

Peter, 64

Business Consultant, father and grandfather who developed erectile dysfunction after a traumatic sporting injury, *BRISBANE*

A renowned Business Consultant, father-to-two and grandfather-to-two, Peter, 64, Brisbane, was diagnosed with erectile dysfunction (ED) in 1992 following a traumatic, high-impact cricketing injury sustained several years prior.

ED is a common men's health¹ condition largely affecting those aged 40+ years², and is a potential side-effect of prostate cancer surgery.^{3,4}

Peter spent five years as a newly married man who was starting a family, grappling with symptoms of ED, before finally seeking medical advice.

After visiting a GP who referred him to a men's health specialist, Peter learned that a sporting injury he sustained five years earlier, had caused irreparable damage to blood vessels, resulting in ED.

At the time, ED was considered a taboo topic, which made it a difficult discussion for Peter to raise with his family, friends, and even his GP. Armed with minimal understanding of the condition, and access to education at the time, Peter "suffered in silence".

Living with ED took a profound toll on Peter's physical health, mental health, and wellbeing. Physically, he struggled to maintain intimacy. Emotionally, the condition robbed him of confidence and self-worth, resulting in feelings of depression, anxiety, and resentment.

After trial and error exploring potential ED treatment options, Peter was thrilled to find an effective solution for almost two decades, which restored his self-confidence, enabling him to "see light at the end of the tunnel".

Since 2010, Peter has been under the care of a Urologist, and has since found a long-term solution for his condition.

Today, he has chosen to share his story, to raise community awareness and understanding of ED, and to encourage men nation-wide, to prioritise their sexual health. He reinforces to those living with ED, that they are not alone, and that men's sexual health should be prioritised, as reflected in [The Australian Government's National Men's Health Strategy 2020-2030](#).⁵

This is Peter's story.

In 1987 Peter sustained a life-changing sporting injury.

He spent five years feeling like "damaged goods", while wrestling with feelings of inadequacy and shame, before Peter finally chose to address the situation.

"I developed ED from a high-impact sporting injury while playing cricket. I lived with the condition for almost five years before seeking medical advice.



"At the time, I knew nothing about ED. It was a very taboo topic, and certainly not a dinner table conversation. It was even a difficult topic to raise with a healthcare professional," said Peter.

"I found the condition hard to discuss with my partner. Although she was extremely supportive, she couldn't really relate to, or understand what I was going through."

Peter was left feeling embarrassed, frustrated, ashamed, emasculated, and lacking in confidence.

"Eventually, I plucked up the courage to seek help. But it took me five years post-cricket injury, to visit my local GP.

"Unfortunately, the first treatment option I was offered didn't work for me," Peter said.

"Soon after, I went to see a men's health specialist, and learned more about the vascular cause of my condition, and various treatment options available at the time.

"When I was diagnosed with ED, I experienced a sense of relief, and felt hopeful, knowing I would not need to go through the rest of my life facing these challenges," said Peter.

A treatment option Peter chose to pursue helped him for nearly two decades, after which he was referred to a Urologist, and subsequently found a more long term solution for his condition.

Peter reflected on how he "suffered in silence" for many years.

"In our society, men are expected to be tough. But they don't need to 'suffer in silence', because this can result in many mental health issues, and relationship breakdowns.

"ED is still stigmatised, but we urgently need to normalise it, so it's not a big thing, to allow men to get the advice and help they require," Peter said.

"The topic of men's health should be prioritised, because it's vital that we make the right decisions for our health, both mental and physical."

Peter shared an important message for other Australian men living with ED.

"The range of treatment options now available allows men to choose a treatment option that best suits them.

"I encourage men to research a medical professional working in the ED field, and take that first step," said Peter.

"Don't suffer in silence. Help is available. There are a range of highly effective life changing solutions available. I'm living proof of that. All you need to do is look, and ask for help."

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To coordinate an interview with Peter, please contact:

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