

## Andrology 2016 and Beyond

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### Editorial

In itself, andrology specialty is rapidly progressing one that gains day after day momentum to boost and broaden its wealth of information to answer the questions of the exact nature of biological, endocrinological, genetic as well as molecular proceedings or progress taking place in andrological disorders. At the same time, it offers an ultimate solution for specific andrological problems depending on the heartfelt efforts of the scientists in all branches and their devoted inventions.

Driven by the global revolution of information and communication, there is remarkable exigency to improve men's health status and to prolong their operational lifespan. Effective measures and programs to bring about healthy lifestyle adjustment will unquestionably add another 10 years of health adjusted and working lifespan. Therefore, focusing on the integrated health service package, as well as on the essential health care system should be essential especially in remote areas and migrating people residences. In addition, there is a need for lifespan longitudinal studies of men to spot factors influencing the development of andrological disorders, if any.

Issues in male health come about over the entire lifespan of male compounded by varieties of social, cultural, educational and economic factors. In addition, life style, behavior, dietary habits and accompanied diseases, such as cardiovascular disorders, diabetes and metabolic syndrome has a vital role to be adjusted.

Therefore, the mission of Andrology should be lengthened from being conventionally concerned with issues related to male infertility, erectile dysfunction and prostate diseases to broader interests in broad aspects to male reproductive health and male health in general.

Raised issues in 2016 and beyond are numerous, but with sincere devoted research, it could be feasible. For example, the qualitative assessment of semen analysis as an adjunct to infertility status interpretation is important. The appropriate understanding of the

exact nature of varicocele associated male infertility, undescended testicles, puberty disorders, non-obstructive azoospermia and spermatogenic maturation arrest conditions is mandatory. Andrology role in the era of intracytoplasmic sperm injection (ICSI) as well as the micromanipulation techniques in conjunction with the female partner is an extra task for proper understanding.

In the field of sexology, many challenges are raised; erectile dysfunction, female sexual dysfunction, ejaculation problems etc.. Of course, the advent of FDA approval of phosphodiesterase-5 (PDE-5) inhibitors like sildenafil (1998), vardenafil (2003), tadalafil (2003) as well as avanafil (2012), offered an affordable solution to many cases. However, we expect more research and development (R&D) in this point yielding more and more selective formulas with more potency and negligible side effects. Overcoming the problem of PDE-5 inhibitor non-responder is another challenge for researchers. Nevertheless, diverse implications of PDE-5 inhibitors should be looked for being effective in treating many male disorders such as Lower Urinary Symptoms (LUTS) associated with Benign Prostatic Hyperplasia (BPH), pulmonary arterial hypertension, chronic obstructive pulmonary disorders, Raynaud's phenomenon etc...

Another point, Andrology has been somewhat late to apply stem cells as potential therapeutic agents in erectile dysfunction and male infertility. Adipose tissue derived stem cells are nearly identical to bone marrow stem cells in differentiation and therapeutic potential that appear to be a better choice for future clinical applications. The field of gene therapy as well as stem cell therapy could also open the gate for putting real solid solutions for many andrological issues like male infertility, erectile dysfunction, hypogonadism etc...

Therefore, to move into the future changes, challenges and choices, trends and scenarios for Andrology science and medicine should be optimistic in an atmosphere of intense communications and momentarily transformed scientific data.