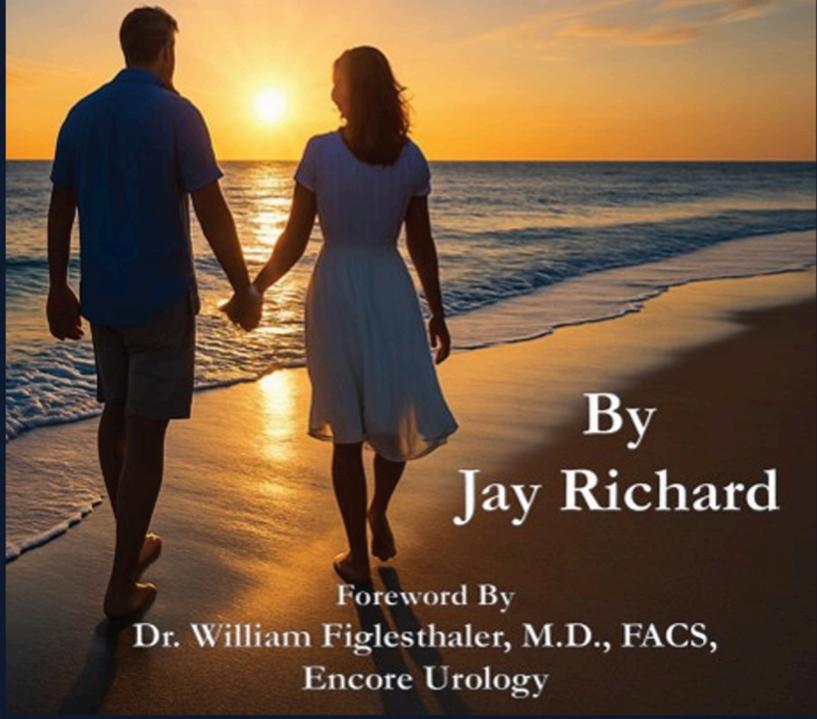


CLINIC SAMPLE

When Pills Stop Working:

A Complete Guide to
Advanced Solutions for Men



By
Jay Richard

Foreword By
**Dr. William Figlesthler, M.D., FACS,
Encore Urology**

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About This Preview

This preview offers a brief introduction to the themes, tone, and approach used throughout this book. The content is written to be thoughtful, direct, and compassionate, addressing a topic that many couples experience but few feel comfortable discussing openly.

The pages included here were intentionally selected to reflect the style of the full work. While this preview represents only a small portion of the book, it is designed to give you a clear sense of how the subject is approached - with honesty, respect, and an emphasis on understanding rather than quick fixes.

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The following pages include
the opening section
of the book to preserve
its intended flow and presentation.

When Pills Stop Working: A Complete Guide To Advanced Solutions for Men

When Pills Stop Working:

A Complete Guide To Advanced Solutions for Men

By Jay Richard



**“It is during our darkest moments
that we must focus to see the light.”**

- Aristotle



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Content Warning: This book contains explicit discussions of sexual health, medical treatments, and clinical interventions related to erectile dysfunction. Content includes frank discussions of sexual function, intimate relationships, and medical procedures that some readers may find sensitive.

Medical Disclaimer: This book is intended solely for informational and educational purposes and should not be construed as medical advice or used as a substitute for professional medical consultation. The author is not a medical doctor and is not providing medical or therapeutic services through this publication. At times it may sound like the author is an expert or physician, but to be clear: he is not. The content represents personal opinions and information gathered from various sources, and all information should be independently verified.

Always consult with qualified healthcare providers, including urologists, primary care physicians, endocrinologists, or other specialists, before making any decisions regarding erectile dysfunction treatment, medication, or lifestyle changes. Individual circumstances vary significantly, and what may be appropriate for one person may not be suitable for another. Sexual health conditions can have complex underlying causes that require proper medical evaluation and diagnosis. If you are experiencing severe symptoms or have concerns about your sexual health, please consult with a healthcare professional promptly.

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Foreword

Erectile Dysfunction (ED) is a condition that affects millions of men worldwide, transcending cultural, geographic, and socioeconomic boundaries.

For many, it is more than just a physical ailment, it is a source of profound emotional and psychological distress, impacting self-esteem, relationships, and overall quality of life.

As a urologist, I have dedicated much of my career to helping men overcome this condition.

Over the years, I have witnessed significant advancements in medical science that have transformed the landscape of ED treatment. From oral medications to cutting-edge surgical procedures, the array of options available today allows for highly personalized care.

In this book, Jay explores the multifaceted nature of ED, delving into causes, treatments, and most importantly, one man's triumph over this condition. His courage to seek help and determination to regain control of his life were nothing short of inspiring.

This book serves as a resource for those struggling in silence, as well as for their loved ones and healthcare providers.

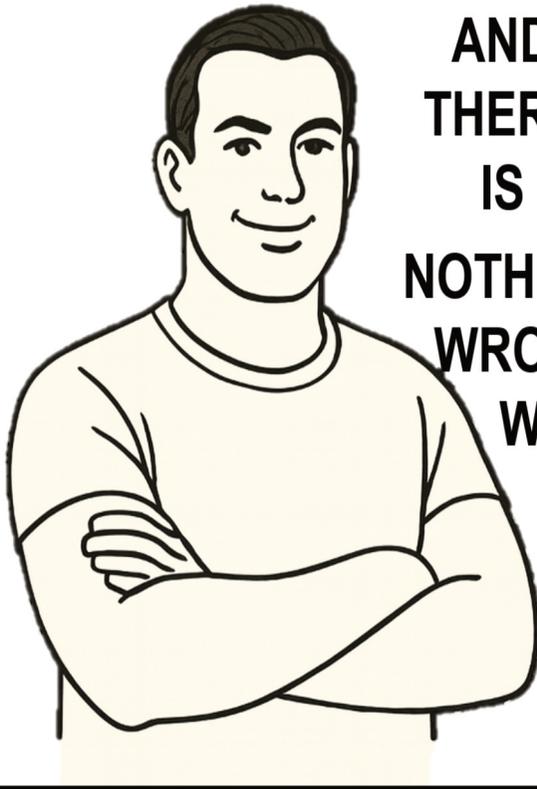
May it serve as a guide, a source of hope, and a reminder that no one must face this journey alone.

By William Figlesthler, M.D., FACS

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**WE ARE SILENT
SUFFERERS
BECAUSE WE ARE
“REAL MEN”**



**AND
THERE
IS
NOTHING
WRONG
WITH
US**

Introduction: The Journey Back To Confidence

At 3 am, the red digits on my bedside clock glowed mockingly in the darkness as I lay tangled in sweat-dampened sheets for the third night this week.

The house creaked around me in the silence, punctuated only by my girlfriend's steady breathing beside me and the distant hum of the refrigerator downstairs. My fingers unconsciously traced the empty pill bottle on the nightstand, the plastic worn smooth from months of handling, the label's edges curled and faded.

The metallic taste of defeat coated my mouth as I finally admitted a truth I'd been avoiding for years: the pills had stopped working, and I was running out of options.

The weight of this realization settled in my chest like a stone, making each breath feel labored. Like millions of men worldwide, I was facing the reality that my sex life might be over, the thought hitting me with the same crushing finality as the sound of a door slamming shut.

I was wrong.

This book chronicles my journey from that dark moment to reclaiming not just my sexual function, but my confidence and joy in intimate relationships. If you're reading this, you're likely facing similar struggles—whether medications have lost their effectiveness, or you're wondering what comes next when traditional treatments fail.

You Are Not Alone

As you'll learn in the following chapters, erectile dysfunction affects an enormous number of men—far more than most people realize. These statistics don't even include the partners affected, essentially doubling the number of people dealing with ED's impact on their lives.

Yet, despite these overwhelming numbers, ED remains shrouded in silence. We are the “silent sufferers”, men who feel isolated, embarrassed, and unsure where to turn when our most intimate function fails us.

Why This Book Exists

Most ED resources focus on pills and basic treatments. But what happens when those stop working? What do you do when you're facing the end of traditional options? This book fills that gap by providing a comprehensive guide to the next level of treatment: penile implant surgery.

Written by someone who lived through every aspect of this journey, this book offers:

- **Honest, personal experiences** from someone who's been where you are.
- **Practical medical information** about advanced treatment options.
- **Step-by-step guidance** through the decision-making process.
- **Real-world advice** about surgery, recovery, and life after treatment.
- **Financial guidance** for navigating costs and insurance.
- **Partner perspectives** often ignored in other resources.

What You'll Learn

This book will take you through the complete journey:

1. Understanding ED:

What it really is and why it happens.

2. When basic treatments fail:

Recognizing it's time for advanced options.

3. Exploring penile implants:

Types, technology, and realistic expectations.

4. Choosing the right surgeon:

Critical questions and evaluation criteria.

5. Preparing for surgery:

What to expect before, during, and after.

6. Financial planning:

Insurance, costs, and making it affordable.

7. Partner support

How this affects relationships and how to navigate together.

8. Recovery and results:

Real expectations and long-term outcomes.

A Message of Hope

Let me be clear from the start: there is hope for your currently, non-functioning penis.

The technology exists, the medical expertise is available, and thousands of men have successfully reclaimed their sexual lives through advanced treatments.

The journey may seem daunting, but you don't have to face it alone. This book will be your guide, providing the information, encouragement, and practical advice you need to make informed decisions about your sexual health.

Now Is The Time!

Why do we delay acting? Why don't we do everything we can to overcome ED now? Why don't we develop a plan to conquer this condition?

NOW IS THE TIME TO:

- Stop accepting a diminished quality of life!
- Explore all your options!
- Take control of your sexual health and confidence!

Let's make it your goal to become the lover you used to be, and perhaps even better than you were before.

Believe Me, You Can Be That Lover Again!





Chapter 1: Understanding Erectile Dysfunction

The Facts You Need to Know

Let me start with something that might surprise you: if you're reading this book: you're in remarkably good company.

I know that doesn't feel true when you're lying awake at 3 am wondering what's wrong with you, or when you're avoiding intimacy with your partner because you're terrified of another failure.

I've been exactly where you are now, and I want you to know that what you're experiencing has nothing to do with your worth as a man.

When my own struggle with erectile dysfunction began, I felt like I was the only guy in the world dealing with this nightmare. I was wrong-spectacularly wrong.

And once I learned the truth about how common this condition really is, everything changed. Not just my perspective, but my entire approach to getting my life back.

What Is Erectile Dysfunction?

Here's the medical definition: Erectile Dysfunction (ED) is the persistent inability to achieve or maintain an erection sufficient for satisfactory sexual intercourse.

But let me tell you what ED feels like from someone who lived with it for years.

ED isn't just about sex, though that's certainly part of it.

It's about lying next to your partner and feeling like a fraud.

It's about making excuses, avoiding situations, and slowly watching your confidence crumble.

It's about that sinking feeling when you realize that something as basic as your body's sexual response, something you never had to think about before, has suddenly become unreliable.

When I first started researching my condition, desperately Googling at 2 am, hoping to find some magic solution, I was overwhelmed by medical jargon and clinical descriptions that felt nothing like what I was experiencing.

Let me give you the real story in plain English.

First, and this took me way too long to accept: **ED is fundamentally a medical condition, not a mental weakness.** Yes, psychological factors can play a role, but for most of us, there are real, identifiable physical causes behind what's happening. You haven't lost your masculinity, and you haven't failed as a man. Your body is dealing with a medical issue that affects millions of guys.

Second, *ED tends to be progressive.* I wish someone had told me this upfront because I spent months hoping it would just go away on its own. Spoiler alert: it doesn't. In fact, it typically gets worse over time without proper medical intervention. The good news? That progression can be slowed or even reversed with the right treatment.

Third, and this is the most important thing I want you to understand, **ED is highly treatable.**

I mean *highly* treatable. We're not talking about some rare condition with limited options. There are multiple effective treatments available for nearly every case of ED. Yes, even yours.

The Numbers That Will Shock You (And Probably Comfort You Too)

Remember how I said you're in good company? Let me prove it with some statistics that genuinely floored me when I first learned them.

As you'll learn in the following chapters, more than half of all men between the ages of 40 and 70, specifically, 52 percent, experience some degree of ED during their lives. Read that again: **more than half.** But here's where it gets even more interesting. The prevalence follows what some doctors call the "rule of tens", roughly 10 percent of men per decade of life are affected. That means about 30 percent of men in their thirties experience some ED, 40 percent in their forties, 50 percent in their fifties, and so on. By the time men reach their sixties, approximately 60 percent are dealing with erectile difficulties.

This means that ED isn't just an "*older man's problem*" anymore. As I just mentioned, medical professionals are increasingly seeing this condition in men in their twenties and thirties,

largely due to lifestyle factors, stress, and health conditions that are becoming more common in younger generations.

In the United States alone, over 30 million men are currently affected by ED. Current projections show this number will grow to over 35 million by 2029. These aren't just numbers on a page, these represent millions of men who understand exactly what you're going through.

When we look globally, there are an estimated 300 million men worldwide currently experiencing ED which is projected to increase to 346 million by 2029.

Yet somehow, it remains the condition that nobody talks about.

Why? Because we've been conditioned to believe that real men don't have these problems, **which is complete nonsense**.

Understanding these numbers helped me realize that ED isn't some rare affliction, it's one of the most common health conditions affecting men. And that realization was the first step toward getting my life back.

Why This Happens to Us: The Real Culprits Behind ED

When I first developed ED, I went through what I now recognize as the classic stages of confusion and denial. First, I blamed stress. Then I blamed my age (even though I was in my early 60's). Then I blamed everything from my diet to my sleep schedule.

The truth is, erectile dysfunction rarely appears without a clear medical cause, and understanding these causes was crucial to finding the right treatment.

Cardiovascular Disease: The Silent Killer of Erections

Here's something your doctor might not have told you: your penis is basically a litmus test for your heart health. When blood vessels become damaged or narrowed due to conditions like high blood pressure, high cholesterol, or heart disease, the reduced blood flow affects your ability to get and maintain an erection.

Let me put this in perspective: getting an erection requires your body to rapidly pump about 7-8 times more blood to your penis than normal. If your cardiovascular system isn't firing on all cylinders, this whole process falls apart.

What really opened my eyes was learning that many heart doctors now consider ED an early warning sign of heart

disease, sometimes showing up 3-5 years before you notice any heart problems. That hit home for me when I was diagnosed with atrial fibrillation during my own journey, which probably played a role in my condition.

Diabetes: The Double Whammy

Diabetes is particularly brutal when it comes to erectile function because it hits you from two directions, at least that's what some of my doctor friends explained to me.

First, it damages blood vessels throughout your body, including the ones essential for erections.

Second, it messes with your nerves, disrupting all those complex signals your body needs for normal sexual function.

Here's a statistic that absolutely floored me: anywhere from 60-75% of men with diabetes will experience some degree of ED, and erectile problems are often among the first signs that lead to a diabetes diagnosis.

If you're dealing with ED and haven't been tested for diabetes recently, I'd seriously consider making that a priority. Fortunately for me, diabetes wasn't the culprit, but it's definitely worth ruling out.

Other Potential Causes

Neurological Conditions: When the Wiring Gets Crossed

Your nervous system is like the electrical wiring for sexual function, it sends all the signals that start and maintain erections. Conditions like multiple sclerosis, Parkinson's disease, spinal cord injuries, and strokes can all throw a wrench into these processes. Even something as common as a herniated disc can sometimes mess with erectile function.

Hormonal Imbalances

Everyone talks about low testosterone (and yes, I discovered I had "Low T" too-more on that later), but hormonal causes of ED go way beyond that.

Through my research, I learned that thyroid problems, pituitary gland issues, and elevated prolactin levels can all impact sexual function.

Here's something interesting: being overweight can actually disrupt your hormone levels by converting testosterone into estrogen.

The Medication Trap

This one's particularly frustrating. Many common medications can interfere with erectile function as an unwanted side effect. My cardiologist warned me that certain blood pressure medications (especially diuretics and beta-blockers), some antidepressants (particularly SSRIs), antihistamines, and certain prostate medications can all contribute to ED.

The maddening part? Many of these medications are treating conditions that can cause ED in the first place. It's like a medical “catch 22”: you need the medication for your health, but the medication creates the very problem you're trying to avoid.

Here's a perfect example from my own experience: when I first started exploring ED medications, my cardiologist told me they wouldn't work effectively if I took the blood thinner and beta-blocker he recommended for my atrial fibrillation. But I was so desperate to have a sex life that I made the incredibly stupid decision to keep taking my ED pills instead of the heart medications—literally risking a heart attack or stroke.

Somehow, I got through that period without a medical emergency, but looking back, it was one of the dumbest decisions I've ever made.

Lifestyle Factors: The Modern Epidemic

Lifestyle factors are becoming huge players in ED, especially for younger guys.

Smoking is a major villain because it damages blood vessels throughout your body—the chemicals in cigarettes literally poison the delicate blood vessels that serve your penis.

If you smoke and have ED, quitting is often the single most effective thing you can do to improve your situation.

Doctors have also told me that excessive drinking, not exercising regularly, poor sleep, chronic stress, and recreational drug use can all contribute to erectile problems.

The Psychological Component: It's Real, But Not What You Think

While physical causes account for most ED cases, psychological factors definitely play a role. Depression, anxiety, chronic stress, relationship problems, and performance anxiety can all interfere with sexual function.

But here's the cruel irony: ED itself often causes these psychological issues, creating a vicious cycle that's incredibly hard to break without professional help.

When to Stop Hoping It Will Go Away and Get Help

I waited way too long to seek help.

Way too Long!

I kept thinking that if I just reduced stress, exercised more, ate better, or tried some supplement I found online, things would magically return to normal.

I was wrong, and that delay cost me months of frustration and damaged relationships.

You should talk to a healthcare provider if you've been experiencing ED symptoms for more than two to three months. While occasional erectile difficulties are totally normal, persistent issues lasting several months suggest something underlying that needs attention.

I've been told you should seek immediate medical attention if:

- You experience sudden onset of ED, especially if you're younger or have no obvious risk factors.
- ED occurs alongside chest pain, dizziness, shortness of breath, or unusual fatigue.
- ED begins to significantly affect your quality of life, relationships, or emotional well-being.

If you suspect medications you're taking might be contributing to erectile problems, discuss this with your healthcare provider immediately.

Don't stop taking prescribed medications without medical supervision, but don't suffer in silence either.

Understanding Your Treatment Options: From Pills to Possibilities

Later in the book, I'll walk you through the multiple treatment options that exist, ranging from simple lifestyle changes to advanced surgical interventions. When I first learned about

this spectrum of treatments, it gave me hope for the first time in months.

First-Line Treatments: Most guys start with oral medications like Viagra, Cialis, and Levitra. These work by enhancing blood flow to the penis during sexual arousal. But here's what those commercials don't tell you: these pills only work for about 60-70% of men who try them. They also have limitations including potential side effects, drug interactions, and the need for advance planning.

Second-Line Treatments: When oral medications aren't cutting it, options include penile injection therapy (with success rates of 60-80%), vacuum erection devices, herbs, urethral suppositories, and newer experimental treatments.

Third-Line Treatments: When conservative treatments fail, penile implants represent the most effective and reliable treatment for ED, which is why they're the focus of this book. These surgically implanted devices provide the highest patient satisfaction rates, with over 90% of men reporting satisfaction with their results.

Why Pills Stop Working: The Frustrating Reality

If you're reading this book, you've likely experienced the frustration of ED medications that once worked but have become less effective or stopped working entirely. This happened to me, and understanding why helped me move forward with confidence.

Some men develop tolerance to ED medications, and drug interactions can interfere with effectiveness as we age and require additional medications for other health conditions.

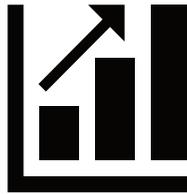
The Path Forward: Your Journey Starts Here

While dealing with ED can be frustrating and emotionally challenging, it doesn't reflect your worth as a man or as a partner. If oral medications and other basic treatments have failed, don't lose hope.

Advanced options like penile implants offer the possibility of restored sexual function and renewed confidence.

The following chapters will guide you through these options and help you make the best decisions for your situation.

Most importantly, don't let embarrassment or shame prevent you from seeking the help you need and deserve. You've already taken the first step by picking up this book. **Now let's figure out how to get your life back.**



DID YOU KNOW?

**Over 30 million American men
experience erectile dysfunction**

**You are not alone
in this journey!**





“The greatest revolution of our generation
is the discovery that human beings,
by changing the inner attitudes of their minds,
can change the outer aspects of their lives.”

- William James



A Final Word

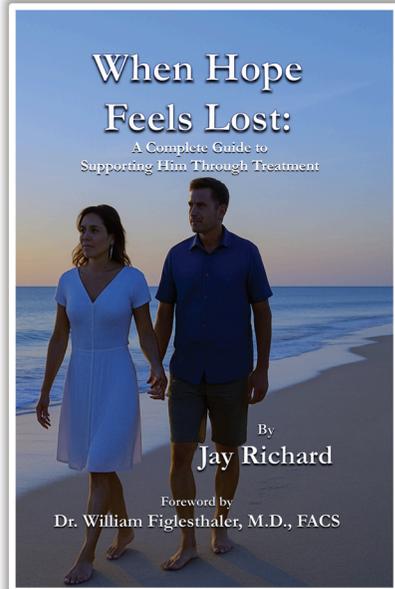
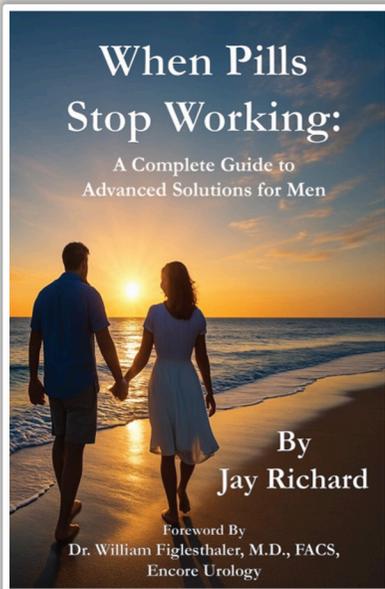
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