

Bluechew treatment for erectile dysfunction

Bluechew®: The triumph of the blue "miracle pill"

More and more men are resorting to [bluechew](#), the world's most famous sexual enhancer for years, for erection problems. [Bluechew](#) contains the active substance sildenafil, which belongs to the group of PDE-5 inhibitors (also called PDE-5 inhibitors). The blue "miracle pill" was launched in 1998 by the pharmaceutical company Pfizer.

Sildenafil-containing medicines are subject to prescription in Germany, Austria and Switzerland. In Germany, Pfizer had patent protection until 22 June 2013 with [blue chew](#) – and accordingly, of course, with the active substance sildenafil: therefore, only Pfizer was allowed to market Sildenafil. In the meantime, more than 30 companies in the German-speaking region produce tablets containing sildenafil. With the introduction of generics, the prices of the potentiator have fallen sharply. Sales, on the other hand, have doubled in some countries.

A scientific study by Prof. Dr. Sommer shows that men with erectile dysfunction prefer to take a tablet in order to have a good erection again. **But it's not that simple.** Before using potency drugs, the affected man must present himself to the doctor. This is due, among other things, to the following reasons:

- Sexual enhancers have a variety of side effects, such as headaches, problems inhaling through the nose to the rapid heartbeat, about which the patient needs to be informed.
- A specialist must check whether. Interactions exist between the sexual enhancers and other drugs that the man takes.
- It is important that the specialist carry out a [comprehensive diagnosis](#) beforehand to check whether an untreated underlying disease is the cause of the erectile dysfunction.
- Depending on the doctor's diagnosis, the most effective therapy is determined. For example, there are cases where other treatment options are much more effective and sustainable than pure treatment with a sexual enhancer.

If the specialist believes after an extensive diagnosis that tablets contribute to therapy, these should only be obtained from the pharmacy or from reputable internet pharmacies.

How does Sildenafil work?

The active substance sildenafil has a vasodilator effect. This means that the blood flow to the penis is increased. Without sexual arousal, however, Sildenafil cannot provide an erection. However, the active substance used in [Blue chew](#), for example, can help decisively to respond to sexual arousal with a stiffening of the limb. As a result of this arousal, Sildenafil also helps to maintain this arousal for longer.

This is achieved by the fact that sildenafil blocks or inhibits the enzyme Phosphodiesterase 5 (short: PDE 5), which would otherwise have an erection-degrading effect.

Therefore, in sildenafil and comparable active ingredients, PDE-5 blockers or PDE-5 inhibitors are also spoken. Another name used is PDE-5 inhibitor.

The duration of Action of Bluechew is four to six hours. It is important to take it in good time: With [Bluechew](#), it is recommended to take the light blue film-coated tablet about 45 minutes before the desired sex. If you eat heavily fat before tablet intake, you should expect more time until the effect occurs (up to two hours in advance).

Beware of Bluechew® or Sildenafil counterfeits

It is important (and this is a serious pharmacy) that the so-called sexual enhancers are only handed out upon presentation of a prescription. Our own research has shown that over-the-counter potency drugs are counterfeit medicines in more than 80% of cases. In addition, over-the-counter medicines do not contain the active substance on the package in more than 70% of cases. In addition, a large part of the tablets examined showed harmful substances for men, such as heavy metal contamination. The utmost caution is required here.

Don't put your health at risk to save a few euros. In the end, the damage you're doing is much greater and more expensive in the long run.

Swirl around Bluechew

[Blue chew](#) - the name alone is already having an effect. When the potency pill came on the market in 1998, there was a big swirl. Millions, if not billions, of men around the world reached out. With the introduction of [Bluechew](#), however, a new era in sexual medicine began. Many scientific studies have been conducted. Their results have meant that we have already made very much progress in terms of men's health.

The famous blue pill has also brought great joy to the manufacturer Pfizer. He was able to book billions of dollars. After the expiry of patent protection here in Germany in 2013, a price war has been sparked over the prescription drug sildenafil.

Originally, a tablet Bluechew 50 mg cost about 10.30 euros. The copycat products are offered at different prices (see table), so it is worth comparing prices. In principle, however, generics are much cheaper than the original product, as manufacturers do not have to factor in development costs. Like Bluechew, the generic sildenafil is available in the original dosage of 25 mg, 50 mg and 100 mg. Here, too, there are different pack sizes.

What are the alternatives to Bluechew® and the active ingredient Sildenafil?

Cialis

At the end of 2002, Cialis from Lilly Pharma was the first serious competitor to be Bluechew® on the market. The active substance Tadalafil used in Cialis has a very similar effect to sildenafil. The decisive difference to Bluechew is the significantly longer effect time, because tadalafil as a PDE-5 inhibitor is degraded much more slowly in the body. The half-life is 17.5 hours. Cialis, which is only available by prescription in Germany, is therefore also referred to as a weekend pill: men who take the drug on Friday evenings sometimes even feel the effect on Monday morning. Nothing stands in the way of a fun weekend! However, Cialis should be taken about two hours before the desired sex experience.

Spedra

In contrast, Spedra from Berlin-Chemie already helps to obtain an erection in about 15 to 30 minutes. In Spedra, which has been on the market since mid-2013, the PDE-blocking active ingredient Avanafil is stuck. The duration of action is between those of Bluechew and Cialis, ranging from six to 17 hours.

Levitra

And there is another PDE5inhibitor: Vardenafil is a development of Bayer HealthCare, traded under the trade name Levitra and has been approved since 2002. The vardenafil contained in Levitra can only develop its effect if sexual stimulation is performed simultaneously, as with all the other phosphodiesterase-5 inhibitors. Levitra's average duration of action is five to eight hours. This pill should be taken shortly before the scheduled sexual intercourse.

Apomorphine

In 2001, a new and initially promising erectile agent was launched: apomorphine, in the form of 2 mg and 3 mg tablets. Although all phases of clinical trials with the substance apomorphine showed good results, it soon became clear after the launch that the sexual enhancer did not meet the expectations of the male clientele. The effectiveness was simply too low and most men were not satisfied with their erections. Apomorphine was therefore withdrawn from the market after a short time.

Apomorphine is a so-called dopamine receptor agonist, so it has a similar effect to dopamine. Dopamine is used, for example, in the treatment of Parkinson's disease. A side effect can be a pronounced libido in male patients, so that they sometimes no longer control their sexual reactions. Another unpleasant side effect is frequent vomiting – not a nice idea! Finally, apomorphine can lead to lowering blood pressure, nausea, constipation (constipation in the intestinal area), sleep disturbances and dizziness.

Apomorphine is normally administered orally, sublingually. The tablet is thus placed under the tongue, where it dissolves within about 10 minutes. The absorption of the active substance takes place via the oral mucosa. After 15 to 20 minutes, the first effects show up, some of which can last up to two hours. If you swallow the tablet and thereby supply it to the gastrointestinal tract, as a rule, no effect is released. When taking PDE-5 inhibitors (e.g. Bluechew), the onset of effect may be delayed after very fatty meals. This is not the case when taking apomorphine.

In addition to the oral administration of 2 or 3 mg, intramuscular and subcutaneous administration can also be carried out. Apparently, there is a "learning effect". Frequent intake of apomorphine appears to cause improved erectile function. It may be worth trying this out.

Cialis patent protection expired

On November 15, 2017, there was good news for men using Cialis (Tadalafil): patent protection has expired. This makes it now possible to purchase the cheaper generics. Tadalafil is a PDE-5 inhibitor (also known as PDE-5 inhibitor, phosphodiesterase inhibitor type 5 or phosphodiesterase V inhibitor). Cialis, which is only available by prescription in Germany, is also known as the weekend pill. The term was given because Cialis is very slowly broken down in the body as a prescription drug with a half-life of 17.5 hours. As a result, men taking the drug on Friday night sometimes even feel the effect on Monday morning. Nothing stands in the way of a fun weekend!

Generics must be offered in the same dosage as the original product. Cialis is available in dosages of 5 mg, 10 mg and 20 mg. The dose of 20 mg is most commonly available as a generic medicine. At the dosage of 5 mg of Tadalafil, the price difference is not as extreme as at 20 mg, but the cost savings are still around 35 percent.

What should be considered when taking oral sexual enhancers?

Whether Bluechew (R Sildenafil), Levitra (F Vardenafil) or Cialis (R Tadalafil): Before starting drug therapy, it is important to check with the doctor the causes of sexual disorders.

Important: Not all medications are suitable for every man, even if they were indicated. For example, men who have to eat nitrates because of their cardiovascular medication must not take so-called PDE-5 inhibitors (phosphodiesterase-5 inhibitors). "Hands off" also applies to men who have recently had a heart attack or stroke.

A contraindication also exists in men with unstable angina pectoris. Symptoms of angina pectoris include chest tightness and sudden pain in the heart area.

Patients with severe heart failure or morbidly altered low blood pressure should also not take the oral sexual enhancers. The same applies to patients with rhythm disturbances or too low potassium levels.

Mode of action of PDE-5 inhibitors

First of all, PDE-5 inhibitors are not aphrodisiacs. This means that they do not stimulate the sexual center of the brain and lead to arousal by itself. This is a widespread prejudice. Rather, the active substance contained in the tablet acts primarily as a blood circulation-promoting substance. This means that PDE-5 inhibitors do not stimulate sexual fantasies or the man's libido. The PDE-5 inhibitors only help to realize the desire for sexual union. Thus, if a sexual impulse (this is nerve-dependent) is present, the tablet supports the entire further biochemical process of the erection. If, on the other hand, the man does not perceive sexual stimuli, there is no erection.

The stiffening effect of PDE-5 inhibitors on the penis is due to a small molecule - the nitric oxide, which provides a wide position of small vessels in the penis and thus leads to a better filling of the corpus cavernosum with blood. More blood flow with simultaneous closed drain valves means a stronger and more persistent erection.

What are the side effects of Bluechew, Levitra and Cialis?

The side effects of both the active ingredients Sildenafil ([Blue chew](#)), Vardenafil (Levitra) and Tadalafil (Cialis) are fortunately manageable. In principle, however, caution should also be exercised when dosing. If the desired effect is not desired, it would be dangerous to increase the dose without consulting the doctor. In most cases, this does not in any way achieve a better effect, but at most increases the risk of side effects.

At [Blue chew](#), the most common side effects are mild headaches, a blocked nose, hot flashes and redness of the skin. In rarer cases, there may also be pain in the upper abdomen, vomiting, heartburn or a feeling of fullness. Temporary visual disturbances as well as muscular discomfort, for example in the form of back pain, cannot be excluded. However, consultation with a doctor is almost never necessary, because all side effects disappear after a certain period of time.

In Cialis, head and stomach pain are considered to be the most common side effects: in about one in four, they occur. Significantly less often – namely only in about one in 20 cases – is reported to be mild dizziness, a blocked nose, heaping or muscle pain, which can be very severe.

All PDE-5 inhibitors, including Spedra and Vardenafil, all have similar side effects, in varying degrees of intensity.

Potency: Please do not exaggerate

Too much of the good can have nasty consequences. This is shown by the case of a patient who took about ten times the maximum recommended daily dose of the active substance sildenafil contained in Bluechew. After swallowing the potentiator, he developed post-blindness, his eyes were overly sensitive to light (photophobia) and he got ring-shaped visual field failures that lasted for months.

After a thorough examination, the ophthalmologist finally diagnosed damage to the retinal cells (retina = retina). Particularly precarious: Despite all the findings, there is still no reliable therapy for this, so the patient had to cope with his optical problems as best he could.

This case shows one thing very clearly: the maximum recommended daily doses should not be exceeded when taking sexual enhancers. And it goes without saying that PDE-5 inhibitors such as Sildenafil, Tadalafil, Vardenafil and Co. should not be consumed without a prescription or ordered online from questionable providers.

In any case, the authors of the case report point out that men with unclear visual impairments and/or retinal damage should definitely discuss this with their doctor.

Which sexual enhancer is most suitable for me?

There is no general answer to the question of whether a classic potency pill such as Bluechew, Levitra, Spedra or Cialis helps better or whether a herbal alternative such as yohimbine achieves a fulfilling effect. Ultimately, a decision must be made on a case-by-case basis and, if necessary, also tried out. The cause of erectile dysfunction should also be determined in advance by means of special [examinations](#). With regard to the side effects that can occur especially with a wrong and not customized dosage, should always be spoken to a doctor beforehand.

New study results

Recent studies have shown that about 40 to 50% of patients have no success in taking so-called PDE-5 inhibitors. They must therefore resort to other therapeutic measures. Read more about [further therapeutic measures for erectile dysfunction here >](#)

For more interested readers, the more detailed presentation of the mechanism of action of the PDE-5 inhibitors:

The active substance of the tablet interferes with the nitrogen balance of the corpus cavity cells and blocks the action of an "erectile preventer": the PDE-5 inhibitors inhibit the enzyme phosphodiesterase type 5 (PDE 5). PDE 5 is the animator to the erectile-promoting substance cGMP (cyclo-guanosine monophosphate), a product of NO metabolism that "relaxes" the fine muscle fiber cells in the corpus cwellers, so that the blood can flow more easily. In men with erectile dysfunction, the balance between erectile and erectile agents has fallen out of balance. PDE 5 - and related enzymes - dismantle the cGMP before an erection could even occur. Because the PDE-5 inhibitors inhibit this PDE

5 effect, the erectile-promoting cGMP can work longer, i.e. the penis straightens up and stays erect edified for longer. Crucially, this effect of the PDE-5 inhibitors is targeted and well controllable.

Extracorporeal shock wave therapy as an alternative to PDE-5 inhibitors

It happens again and again that men with potency problems do not respond to PDE-5 inhibitors. In addition, it may happen that men do not tolerate the PDE-5 inhibitors or that contraindications are to be feared. But there are alternatives – for example, the low-energy extracorporeal shock wave therapy LESWT (Low Energy Shock Wave Therapy). This promises improved erections without medication.

How does it work? The penis is stretched and "shocked" at several points on the shaft with shock waves of around 100 bar. This should lead to the formation of new blood vessels and endothelial cells and thus to the end of erectile dysfunction (ED). However, the procedure is required once or twice a week, over a period of two to three months!

The scientific studies carried out with predominantly negative results had a rather small proportion of cardiovascular patients. As a result, they may be more likely to benefit from a LESWT. One thing is certain, however: the method is expected to become more important. On the other hand, it is completely unclear how often, for how long, how intensively and with which device the therapy should take place. There are currently about seven manufacturers on the market, all of which are very different.