after activity
	Repeats 2
	 Dr RIDE HIGH DATE

I declare that I have received this/these medicine(s) and the information relating to any entitlement to a pharmaceutical benefit is correct.

Patient's or agent's signature Date of Supply

Agent's address

CHECKLIST

ACTION

CHECK

Print, Sign and Date Prescription

Email a copy of the signed prescription to:
admin@menshealthdownunder.com.au

Post paper copy of original script to:
Mens Health Downunder
PO Box 63
Deakin West LPO, ACT 2600

Print additional [support resources](#) (eg. Trimix and Quadmix for Patients, Injection Administration)

Dr RIDE HIGH | P: 0412987654 | E: ridehighgraphic@gmail.com
123 Maine Street, Maine, New South Wales 2123

