



40% of men  
by the age of 40  
are affected by  
Erectile Dysfunction<sup>1</sup>

***Are you one of them?***

Flip over to take an  
ED survey to find out.



To learn more about ED and treatment options, visit the pages below:



***Watch educational videos***

- Scan this QR code
- Visit [www.EDexplained.com](http://www.EDexplained.com)



***Learn more about treatment options***

- Scan this QR code
- Visit [www.ColoplastMensHealth.com](http://www.ColoplastMensHealth.com)

1. Sooriyamoorthy T, Leslie SW. Erectile Dysfunction. [Updated 2022 May 27]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2022 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK562253/>

# Take the Sexual Health Inventory for Men (SHIM) to learn if you may be experiencing ED

Over the past 6 months:

1. How do you rate your confidence that you could keep an erection?

- 1 – Very Low
- 2 – Low
- 3 – Moderate
- 4 – High
- 5 – Very High

2. When you had erections with sexual stimulation, how often were your erections hard enough for penetration (entering your partner)?

- 1 – Almost never or never
- 2 – A few times (much less than half the time)
- 3 – Sometimes (about half the time)
- 4 – Most times (much more than half the time)
- 5 – Almost always or always

3. During sexual intercourse, how often were you able to maintain your erection after you had penetrated (entered your partner)?

- 1 – Almost never or never
- 2 – A few times (much less than half the time)
- 3 – Sometimes (about half the time)
- 4 – Most times (much more than half the time)
- 5 – Almost always or always

4. During sexual intercourse, how difficult was it to maintain your erection to completion of intercourse?

- 1 – Extremely difficult
- 2 – Very Difficult
- 3 – Difficult
- 4 – Slightly Difficult
- 5 – Not Difficult

5. When you attempted sexual intercourse, how often was it satisfactory for you?

- 1 – Almost never or never
- 2 – A few times (much less than half the time)
- 3 – Sometimes (about half the time)
- 4 – Most times (much more than half the time)
- 5 – Almost always or always

Add the numbers corresponding to questions 1-5.

**TOTAL:** \_\_\_\_\_

The Sexual Health Inventory for Men (SHIM) further classifies ED severity with the following breakpoints:

- 1-7:** Severe ED
- 8-11:** Moderate ED
- 12-16:** Mild to Moderate ED
- 17-21:** Mild ED
- 22-25:** No Significant ED

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