

*Welcome to*

# Fellos



**ERECTILE DYSFUNCTION**



## A good sex life

Everyone deserves a good sex life, and that is what we strive for at Fellos. That is why we offer reliable and accessible help, without barriers.

Read this brochure carefully so that you know what to expect and how you can optimise the results. If you have any questions about your treatment, do not hesitate to ask. We are here to help!

# Erectile dysfunction



## What is erectile dysfunction?

Erectile dysfunction is defined as the persistent or recurrent inability to achieve or maintain an erection. 40% of 40-year-olds suffer from erectile dysfunction. This percentage rises to around 70% among 70-year-olds.

## How does the treatment work?

Erectile dysfunction can be treated effectively, safely and easily in the short term with an erection pill. Treatments such as sildenafil and tadalafil, the active ingredients in Viagra and Cialis respectively, are effective in more than 90% of cases.

Both sildenafil and tadalafil cause the blood vessels to dilate, allowing blood to flow more easily into the penis. The result is a harder and more satisfying erection.



94% experience an improved sex life.

# Enjoy with *confidence*



- 1 Before use**  
Make sure you read the package leaflet and understand what to expect and how to take the medication.
- 2 Talk to your partner**  
Open communication is often the first step to a better sex life. Talk about what you both enjoy or if you are experiencing any problems.
- 3 Get in the mood**  
The treatment only works when you are sexually aroused. Take time for foreplay and try to focus your thoughts on the stimuli and sensations you are experiencing. Don't focus on the possibility of not getting an erection.
- 4 Consider seeing a sexologist**  
If you experience a lot of stress or tension because you are unable to get an erection, it may help to talk to a sexologist. A conversation can provide insight into the causes and help to reduce the tension.

## Want to improve effectiveness?

- 1 Pay attention to your lifestyle**  
Diet, smoking, exercise and alcohol consumption can affect your erection.
- 2 Be patient**  
The medication may only be fully effective after 4 to 6 uses. Side effects mainly occur at the beginning, but usually decrease or disappear after using a few tablets.
- 3 Empty stomach**  
It is best to take the medication on an empty stomach. Absorption can be delayed by fatty foods.
- 4 Not working optimally?**  
See if a higher dose or a different medication is effective. We are happy to help you find the right treatment.

## Side effects

In addition to the desired effect, this medication may also cause side effects in some cases. The most important side effects are listed below.

Most side effects decrease in intensity or disappear completely after taking a few tablets. For all possible side effects, please refer to the package leaflet.

10 to 30% of users experience:

- ➔ Headache and flushing
- ➔ Temporary back pain and muscle pain
- ➔ Cold and stuffy nose
- ➔ Nausea and abdominal pain

## Important points to note

- ➔ It is not permitted to use erection pills if you take daily vasodilator medication (nitrates).
- ➔ Do you only use nitrates occasionally? Then use is possible, but never simultaneously. This can cause dangerously low blood pressure.
- ➔ Erectile problems can be an early sign of arteriosclerosis. If you are over 40 years of age, we recommend discussing this with your doctor.



# Your treatment



## Sildenafil

Works after  $\pm 30$  minutes

🕒 up to  $\pm 4$  hours

Sildenafil is the most commonly used treatment for erectile problems and is also the active ingredient in Viagra®. Its proven effectiveness, reliability and affordable price make this treatment a favourite at Fellos.

### Is 50 mg of sildenafil not effective enough?

Try the higher dose of 100 mg. Take two 50 mg tablets at the same time, or request the 100 mg tablets in your personal environment. Please note: you should not take more than 100 mg of sildenafil per 24 hours.



## Tadalafil

Works after  $\pm 30$  minutes

🕒 up to  $\pm 36$  hours

Tadalafil is the active ingredient in Cialis® and is known for its long-lasting effect, up to 36 hours after ingestion. This makes this erection pill ideal for more spontaneity and less planning. With tadalafil, you are always ready.

### Is 10 mg of tadalafil not effective enough?

Try the higher dosage of 20 mg. Take two 10 mg tablets at the same time, or request the 20 mg tablets in your personal environment.



## Tadalafil daily

Daily tablet

🕒 Continuous effect

Tadalafil daily is a 5 mg daily tablet, so you are always ready for sexual activity. If you take an erection pill more than 2 to 3 times a week, this is the right option. After 1 week of consistent use, the effect is optimal.

### Is the effect insufficient?

Try tadalafil 20 mg and take it when needed. Please note: never combine different types of erection pills at the same time.

# Your personal *environment*

In your personal environment, you can track your results and we are always there for you. You can do the following there.

Request an  
extra delivery



Adjust your  
treatment

Chat with  
the Fellos  
medical team



Go to your  
personal  
environment:

