

The ESSM Manual of Sexual Medicine

Written by the ESSM Educational Committee



Editors:

Y. Reisman

H. Porst

L. Lowenstein

F. Tripodi

P.S. Kirana

- 2nd updated edition 2015 -

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Yacov Reisman

*MD, PhD, FECSM,
Urologist, Sexologist*

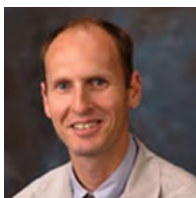
Chairman Men's Health
Clinic's, Amstelland
Hospital, The
Netherlands



Hartmut Porst

*MD, FECSM,
Urologist*

University Professor
of Urology, Private
Institute of Urology,
Andrology and Sexual
Medicine, Hamburg,
Germany



Lior Lowenstein

*MD, MS, FECSM,
Gyneacologist*

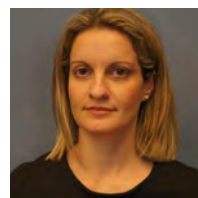
Professor in Obstetrics
and Gynecology,
Deputy Chairman
of the Department
in Obstetrics and
Gynecology, Ruth
and Bruce Rappaport
Faculty of Medicine,
Rambam Health care
Campus, Haifa, Israel



Francesca Tripodi

*PsyD, ECPS,
Psychotherapist,
Sexologist*

Institute of Clinical
Sexology, Rome, Italy



Paraskevi-Sofia
(Evie) Kirana

*PGDip, MSc, PhD, ECPS,
Health Psychologist-
Sexologist*

Centre for Sexual and
Reproductive Health,
Aristotle University
and Private practice for
Psychosexual therapy,
Thessaloniki, Greece



Written by the ESSM Educational Committee:

Giovanni Corona (I)	John Dean (GB)
Lior Lowenstein (IL)	Hartmut Porst (D)
Natalio Cruz (S)	Ilan Gruenwald (IL)
Fabrizio Palumbo (I)	Yacov Reisman (NL)
Beatrice Cuzin (F)	Paraskevi-Sofia Kirana (G)
Francesca Tripodi (I)	

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Contributor Details

Maarten Albersen MD, PhD

Laboratory for Experimental Urology,
Department of Development and
Regeneration, KU Leuven and University
Hospitals, Leuven, Belgium

Carlo Bettocchi, MD, FECSM

Urology Andrology and Kidney transplant
Unit
Policlinico-University of Bari, Italy

Yechiel Z Burke, MD

Specialist Trainee (Resident)
Rambam Medical Center, Israel

Giovanni Corona, MD, PhD, FECSM

Endocrinology Unit
Medical Department, Azienda USL di
Bologna, Italy

Natalio Cruz, MD, FECSM

Head of Andrology
University of Seville, Spain
Hospital Universitario Virgen del Rocío
ANDROMEDI. Clinica de Fatima
Department of Urology, Spain

Beatrice Cuzin, MD, MSc, FECSM

Hospital practitioner
University of Lyon, France

John Dean, MD, FECSM

Clinical Director, Gender & Sexual Medicine
Devan Partnership NHS Trust
The Laurels Clinic, UK

Giulio Garaffa, MD, FECSM

Senior lecturer in Urology, consultant
urologist
Broomfield Hospital, Broomfield,
Chelmsford, Essex, UK

Janniko R. Georgiadis, PhD

Department of Neuroscience / Section
Anatomy
University Medical Center Groningen
(UMCG), University of Groningen, The
Netherlands

Sidney Glina, MD

Department of Urology
Instituto H. Ellis, São Paulo, Brazil

Ilan G. Gruenwald, MD, FECSM

Associate Professor of Urology
The Technion: The Israeli Institute of
Technology, Haifa, Israel

Paraskevi-Sofia (Evie) Kirana, PGDip, MSc, PhD, ECPS

Health Psychologist-Sexologist
Center for Sexual and Reproductive Health,
Aristotle University of Greece and
Private practice for Psychosexual therapy,
Thessaloniki, Greece

Ahinoam Lev-Sagie, MD

Department of Obstetrics and Gynecology,
Hadassah-Hebrew University Medical
Center, Jerusalem, Israel.

Lior Lowenstein, MD, MS, FECSM

Associate Professor in Obstetrics and
Gynecology
Deputy Chairman of the Department in
Obstetrics and Gynecology
Ruth and Bruce Rappaport Faculty of
Medicine, Rambam Health care Campus,
Haifa, Israel

Mario Maggi, MD, PhD

Full professor of Endocrinology
Sexual Medicine and Andrology Unit,
Department of Experimental and Clinical
Biomedical Sciences, University of Florence,
Florence, Italy

Itamar Netzer, MD

Department of Obstetrics and Gynecology
Rambam Health Care Campus, Ruth and
Bruce Rappaport Faculty of Medicine,
Technion-Israel Institute of Technology,
Haifa, Israel.

Fabrizio Palumbo, MD, FECSM

Urology Andrology and Kidney transplant
Unit
Policlinico-University of Bari, Italy

Irene Petruccelli, PhD, ECPS

Assistant Professor
Kore University, Enna, Italy

Christina Damsted Petersen, MD, PhD, FECSM

Sexological Clinic, Department of Neurology
Psychiatry and Sensory Sciences,
Copenhagen, Denmark.

Hartmut Porst, MD, FECSM

University Professor of Urology
Private Institute of Urology, Andrology and
Sexual Medicine, Hamburg, Germany

David Ralph, MDm, FECSM

Professor of Urology, consultant urologist
St Peter's Andrology Centre, Institute of
Urology, UK

Yacov Reisman, MD, PhD, FECSM

Chairman Men's Health Clinic's
Amstelland Hospital, The Netherlands

Dirk Schultheiss, MD

Professor of Urology
Private Practice for Urology,
Giessen, Germany

Cinzia Silvaggi, PsyD

Psychotherapist, Sexologist
Institute of Clinical Sexology, Rome, Italy

Chiara Simonelli, PsyD, PhD, ECPS

Associate Professor
Sapienza University, Rome, Italy

Marco Spilotros, MD

Urology Andrology and Kidney transplant
Unit, Consultant and speaker for Bayer
Policlinico-University of Bari, Italy

Arik Shechter, MD, FECSM

Department of Family medicine -
Clalit health fund-Haifa and Neurourology
unit, The Rambam Health Care Campus,
Ruth and Bruce Rappaport Faculty of
Medicine, Technion-Israel Institute of
Technology, Haifa, Israel

Michele Tedeschi, MD

Urology Andrology and Kidney transplant
Unit
Policlinico-University of Bari, Italy

Francesca Tripodi, PsyD, ECPS

Psychotherapist, Sexologist
Institute of Clinical Sexology, Rome, Italy

Guy T'Sjoen, MD, PhD, FECSM

Professor in Endocrinology - Andrology and
coordinator of the Center for Sexology and
Gender problems
University Hospital, Ghent, Belgium

Antonio Vavallo, MD

Urology Andrology and Kidney transplant
Unit
Policlinico-University of Bari, Italy

Linda Vignozzi, MD, PhD, FECSM

Assistant Professor in Endocrinology
University of Florence, Italy

Emmanuel Weyne MD

Laboratory for Experimental Urology,
Department of Development and
Regeneration, KU Leuven and University
Hospitals, Leuven, Belgium

Natalie Weeg, MBBS

Specialist Trainee (Resident)
Meir Medical Centre, Israel

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Preface

The European Society for Sexual Medicine (ESSM) was founded in 1995 named at that time the European Society for Impotence Research (ESIR). In 20 years the ESSM has become a very active society with more than 1,800 members, currently by far the largest continental society in this field. The annual congresses of ESSM build the ideal platform for between 1,200 and over 2,000 participants for extensive exchange of the newest science in the field of Sexual Medicine and other related disciplines. Apart from this continuing exchange of the newest knowledge in this field, ESSM's main focus is the education of young colleagues interested in Sexual Medicine to prepare them for the routine management of patients presenting at their practices and hospitals because of sexual problems. All of these activities aim at the highest standard of care and science considering the rules of evidence based medicine.

In 2007 the first Oxford school of Sexual Medicine was initiated by the ESSM with an annual two-week basic course of intensive education in Sexual Medicine followed by additional upgrade courses. The ESSM School has meanwhile developed into an international institution with increasing numbers of participants from all continents of the world.

With the 2011 annual congress, ESSM implemented a three-day ABC Master Course on all aspects of Sexual Medicine later on complemented by workshops covering special topics in Sexual Medicine and organized by leading experts in the field

In 2011 a Multidisciplinary Joint Committee on Sexual Medicine (MJCSM) under the auspices of the UEMS (Union Européenne des Médecins Spécialistes) was convened on the initiative of ESSM to set the administrative and legal basis for an European qualification examination in Sexual Medicine. In 2012 the first qualification examination took place. Members of the MJCSM are representatives of the European Board of Urology, Gynaecology and Obstetrics, Psychiatry and recently joined by Endocrinology.

Furthermore ESSM collaborates since 2012 with the European Federation of Sexology (EFS) aiming to improve education and qualification in Sexology. In 2013 the EFS-ESSM syllabus of Clinical Sexology was published, one year after the publication of the first edition of the ESSM syllabus of Sexual Medicine, and the first qualification exam for psycho-sexologist took place.

As continuation of these education efforts, this new second edition of the syllabus of Sexual Medicine, renamed "The Manual of Sexual Medicine", covering all aspects in Sexual Medicine of both sexes has now been completed by the educational committee of the ESSM with an update of the literature until the end of 2014.

The content of the curriculum for Sexual Medicine is still not identified by the MJCSM and at present this Manual of Sexual Medicine is the only textbook available preparing attendees for the exam and their daily routine work. When starting this project in 2011 the educational committee decided to regularly update this comprehensive and indeed world-wide unique opus. Lying in front of you is the result of this challenging work: "The Manual of Sexual Medicine". Without any doubt this comprehensive textbook covers all aspects of Sexual Medicine and should be considered a "must have" for all colleagues either interested in passing the European exam in Sexual Medicine or just in updating themselves in this special medical discipline to serve their patients with sexual problems at the highest available clinical standard in this field. The authors of this comprehensive opus, mainly members of the ESSM Educational Committee, were ambitiously dedicated to this challenging project to provide the best clinical textbook in this field, but knowing at the same time that it may still not be perfect. Aware of the fact that some minor content may be missing or is incomplete, this manual is intended to become a permanently updated work adding the most recent and important developments and knowledge on a regular basis by the responsible author groups. This manual is primarily edited as a digital book, allowing our members to have easy access wherever and whenever they like.

The content of the manual 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 gender dysphoria, hypersexuality, paraphilias, 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 to this opus with their expertise and intellect. We hope that you, will find this volume informative useful and exciting, both to prepare yourself for the exam and to support you in your daily routine work with patients seeking your expertise in this field. Moreover, we also would like to thank all the authors and the members of the ESSM executive committee for their support and the International Society for Sexual Medicine (ISSM) for the financial support of the publishing work through the Zorngiotti grant.

Y. Reisman



H. Porst



L. Lowenstein



F. Tripodi



P.S. Kirana

