

The ESSM Syllabus of Sexual Medicine 2012

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Preface

The modern era of Sexual Medicine started in the sixties of last century with the invention of penile implants followed by penile revascularization procedures. Until this date treatment of sexual dysfunctions, and here especially erectile dysfunction, was more or less an exclusive domain of psychiatrists and sex-therapists with psychotherapy and behavioral therapy oriented approaches. The development of intracavernous self-injection therapy in the 80ies last century represented the first effective medical treatment for ED but the real breakthrough in the management of ED was marked 1998 by the advent of effective oral drug-therapy with PDE 5 inhibitors when sildenafil, the first prototype of this compound class, was launched. With this easily available and applicable medication million of men suffering from ED were successfully treated within a short time period. In parallel to the development of new treatment options intensive basic research was conducted in both fields – male and female sexual dysfunctions – finally contributing to an expanded and detailed knowledge in the physiology and pathophysiology of sexual processes in both sexes. In addition the development and introduction of new diagnostic measures for the evaluation of sexual dysfunctions made at least in men a differentiation between more psychogenic and more organic etiologies much easier. Parallel to these breathtaking developments in Sexual Medicine, which revolutionized the whole field completely, new Sexual Medicine oriented congresses and societies were founded. Starting with the first two International Conferences on Corpus Cavernosum Revascularization organized by Adrian Zorogniotti, a Uro-Andrologist from New York and held 1980 in New York and 1982 Monaco the International Society of Impotence Research (ISIR) was founded from which later on the International Society for Sexual Medicine (ISSM) descended. Later on the respective continental Sexual Medicine Societies developed, in Europe 1995 the European Society for Impotence Research (ESIR) which is now the European Society for Sexual Medicine (ESSM) with more than 1.500 members, currently by far the largest continental society in this field. Besides the annual congresses of ESSM which build yearly the ideal platform for between 1,200 and more than 2,000 participants for extensive exchange of the newest science in the field of Sexual Medicine, the main focus of attention of ESSM was education of young and inexperienced colleagues to prepare them for the routine practice management of patients presenting in their practices and clinics because of sexual dysfunctions. In 2007 the first Oxford school of Sexual Medicine was initiated by the ESSM with yearly 2 weeks of intensive education in Sexual Medicine followed by additional courses. With the 2011 annual congress ESSM implemented for the first time a 3 days' ABC Master Course on all aspects of Sexual Medicine. Also in 2011 a Multidisciplinary Joint Committee on Sexual Medicine (MJCSM) under the auspices of the UEMS (Union Européenne des Médecins Spécialistes) was convened on initiative of ESSM to set the administrative and legal basis for an European qualification examination in Sexual Medicine. Members of the MJCSM are European representatives of the European Board of Urology, Gynecology and Obstetrics, and Psychiatry.

In front of you will find the first edition of the syllabus of Sexual Medicine, which was composed by the first educational committee of the European Society for Sexual Medicine (ESSM).

The content of the curriculum for Sexual Medicine as identified by the MJCSM does at present not exist in any one or even more textbooks as is meanwhile routine for all other special disciplines in medicine. To specialize for these disciplines and prepare themselves for the exam interested candidates can quite easily identify several standard text books in each discipline and chose this one which meets his expectations. With the new certification for Sexual Medicine the situation is quite different as mentioned above and finally prompted the ESSM to found a new Educational Committee with the intention to take care of all educational and instructional issues related to that subject. The result of this indeed challenging work you have now in hands: *The syllabus for sexual medicine*, a textbook which covers all the different aspects of Sexual Medicine and of course the contents of the forthcoming exam for the qualification in Sexual Medicine.

The authors of this comprehensive syllabus, mainly members of the ESSM Educational Committee, were forced to put the whole content together within a short period of below one year, which everybody knows is a very challenging task to comply with. With these facts in mind it should be clear for everybody that this first syllabus on Sexual Medicine cannot be perfect and may have some minor shortcomings. Nevertheless the reader is assured that the authors provide you with the best possible content manageable in such a short time. Aware of the fact that some minor contents may be missing or are incomplete, this syllabus is intended to become a permanently updated work where the newest and most important developments will be added on a yearly basis in each respective chapter. This syllabus is primarily edited as a CD-ROM and is intended to be afterwards also available in a book form. The CD-ROM will be available without any additional charge for all candidates for the exam. The content of the syllabus is diversified in four sections:

- I General considerations in Sexual Medicine, including history, anatomy, physiology, endocrinology and psychology as well as sexual development and orientation.
- II Male sexual disorders and considerations
- III Female sexual disorders and considerations
- IV Mixed topics including identity disorders, addiction, paraphilia, cancer and sexuality and sexually transmitted diseases

Each chapter addresses a specific disorder, including an introduction to the field, definition and description of the disorder, prevalence and risk factors, assessment strategies, and recommendations for treatment.

We are grateful to the authors of this outstanding piece of medical science who sacrificed their free time and contributed with their expertise and intellect to the syllabus. We hope you, the reader, finds this volume informative and useful, both to prepare yourself for the exam and to support you in your daily routine work with the patients in your practice. Moreover, we also would like to thank to all the authors, the members of the ESSM executive committee for their support, Woet Gianotten and Johannes Bitzer for their reviewing work and Tracy Hamilton to edit this opus.

Hartmut Porst, President of the ESSM

Yacov Reisman, Chair of the Educational Committee