

## Men's Health with HORMOSAN

### Dear patient,

Potency disorders are one of the problems that affected men are reluctant to talk about. The good news, though, is the condition is treatable. You have received a product from the pharmacy with the active ingredient Tadalafil\* made by HORMOSAN. Below you will find a brief overview of the correct intake as well as information on the mode of action and duration of action.

### Potency disorders

Drug therapy is the most common form of treatment for erectile dysfunction and in most cases consists of the administration of phosphodiesterase (PDE)-5 inhibitors. These all act via the same mechanism, but differ in terms of their pharmacokinetic properties such as onset of action and duration of action.

**Important:** Tadalafil can only work if there is sexual stimulation.

<b>Product</b>	<p><b>Tadalafil-Hormosan</b> 5 mg / 10 mg / 20 mg FTA</p>
<b>Intake</b>	At least 30 minutes prior to engaging in sexual activity
<b>Recommended dose*</b>	The recommended dose is 10 mg for on-demand therapy and can be increased up to 20 mg. For patients who expect to be using Tadalafil frequently (e.g. at least 2 times per week), daily use of 5 mg Tadalafil may be given at the same time each day.
<b>Only take the dose recommended by your doctor!</b>	
<b>Adjusting the dose</b>	–
<b>Frequency of use*</b>	Do not use more than 1 x daily
<b>Onset of action after</b>	16–30 minutes
<b>Sexual intercourse possible within</b>	24–36 hours
<b>When taken with food</b>	Can be taken without eating first.
<b>Contraindications#</b>	The presence of severe cardiovascular disease, hypotension, uncontrolled arrhythmia or hypertension, a recent stroke or heart attack, a combination with nitrates or NO donors.
<b>Side effects#</b> vc = very common c = common	Headache (vc), dizziness (c), skin redness (c), dyspepsia (c), nasal congestion (c), muscle pain (c)
<b>What else is recommended</b>	<ul style="list-style-type: none"> <li>• Smokers should definitely quit. Often erectile dysfunction disappears after quitting smoking without medication.</li> <li>• If erectile dysfunction can be attributed to a disease such as diabetes or arteriosclerosis, the underlying disease should be thoroughly treated, as this can prevent the erectile dysfunction from worsening.</li> <li>• Studies have found that regular exercise can improve blood flow to the penis.</li> <li>• If erectile dysfunction occurs as a side effect of long-term medication, seek an alternative form of medication together with your doctor. Under no circumstances should such medicines be discontinued arbitrarily and without consulting a doctor.</li> </ul>

\* Tadalafil 5 mg can also be used to treat benign prostatic hyperplasia. For dosage and use, see the package leaflet.

# For detailed information, see the package leaflet.

More information available at: [www.mannersache-hormosan.de](http://www.mannersache-hormosan.de)