Treatment Log

FREE BONUS 2 · FROM PILLS TO IMPLANTS BY NELSON VERGEL

Your doctor will ask what you have tried and whether it got a fair trial. The book calls this single page the most valuable thing you can hand a specialist. Insurers also ask for it before approving a procedure.

Summary: what I have tried

Treatment	Dose	Attempts	Result	Stopped why

Attempt-by-attempt log

A fair pill trial means an adequate dose, six to eight attempts, correct timing and real arousal. Note food: a fatty meal significantly impairs sildenafil and moderately affects vardenafil; tadalafil and avanafil are minimally affected (Table 14.1).

Date	Drug and dose	Time taken	Food?	Aroused ?	Result	Side effects

Educational only, not medical advice. Decisions about treatment belong with you and your clinician.
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