

Between the Sheets...

March 2020

This column provides the platform for experts in the field to help men and women by providing answers to questions about sexual health and intimacy challenges that can result from prostate cancer treatment.

This column was compiled with the help of Dr. Jeffrey Albaugh, Director of Sexual Health at NorthShore University HealthSystem and at Jesse Brown VA Medical Center in Chicago, IL. Dr. Albaugh is a funded researcher, a board certified advanced practice urology clinical nurse specialist, and a board certified sexuality counselor. In addition to his many publications in peer reviewed journals and chapters in books on sexual dysfunction, Dr. Albaugh published *Reclaiming Sex and Intimacy After Prostate Cancer Treatment*. He has been quoted in media and publications as an expert in the treatment of sexual dysfunction, and is a member of the Us TOO Board of Directors.

QUESTION FROM PROSTATE CANCER SURVIVOR:

The cost of Viagra and Cialis has gotten so expensive. My friend said he is using generic Viagra and it is working well and much cheaper. Is that true?

RESPONSE FROM DR. JEFFREY ALBAUGH:

One of the most frustrating things for men treated for prostate cancer is the cost of the oral medications (phosphodiesterase type 5 inhibitors – PDE-5 inhibitors). In the last few years costs spiraled to over \$60 per pill for some of the medications! The good news is that there are now generic equivalents for several of the medications and they are an incredibly small fraction of the cost of the branded medications. The generic sildenafil and tadalafil are the same chemicals as the branded medications of Viagra and Cialis. You will still need a prescription for these medications as they remain FDA approved prescription medications. There are many counterfeit versions of these medications, so beware of where you get the prescription filled. If anyone is giving you these medications without a prescription, you are not getting the approved medications from a reputable pharmacy. Be very careful because everyone wants your money and it is important to use a legitimate US pharmacy if you want a medication that is compliant with FDA standards. Generic sildenafil and tadalafil can be obtained for two dollars or less per pill with a goodrx.com coupon from your local pharmacy and may be as low as 30 cents per tablet at some local reliable pharmacies. The goodrx.com website helps you find the medication at a pharmacy near you and shows you the comparative prices at many of your local pharmacies. Many people use this website for a multitude of different medications including the PDE-5 inhibitors. The prices can vary by more than 100% difference between pharmacies! The app can be downloaded for free to your phone or you can simply go on the internet to access the website. On the website, you don't have to reveal any personal or identifying information to get the coupons. Most of these medications are not covered by insurance plans, but if your medication is covered, you can get it at the pharmacy you get your other covered prescription medications.

You can access the new edition of my book or download a free copy of my original book at www.drjeffalbaugh.com.

Watch Dr. Albaugh's presentation on sexual health and intimacy from the *Prostate Cancer Pathways for Patients and Caregivers* event recorded at NorthShore University HealthSystem in Skokie, IL on November 3, 2018 at <https://www.youtube.com/watch?v=Hiq0dDEb1l0&t=4483s>.

Read previous issues of Between the Sheets at www.ustoo.org/BTS.

Do you have a question about sexual health or intimacy? If so, we invite you to send it to Us TOO. We'll select questions to feature in future *Between the Sheets* columns.

Please email your question to: ustooBTS@ustoo.org

Or mail your letter to:
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